

FITNESS AND WELLNESS

Boston University Student Health Services

If there is a will, there is a way!

Finding Time For Exercise

TRY scheduling 30 minutes of exercise the same way you would schedule a class. This allows you to have a consistent exercise routine that will last the whole semester!

TRY signing up for one of the many gym classes offered at BU.

TRY starting an intramural team at BU with your friends, so you can socialize and exercise at the same time!



Finding The Best Way for YOU to Exercise

The Fitness and Recreation Center at BU gives you access to a weight and cardio room, 2 pools, a track, several gymnasiums, squash and racquetball courts, and a climbing wall.

If you can't get to the gym, try jogging, riding a bike, taking a walk, practicing martial arts, dancing, yoga or try a work out video.

The Benefits of Exercise Always Add Up!

Exercise decreases weight to lower the risk of diabetes and cardiovascular disease.

Exercise burns off stress hormones, like cortisol, in the body that can weaken the immune system.

Exercise releases endorphins that create a happier mood.



A Well Balanced Exercise Should:

- Get your heart pumping.
- Strengthen your muscles.
- Increase your flexibility.

Strengthen each muscle in your dorm in just 10 minutes!

Chest: stand a few feet from the wall, put your hands on the wall shoulder length apart, and do some upright push ups.

Shoulders: get objects around your room (cans of soup or books) in each hand, sit comfortably but with good posture in your desk chair, hold them above your shoulders. Now lift the objects up!

Legs: do some squats. You can use your chair to

keep you balanced and your back straight, with your butt out. Squat down as low as you feel comfortable.

Abs: lie on the floor with your knees bent, place your hands comfortably under your neck for support and roll up. Pretend that you are trying to touch your chin to the ceiling.

Arms: In a seated position with the weighted objects

you used for your shoulders, pin your arm against your side and curl the objects up to your shoulders. Then slide off the seat with your hands on the edge of the chair and lift yourself up to the chair and then back down to the floor.

Calves: place a thick book on the ground and put just the front of your foot on the book and lift yourself off the ground and back down again.



Try to work out each muscle for at least 2 minutes! You will be able to work each part of your body in a short manageable time! Exercises seen here adapted from: www.ftistep.com

Don't forget to warm up and stretch after to prevent injury and increase your flexibility!

There are 2 parts that should be part of every work out you do. They are each equally important:

- 1) **Warming up:** do a small, light activity to raise your heart rate. This can include jogging or speed walking, jumping jacks, jumping rope or some dancing.
- 2) **Stretching:** stretch for 5 to 10 minutes, getting each muscle group. Start with your head and work your way down to your toes. Roll out each joint and try to lengthen each limb and your torso.

Try these fun and easy

exercises:

- 1) **Go for a hike or trail walking** to build endurance and strength. Make sure to wear comfortable clothes, supportive shoes, bring a snack and lots of water, and wear bug spray and sunscreen.
- 2) **Jump Rope** to get your heart pumping! The length of the rope should be as high as your chest when you step in the middle of the rope and hold the handles to your body.
- 3) **Rollerblade or skate:** a great way to explore the campus and the town and costs less than a bike. You get a full body workout! Don't forget to wear protective gear!
- 4) Whether outside or in your dorm slow your mind with some **yoga exercises** that stretch and strengthen your muscles. To try some simple poses you can check out: www.yogapoint.com and click the "basic movements" tab to get started!
- 5) Invest in a workout video that is easy to follow and you can do in your dorm room when you don't have enough time to go to the gym.

The benefits of staying physically fit are always piling up! But here are just a few: strengthen muscles and bones, increased mobility, stronger immune system, increased overall well being, decreased stress and better sleep!