FINDING TIME TO BE PHYSICALLY ACTIVE CAN BE DIFFICULT FOR COLLEGE STUDENTS. MAKE IT A PRIORITY & YOU CAN BE SUCCESSFUL IN KEEPING FIT. TRY THE FOLLOWING TIPS TO HELP:

Schedule it! Add it to your daily appointment calendar & keep a training log.

Pick the time of day that is best for you – the time you have the most energy or feel the greatest need for an activity release. Do you move better in the morning, afternoon, or evening?

Do something you really enjoy & that makes you feel good.

If you are motivated by the support of others, find a partner, take a class, or join a team to set a goal.

Every step counts: add up your movement which may be significant for the day. Walk or bike instead of driving, & take the stairs instead of the elevator.

Do manual chores such as sweeping and vacuuming. When visiting home in the winter, help shovel your walks or rake/mow in the spring, summer, & fall.

Speed up the intensity & walk briskly to class, which can count even more.

Plan inexpensive fun physically active outings with friends and dates, such as dancing, swimming, walking, hiking, biking, tennis, rollerblading, ice skating, or even playing in the park, which all add up to physical fitness.