Exercise Boosts Performance
Exercising consistently will strengthen your muscles, increase flexibility, and improve your overall performance.

Exercise Lets You Eat More
Pound for pound, muscles burns more calories at rest than body fat. So the more muscle you have, the higher your resting metabolic rate.

Movement Melts Away Stress
As much as it may stress you out just to think about exercising, once you actually start working out, you'll experience less stress in every part of your life.

Exercise Gives You More Energy
Popping in a workout tape for 30 minutes in the morning can change your whole day. When endorphins are released into your bloodstream during exercise, you fell much more energized the rest of the day.

Exercise Boosts Brainpower
“Exercise increases energy levels and increases serotonin in the brain, which leads to improved mental clarity,” says David Atkinson, director of program development for Cooper Ventures, a division of the Cooper Institute.

DID YOU KNOW?

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Healthy CUNY
For more information, visit our website at http://www.cuny.edu/healthyCUNY

Big Campus. No Excuse.
Making Time for Exercise

Whenever you see a stairwell, use it.
Don’t wait around for the elevators. Taking
the stairs keeps your heart rate up and
may even save you some time.

Walking is a viable source of exercise.
Walk to the subway stations or bus
stops. It’s good for you and it is better
than an unreliable shuttle.

Personal Connection
When you need to discuss something
with a professor, go visit the professor’s
office instead of sending a quick
email.

Multi-Tasking
Multi-task while studying and bring your
reading or flash cards on the elliptical or
treadmill. You’ll be breaking a sweat
physically and mentally.

Exercise Tips

Here are a few tips:

Exercise in short spurts. Engaging in 10-minute
bursts throughout the day in as effective as
exercise for 30 minutes straight.

Mix it up. Running on a treadmill 5 days a
week can get boring. Take a jog around cam-
pus or the Quad instead. Change your music,
exercises, locations, or maybe even workout
partners to maintain interest and commitment.

Schedule it. Set aside time to exercise so that
it becomes part of your routine.

Be creative. Try out new activities. Use the
BeFitNYC search engine
(http://www.nycgovparks.org/befitnyc) to find
fun, free activities near you.

Make it a family affair. Work out with friends and family
members. You can encour-
age others to work out and
they can support you.

Quick Exercises for Busy People

“Bench” Presses
A pushup leaning at an angle against the
bench. Keep your feet on the ground and
put your arms on the seat, arm rest, or
back of the bench. Then come down just
like you would for a pushup.

Stair Jogging
You can use the stairs to help you get a
good leg exercise. Pick a building with sev-
eral floors and go up every flight of stairs.
When you reach the top, take the elevator
down or use the stairs.

“Crunch” Time
Whenever you sit down at a desk, try to
hold in your stomach while you breathe in
through your nose. This will cause your
abs to crunch ever so slightly and over
time, it may flatten your belly.

Adapted from the City of NY Parks and Recreation website.