

Can't make the time to "workout" regularly? Then sneak activity into your day. Don't underestimate the value of simply moving your body. Take the stairs, walk to and from class, park your car at a space far away or get off the bus a stop early. These all increase your output and make you move more.

Try some of these ideas to fit more movement into an already busy schedule:

- 1** Bike to class. You will see campus from a different angle.
- 2** Roller blade or skate board (if permitted) around campus.
- 3** Instead of meeting a friend for coffee, meet for a walk. Walking with a friend makes it more social and more enjoyable.
- 4** Join an intramural team. Try a sport you've never done before. That's the beauty of intramural sports.
- 5** Sign up for a P.E. class. Most colleges offer a variety of classes from weight lifting to gymnastics. If you sign up for a class it is a part of your schedule and easier to be committed.
- 6** Work out at the gym. If you are uncomfortable working out in the gym because you are shy, uncomfortable with your body or just don't know the ins and outs of gyms, call ahead and ask someone to give you a tour. Find out the time of day when the gym is least crowded. After two or three visits, you will feel like a regular.
- 7** Check out the golf course. Many colleges have access to courses for their students. If you don't know how to play, see if there is a golf class offered on campus.
- 8** Go clubbing. Many schools have clubs which offer all kinds of activities. Try something active like rock climbing, hiking or kayaking.
- 9** Play frisbee...or ultimate frisbee. It's great exercise and so much fun.
- 10** Walk the dog. Don't have one? Put an ad in the local paper to become a dog walker. Make some extra cash and get in your activity.

\*Other ideas to add activity to your life: (these will burn an average of 150 calories)

<b>Washing and waxing a car</b>	<b>45-60 minutes</b>
<b>Walking in the mall</b>	<b>2 hours</b>
<b>Shoveling snow</b>	<b>30 minutes</b>
<b>Raking leaves or sweeping</b>	<b>30 minutes</b>
<b>Playing touch football</b>	<b>30-45 minutes</b>
<b>Cleaning a closet</b>	<b>45-60 minutes</b>

\*From the College Student's Guide to Eating Well on Campus