

nutrition tip

joyful movement



tips to add more movement to your day:

- Walking to and from class is a great form of movement. Even better, find a classmate to walk with!
- Try something new at the Rec Center such as a spin class, dance, or yoga!
- Join a club that includes physical activity, such as swing dance, club sports, or ultimate frisbee!
- Only have ten minutes? No problem! Google a short, 10 minute activity to get your blood pumping!

01 Strive to find movement that brings you joy!

Everyone enjoys different forms of activity. Find something that makes you feel strong, confident, and that you really enjoy!

02 Focus on how movement makes you feel, not on the numbers.

Stressing about how long you should exercise for or to burn a certain number of calories can make movement a chore. Remove the "rules" around exercise and you might enjoy it more!

03 Understand when your body needs rest.

Our bodies need to rest to recover from physical activity. Aim to incorporate rest and stretching into your schedule.