



# 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.



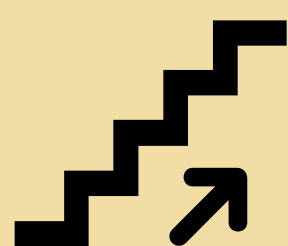
## Tips to get more active



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.

