

## BENEFITS OF PHYSICAL ACTIVITY

- Reduce depression
- Reduce stress & anxiety
- Improve sleep
- Improve cognition

### CAMPUS RESOURCES

- Gym
- Free exercise classes
- Clubs - dance, rock climbing, running, etc.

### CAMPUS WALKS

- Niemeyer to the library and back 0.6 miles (~12 minutes)
- Niemeyer to Kleiner and back 1.6 miles (~32 minutes)
- Visit the Arboretum for a nature walk

### PHYSICAL ACTIVITY GUIDELINES

- 2 1/2 to 5 hours of moderate intensity activity per week
- Benefits are greater if activity is spread throughout the week
- Click [here](#) to access the guidelines.

### TIPS

If you notice you are becoming stressed, it is okay to take a break. A 10 - 20 minute walk or stretching can help recenter your mind! For more tips, click [here](#).