



## Ready to Move It?

Find something to do that you enjoy and get started!

ACTIVITY	Calories per Minute			
	120 lb	140 lb	160 lb	180 lb
Basketball	7.5	8.8	10.0	11.3
Bowling	1.2	1.4	1.6	1.9
Cycling (10mph)	5.5	6.4	7.3	8.2
Dancing (aerobic)	7.4	8.6	9.8	11.1
Dancing (social)	2.9	3.3	3.7	4.2
Gardening	5.0	5.9	6.7	7.5
Golf (carry clubs)	4.6	5.4	6.2	7.0
Golf (power cart)	2.1	2.5	2.8	3.2
Hiking	4.5	5.2	6.0	6.7
Jogging	9.3	10.8	12.4	13.9
Running	11.4	13.2	15.1	17.0
Sitting quietly	1.2	1.3	1.5	1.7
Skating (ice/roller)	5.9	6.9	7.9	8.8
Skiing (cross country)	5.7	6.6	7.6	8.5
Swimming (crawl, moderate pace)	7.8	9.0	10.3	11.6
Tennis	6.0	6.9	7.9	8.9
Walking	6.5	7.6	8.7	9.7
Weight Training	6.6	7.6	8.7	9.8

Source: American Council on Exercise Fit Facts  
Calorie Burners: Activities that Turn up the Heat

## Resources

Each month the Balance website [www.balancemindbodysoul.com](http://www.balancemindbodysoul.com) has an article on fitness, games or sports. [Click on Body.](#)

Centers for Disease Control  
[www.cdc.gov](http://www.cdc.gov)

Shape Up America:  
healthy weight for life  
[www.shapeup.org/shape/steps.php](http://www.shapeup.org/shape/steps.php)

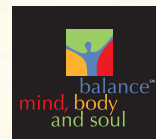
American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

American College of Sports Medicine  
[www.acsm.org](http://www.acsm.org)

American Running Association  
[www.americanrunning.org](http://www.americanrunning.org)



# Take Time for EXERCISE



**Balance Mind Body Soul<sup>SM</sup>** is a holistic or integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events—physical, mental, and environmental. Wellness is unique to each individual. Knowledge is key. It may be easier than you thought. Experiencing new things—a sport you haven't done before, a food you haven't tried, a new idea you never thought about, or a creative way of approaching a problem like stress—may also help you to balance and define your wellness goals.

[www.balancemindbodysoul.com](http://www.balancemindbodysoul.com)



10% Total Recovered Fiber/All Post-Consumer Fiber



balance  
mind, body  
and soul



## Take Time for Exercise!

Both your mind and body need physical exercise to perform at their best. Studies have shown that exercise releases chemicals in the brain which relieve stress and provide more energy, two qualities that are vital to many college students. Exercise (combined with healthy eating) will help you look and feel better today and safeguard your health for tomorrow.



## Physical activity helps you:

- Manage stress
- Maintain a healthy weight
- Improve your mood
- Clear your head
- Relax or unwind
- Improve concentration
- Have greater self-confidence
- Build endurance, healthy lungs and blood vessels
- Improve muscle tone
- Boost heart rate and cardiovascular health
- Increase HDL, the "good" cholesterol
- Improve bone health
- Build strong and flexible core strength
- Meet new friends
- Have fun

## Getting Started & Staying in Shape

Clip on a pedometer and start walking. The goal is at least 10,000 steps a day. Moderate physical activity such as brisk walking for 30 minutes a day five or more days a week is roughly equivalent to 10,000 steps daily (about 4 to 5 miles) measured on a pedometer. Swimming, biking, sports, games and working out can all contribute to this goal.

## Exercise should be Fun

College campuses offer plenty of options, so find a routine that fits your schedule and personality. Check out your college website.

### THE GYM

Besides the stationary bikes, free weights, treadmills, ellipticals, and the swimming pool, there may be something new you haven't tried...dance, yoga, aikido, tai chi, indoor rock climbing.



**THE COURTS** Most colleges have racquetball, tennis or squash facilities.

**TEAM SPORTS** Whether it be signing up for an intramural sport like soccer, basketball, lacrosse, field hockey, ultimate Frisbee, or joining the school cycling team, team sports are a great way to meet new people and motivate yourself to go outside and play.



## TRACKS & LOCAL TRAILS & THE OUT-OF-DOORS

All you need to motivate that inner roadrunner are comfortable running shoes. Your college may have maps of local trails for jogging, biking and in-line skating. Check out outdoor clubs, too, for hiking, climbing, skiing and other outdoor activities.

## Pick-Up Games

Get a group of friends together for a weekend pick-up game. When you have a group of friends who are counting on you, you are much more likely to hold yourself accountable. Accountability can play a strong role in motivating yourself to sweat a little. Plus, pick-up games are lots of fun.

## Everyday Activity

- Bike or walk at a brisk pace to class and other places you go on campus
- Take the stairs always
- Walk around or stretch during study breaks
- Walk or bike instead of driving

## Other tips

- Recruit a friend. Exercise is more fun in numbers and more importantly, a friend can be the perfect motivator when you feel the urge to slack off. Then set aside time everyday for your workout, which can be as simple as a 15-minute walk around campus, shooting hoops or intensive weight training, or an afternoon of kickboxing.
- It can be a challenge to develop new habits. Give a new class a few sessions before deciding to stay or quit. Jogging often becomes easier after the fourth time.
- Set a schedule. Whether you plan your day a week in advance or the night before, it is helpful to have a plan. Setting a schedule can help relieve stress when it comes to time management. Whether it is for just thirty minutes or three times a week, make sure to set aside some time to have fun!
- Focus on getting balanced nutrition. Drink plenty of water and get enough sleep.
- There is no single best way to fit physical activity into your day. Do what works for you and make physical activity a habit you can keep.
- And remember: exercise is good stress relief. When you're feeling overwhelmed with exams and essays and other obligations, the best cure might actually be a quick jog.