

Getting Active

Is it worth it?

You probably know that exercising promotes well-being and helps prevent illness, but did you know that it also...

- Relieves stress?
- Increases energy?
- Improves mood?
- Improves memory, focus, and concentration?

Strategies for Finding Time:

- **Social time = active time:** Ask your friends to do something active with you. Can be as simple as walking instead of sitting, or choose one of the options below.
- **Active travel:** Walk or bike instead of driving or taking public transportation.
- **Active study breaks:** Take a short walk and/or stretch during your breaks.
- **Put it in the calendar:** Make exercise a priority by putting it in your schedule. If you have to cancel, make sure to reschedule ASAP.

Explore your options:

- **Walking and hiking:** Use treadmills or walk around campus. Visit the UC Botanical Gardens, Tilden Park, Wildcat Regional Park, The Fire Trails or Big C. Join the Cal Hiking and Outdoor Society.
- **Dance:**
 - Sign up for a P.E. class or RSF class
 - Join a group: Cal has over 15 student dance groups covering a wide range of styles.
<http://tdps.berkeley.edu/affiliations/performing-arts-groups-on-campus/>
- **Swimming:** P.E. classes, RSF classes, open lap swim (find schedule at recsports.berkeley.edu/lap-swim)
- **Outdoor recreation:** Cal Adventures offers classes and trips: Sailing, paddle boarding, windsurfing, sea kayaking, rock climbing and rappelling
- **RSF group ex:** yoga, cardio, martial arts, Pilates, cycle, fitness, and more!

Contact us

Health Promotion
2010 Tang Center
Berkeley, CA 94720
uhs.berkeley.edu/hp
uhs.berkeley.edu/healthcoaching

Make an appointment with a health coach

Online: etang.berkeley.edu
In-person: Appointment Office
Phone: 510-642-2000, press 4 then 1



Tips:

Get real. Start slow and focus on building a sustainable movement practice. It doesn't do you any good to start up an intense exercise regime if you have to quit shortly afterward due to injury or burnout.

Sit less. There's increasing evidence that sitting for long periods of time is hard on your body, so if sweating it out at the gym doesn't appeal to you, you could start by simply getting out of your seat every 20-30 minutes

Experiment! You might have to try a lot of different things before you figure out what works for you.

- **RSF facilities:** weight rooms, basketball courts, racquetball/handball courts, squash courts, elliptical trainers, Stairmasters, rowing machines and stationary bikes
- **P.E. classes:** Swim, basketball, dance, fitness, martial arts, tennis, volleyball, SCUBA
- **Sports:**
 - Intramural sports: basketball, soccer, flag football, softball, volleyball, ultimate, and dodgeball
 - Sport clubs: 35 choices! <https://recsports.berkeley.edu/sport-clubs/>
- **Roll out the door:** Bicycle, roller skates, inline skates, skateboard, or scooter
- **Exercise at home:**
 - Free online workout videos: fitnessblender.com
 - Free online yoga videos: doyogawithme.com
 - Jump rope or hula hoop
 - Put on some music and just dance!

Limited mobility?

- Check out inclusive recreation options: <https://recsports.berkeley.edu/inclusiverec/>