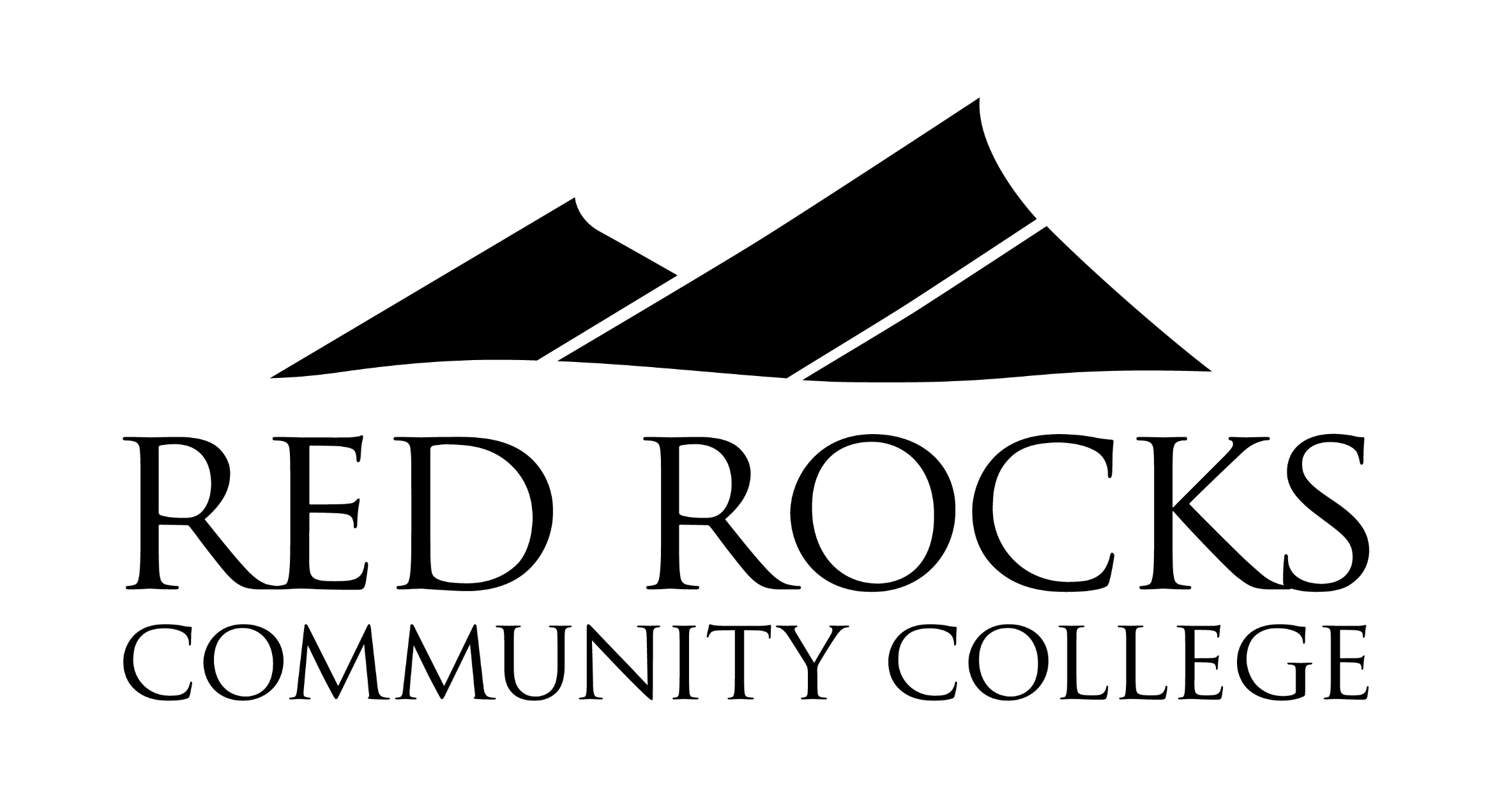
30 Ideas to Get Movin’

* Use the RRCC Student Rec Center – it’s free for enrolled students
* Get comfortable – proper clothing and shoes
* Start slowly – listen to your body, don’t try too much too soon
* Determine your body clock – morning vs evening activity?
* Change up your routine – consider a variety of activities
* Make working out a priority – schedule it
* Track your progress – keep a journal of the activity / duration
* Grab a friend for support
* Play with your kids or go to the park
* Get fresh air – alfresco workouts show better mood boosts
* Stand up and/or move around while on the phone
* Park away from buildings for extra steps
* Take the stairs rather than the elevator
* Cleaning, gardening, mowing, shoveling, and raking all add up!
* Add music to your motion
* Carry grocery bags rather than using a cart
* Do sit ups/push ups and/or use an stretch band during TV commercials
* Strive for 10 minute blocks of activity 3x a day = 30 minutes
* Set a goal – ex. number of minutes or number of miles
* Think enjoyment, not exhaustion – hike, frisbee, etc.
* Join campus intramurals or a local recreation league for team activities
* When standing in a line, tense then relax muscles
* Go for a walk after one of your daily meals
* Get inspired by others who have experienced benefits
* Walk as you talk with colleagues and friends at work / school
* Download free or low cost apps
* Check out YouTube or other media for free videos to watch
* Invest in electronic devices to monitor your fitness activities and goals
* Don’t compare yourself to others
* Think about “friendly” competition with others
* Other?

NOTE: If you have concerns or questions, see a professional first to assess your level of health. You are welcome to check with RRCC’s Medical Clinic!

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