

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.



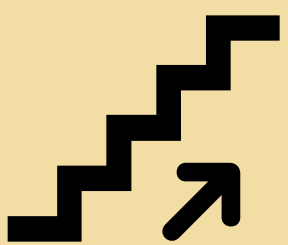
Tips to get more active



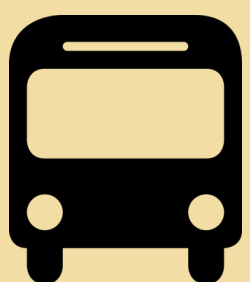
Do strength exercises while watching TV or reviewing a lecture.



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.



Check out the Physical Activity GroupMe including Run Club, Volleyball, and more.

