

Fitness Services

Recreational Services: Peters Recreation Complex & Ahearn Natatorium

<http://recservices.k-state.edu>
785-532-6980 (Admin Offices)
785-532-6000 (Rec Check)

Noon-time Yoga

301 Ahearn
www.k-state.edu/womenscenter
785-532-6444

UFM Community Learning Center

1221 Thurston St.
<http://ufmprograms.org>
785-539-8763

Healthy Kansas

www.healthykansas.org



If you have questions regarding
K-State HD or services on
campus, please contact us at:



**K-State HD
Office of Student Activities
& Services
Ground Floor, 809 K-State
Student Union
Manhattan, KS 66506**

**Phone: 785.532.6541
Fax: 785.532.7292**

**E-Mail: kstatehd@k-state.edu
www.k-state.edu/hd**

References:

Duyuff, Roberta. [American Dietetic Association Complete Food & Nutrition Guide 3rd Edition](#). Hoboken: John Wiley & Sons, Inc., 2006.

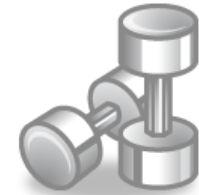
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Herring, David. [MyPyramid.gov](#). United States Department of Agriculture. 6 Aug. 2008. <http://www.mypyramid.gov>.

NCES, Inc, College Nutrition Handouts, www.ncescatalog.com, 2006

Apple Promotions, College Nutrition Handouts I, <http://www.applepromotions.com>, 2000

Staying Healthy: Exercise



**Information and Tips
about staying healthy
through fitness!**

Brought to you



Exercise

It's important to incorporate exercise into a healthy lifestyle.

Exercise is great for the body & mind!

"Daily physical activity does more than just burn the calories in the food you eat."

Exercise helps you...

- Sleep better
- Feel good about yourself
- Do a better job at work/schoolwork
- Handle stress better
- Have more energy
- Have better muscle tone, strength, and coordination,
- Have a better immune system
- Prevent weight gain

How much exercise do you need?

- At least 30 minutes of moderate physical activity most days of the week

"Choose an activity that you enjoy and try to do something active for **at least 10 minutes at a time**. It takes at least 10 minutes of activity at a time for you to get the payback to your health."

Ways to get your body moving in College?

Everyone needs study breaks...so why not do something good for your body?

Here are some **ways to get your body moving** around campus.

- Go for a bike ride
- Walk to class or walk for fun
- Take the stairs
- Intramural sports
- Swimming at the natatorium
- Visit the Rec Center
- Group Fitness classes at the Rec Center
- Group Fitness classes at the natatorium through the L.I.F.E. program
- Dance classes
- The kinesiology department offers exercise classes for college credit.
- The Women's Center offers Noon-time Yoga.
- The UFM Community Learning Center offers non-credit & credit bearing classes on a variety of topics.



Remember...

"The more energetic the activity, the more calories you use."

The best exercise plan will involve:

- Flexibility/stretching
- Muscle strength/toning
- Cardio

Be sure to do a **warm-up** and **cool-down** each time you exercise to prevent injury!

Staying Motivated & Finding Time

Sometimes it's just so hard to find any motivation or time

Helpful Tips:

- **Make exercise a habit** – even if that means writing it down in your planner
- **Grab a friend** - or join Healthy PAC-CATS
- Make sure it is **something you enjoy**
- **Think about the benefits to your body** rather than focusing on calories burned.

Example (think to yourself):

"Exercising today will strengthen my heart and give me more energy".

