

Step Up to an Active Lifestyle

Think being physically active is too hard? Too time-consuming? Too boring? Think again! By taking it 10 minutes at a time, you can make huge strides toward improving your health, energy, and well-being.

Being physically active can lower your risk of

- Heart disease
- Stroke
- High blood pressure
- Type 2 diabetes
- Colon and breast cancer

PLUS it helps to

- Prevent weight gain
- Aid in weight loss, when combined with diet
- Reduce depression
- Enhance cognitive function



So how much does it take? Any activity at all is better than nothing! Ideally, work towards 30 minutes of moderate activity (5 out of 10 intensity) 5 days a week **or** 25 minutes of vigorous activity (7 out of 10 intensity) 3 days a week **or** a combination of the two.

Five Tips for Stepping Up to an Active Lifestyle

Break it up. Don't have a solid half-hour to devote to exercise? You can get the same health benefits by splitting your 30 minutes of activity into three 10-minute blocks and spreading them out throughout the day. Squeeze these 10 minutes in whenever it works best for you: walk in the morning to start your day, around campus at lunchtime, during halftime at a sporting event, or after dinner.

Gear up. Make sure you have a comfortable pair of walking shoes that gives appropriate support.

Drink up. Sip on water before, during, and after exercise to stay hydrated, especially during warm months.

Buddy up. Having a workout partner increases accountability and makes it easier to reach your goals. Can't find anyone with a similar goal? Just telling your intentions to a supportive friend can make them easier to stick to.

Switch it up. If you find yourself getting bored with your routine, try something different—use a bike instead of walking, go with a friend, or take your regular route backwards. Be creative, and remember that being active is something you're doing for yourself!