

EXERCISE



QUICK EXPLANATION

Exercise and being active is an important part of staying well and improving our mood. It has been found that exercise can reduce stress and symptoms of mental health conditions like depression and anxiety. Exercise can also help if you are struggling with fitting in at university or spending too much time in your room. This activity gives simple pointers and signposting options that encourages you to get moving and move your mood!



AIM

To encourage you to 'be active' and to promote movement to improve mood.



INSTRUCTIONS

Look through the following options and pick an option or two that may work for you.

- Incorporate exercise into your daily routine e.g. if you work at a desk in your room, try instead walking to somewhere on campus. Rather than eating your lunch at your desk go for a walk and eat somewhere else. Rather than getting a food delivery, go to the shops more regularly and walk there. It doesn't have to be a huge change, but small changes to your routine count towards being more active.
- Join Sir Tom Finney Sports Centre because it's free for students! If going into the gym is daunting, take up a class, the instructors are all kind and supportive.
- Utilise Technology – if you don't want to use a gym, use technology to your advantage. There are classes and tutorials on YouTube for a variety of different fitness levels.
- There are also some great apps that encourage and build fitness gently, which are endorsed by the NHS, such as [Couch to 5k](#), [Every Mind Matters](#), [Active 10](#).
- Create achievable and realistic aims for your exercise. Getting SMART (specific, measurable, achieve, realistic, time focused) goals are useful. It is OK to start small!
- Try walking for up to 20 minutes a day, every day.
- Avoid taking the 'easier options' where possible such as try getting off the bus a stop earlier or take the stairs rather than the lift.
- Whilst working at your desk set a timer for every 30 minutes and get up and stretch, fill up your water bottle or make a brew.
- Buddying up with someone can be beneficial, with the joint aim of improving fitness. Sharing the responsibility can make people feel more motivated to stick to their goals.
- Try something new such as a new sport or a new society – see the [SU Societies page](#) for more info.
- If you have a disability the NHS have released an article called [Get Active with a Disability](#) that may provide some useful tips.



RESOURCES

None needed.