Staying Active
Living on Your Own

Did You Know?

The recommended 30 minutes a day of physical activity does not have to be accomplished all at once.

Try breaking up your physical activity into two 15 minute segments, or three 10 minute segments throughout the day!

Living on your own for the first time? Make the most of your new dorm or apartment life by staying healthy and active. Need a little inspiration? Check out these easy tips.

Try a new activity. Whether you are enjoying the great outdoors or your local gym, there are many ways to stay active and have fun. Try playing tennis with a friend, exploring different hiking or biking trails, or checking out fitness classes at local recreation centers.

Get outside. Lace up your rollerblades or shoes and enjoy a run, jog, or walk in your neighborhood. Not only will you stay fit, but you also might get the opportunity to meet people that live nearby.

Hit the gym, or any type of indoor recreation site. Most likely, if you pay for a gym membership, you'll be more likely to follow through and make time to be active. A gym can provide some shade from the summer heat, or shelter from cold winter temperatures.

Make time. Whether you're in school full time, part-time, or working, be sure to build time into your schedule to be active. If that means waking up an hour earlier, or finding time at the end of the day, the benefits of being active will far outweigh the inconvenience of making time.

General tips for staying active:
- Park farther away than usual and walk to school, work, or the grocery store.
- Use a bike as a form of transportation instead of a car.
- Take the stairs instead of the elevator.
- Utilize the 5, 10, or 20 free minutes you have to go for a quick walk around the neighborhood, your workplace, or campus.

Being active doesn't have to be a drag! By incorporating activity into your life you will establish healthy habits and feel a sense of control over your new life knowing that you are making the most of it.

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