

GETTING ACTIVE!



Is it worth it?

You probably know that exercising promotes well-being and helps prevent illness, but did you know that it also...

- Relieves stress?
- Increases energy?
- Improves mood?
- Improves memory, focus, and concentration?



Strategies for Finding Time:

- **Social time = active time:** Ask your friends to do something active with you. Can be as simple as walking instead of sitting, or choose one of the options below.
- **Active travel:** Walk or bike instead of driving or taking public transportation. Walk to classes!
- **Active study breaks:** Take a short walk and/or stretch during your breaks.
- **Put it in the calendar:** Make exercise a priority by putting it in your schedule. If you have to cancel, make sure to reschedule ASAP.

Talk with a SHOP Health Educator:
shop@ucsc.edu

Explore your options:

Walking and hiking: Use treadmills or walk around campus, your neighborhood or your home community: <http://www.cityofsantacruz.com/government/city-departments/parks-recreation>

Dance:

- Sign up for a P.E. class or a community based dance class.
- Join a group: UCSC has lots of student dance groups covering a wide range of styles. Check out the SOAR website: soar.ucsc.edu

Swimming: P.E. classes, open lap swim at the recreation facility or even ocean swimming!

Outdoor recreation: UCSC offers classes and trips: recreation.ucsc.edu

UCSC Wellness Center: weight rooms, basketball courts, racquetball/handball courts, tennis courts, elliptical trainers, Stairmasters, rowing machines and stationary bikes.

P.E. classes: Swim, basketball, dance, fitness, martial arts, tennis, volleyball, surfing, SCUBA, etc.

Intramural sports: basketball, soccer, flag football, softball, volleyball, ultimate, and dodgeball

Sport clubs: 35 choices! <https://opers.ucsc.edu/sport-clubs/index.html>

Roll out the door: Bicycle, roller skates, inline skates, skateboard, or scooter (not on campus)

Exercise at home:

- Free online workout videos: fitnessblender.com
- Free online yoga videos: doyogawithme.com
- Jump rope or hula hoop
- Put on some music and just dance!

Limited Mobility? Check out these resources:

<https://www.cdc.gov/features/fitness-disabilities/index.html>

<https://www.helpguide.org/articles/healthy-living/chair-exercises-and-limited-mobility-fitness.htm>

