

# The Nutritionist's Corner

## Exercise with a Plan

**“A Strong Body Makes the Mind Strong”** – Thomas Jefferson

There is no doubt that college life can be unbelievable busy—classes, work, homework, and clubs can all lead to a packed schedule that seems to leave little room for relaxation. While you may be burning “mental” energy by hitting the books, it is just as important to burn physical energy through exercise to keep your mind and body functioning at their full potential. With such a busy schedule, it may seem impossible to squeeze in some extra time to exercise. Here are some tips to get you moving.

Experts say that most people need about 60 minutes of moderate to vigorous activity most days of the week. While some people are content with stationary bikes and treadmills, some find it tedious and boring. There are plenty of other ways to work up a sweat that appeal to people with all different interests. Finding the time to exercise has many health benefits aside from sweating out some of the stressors of daily college life. Exercise can help **lower your blood pressure and stimulate your metabolism**, among many other things. Research shows that exercise bearing weight on your bones, like jogging and walking, may help reduce the risk of osteoporosis later in life—not to mention that it is a natural confidence-booster.

### Hit the Gym

Check out your fitness center. Most fitness centers provide a variety of resources that can help you to meet your exercise needs. Try to fit in some cardiovascular exercises (like running, cycling, or using the elliptical), strength training exercises with and without weights (like pushups, tricep dips, and free weights), and flexibility exercises (like stretching).

### Research Classes

Lots of colleges will offer group exercise classes, like zumba, yoga, and kickboxing that can take you to a

whole new level of exercise. For many people, exercising with a group is a great motivator.

### Go to Your Room

Make use of the space you have in your dorm room or in the common area. Run in place while watching your favorite TV show. Challenge gravity by jogging up and down flights of stairs in your building. If you have a couple of extra dollars, purchase a workout DVD that focuses on exercises you enjoy. YouTube offers a wide variety of short exercise videos that may help to spark your interest and get your heart pumping.

### Join a Club

Check around campus to see what club and intramural teams are out there. There are plenty of people who are looking to play soccer, tennis, basketball, and other sports just for fun. This is also a great opportunity to try a sport you were never able to play growing up or in high school.

### Find a Workout Buddy

Partner up with someone who has similar workout goals and interests as you do. Knowing that someone is depending on you to show up to play or workout can also be a great motivational tool.

### Make Exercising A Priority

Just like you plan out your homework and work schedules, try to schedule time in your day for exercise. Write it in a time slot in your planner to remind yourself just how important it is to get your blood flowing and your heart pumping. Try taking your gym clothes with you in your bag to remind yourself of your plans to get a workout.

There are countless ways to squeeze in a little bit more physical activity every day. Walk short distances instead of driving or taking the bus, or park your car further away from campus. Take the stairs instead of the elevator. Even small changes make a big difference—so get moving! Your body will thank you.

