

MOVE MORE



FOR 3 TO 4

20 Tips to MoveMore for Students

1. Take a walk through the botanical gardens on campus.
2. Walk on the treadmill while you read your study notes/ class material.
3. Sign up for the campus 5K walks/races.
4. Join peanut butter and jogging through The Well.
5. Take a Learn to Row class at the SRC, only a 30 minute class.
6. Hike Two Trees Trail near campus.
7. Walk to GoodWins organics instead of driving for a coffee, green juice, acai bowl, or fresh smoothie.
8. Get a jump rope! Easy to store in your backpack.
9. Move or stretch at least 3-4 minutes each hour.
10. Take the stairs instead of the elevator, if you are able to.
11. Create and maintain an active daily routine.
12. Keep an exercise log or journal.
13. Join the GO! Pedometer Program and set daily step goals. Info at well.ucr.edu
14. Practice good posture; keep the curves in your spine. Change position often.
15. Exercise with a buddy.
16. Visit the UCR outdoor track or Recreation indoor track to walk or run laps.
17. Use the cardio machine or take a free fitness class at Recreation.
18. Be sure to stretch your wrists, arms, and neck muscles after long hours of typing.
19. Walk to get water and stay hydrated throughout the day.
20. Take a breather. Try deep breathing exercises for 3-4 minutes.

For more information visit go.ucr.edu/movemore



UCR
Human
Resources
Workplace Health
and Wellness

UCR
Recreation

**the
Well**