Students should get moderate-intensity physical activity for at least 30 minutes on 5 or more days per week, or vigorous-intensity physical activity for at least 20 minutes on 3 or more days per week.

According to a spring 2015 survey, 42.8% of NYU students meet recommendations for aerobic physical activity.

30 minutes of moderate-intensity physical activity =

- a brisk walk 3x around Washington Square Park
- or
- Bobst Library to Union Square

Benefits of physical activity include:

- increased energy
- reduced stress
- mood and confidence boosts
- improved sleep

Sources: American College of Sports Medicine; American Heart Association, NCHA-NYU Spring 2015