5 TIPS TO GET MORE ACTIVE IN MEDICAL SCHOOL

How much activity do I need?

**Moderate-intensity aerobic activity**
Anything that gets your heart beating faster counts.

- At least **150 minutes** a week

**Muscle-strengthening activity**
Do activities that make your muscles work harder than usual.

- At least **2 days** a week

Tips to get more active

- Do strength exercises while watching TV or reviewing a lecture.
- Play pick up basketball, volleyball, or soccer in the **Fuller Gym**.
- Hike to Hiebert (26 flights of stairs - that’s 260 steps!) or take the stairs.
- Get off your bus early and walk the last stretch.
- Join the **Outdoor Club** for hikes, backpacking trips, run club and more.