EASY EXERCISE

Physical activity can help reduce stress, contribute to better quality sleep, improve mood, and much more! NYU resources and some creativity can help you fit exercise into a busy schedule.

CHANGE YOUR COMMUTE
- If possible, walk to class instead of taking the bus or subway
- Get off at an earlier subway stop
- Take a longer walking route to class

MAKE THE CAMPUS YOUR GYM
- Take the stairs to class instead of taking the elevator
- Take a moving study break in Bobst — walk around the atrium or up and down the stairs
- Walk laps around Washington Square Park between classes
- When you meet a friend for coffee, take it to go so you can walk and talk
- When you talk on your cell phone, get up and walk around for the duration of the conversation

BE ACTIVE AT HOME
- Do wall-sits/planks/crunches/etc. in your room while watching TV
- Do some light stretching during study breaks
- Clean your room — turn on some tunes to make it more fun!

PAIR ACTIVITIES YOU ENJOY WITH EXERCISE
- Blast some music and dance with your roommates or friends
- Work out with a buddy, and treat yourself to coffee or a movie afterwards
- Go outdoors and toss a Frisbee or join a community garden

TAKE ADVANTAGE OF NYU RESOURCES
- Stop by Coles or Palladium to lift weights or use a cardio machine
- Join an intramural sports team through NYU Athletics
- Attend free yoga classes at the NYU Center for Spiritual Life
- Join a club that keeps you active — ballroom dancing, martial arts, skiing...