

MAKE YOUR MOVE



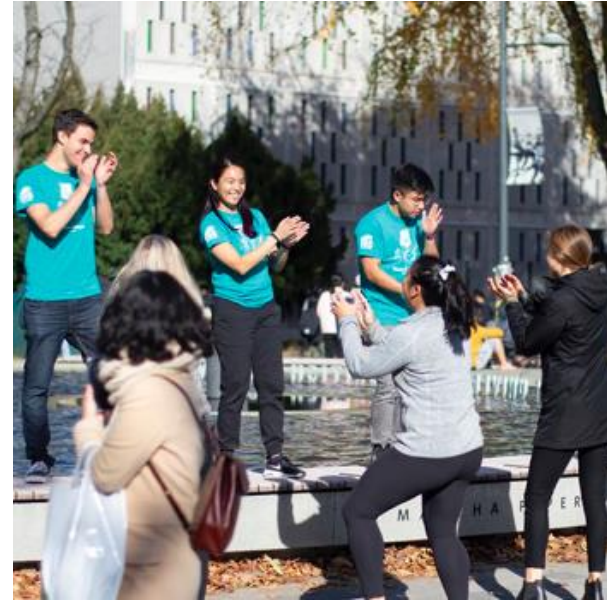
move.ubc.ca

Canadian Physical Activity Guidelines suggest 150 minutes of moderate to vigorous physical activity per week.

- Moderate to Vigorous means activities that cause you to sweat a little and breathe harder
- Examples include brisk walking, jogging, and dancing
- If you are meeting your 150 min. of physical activity per week, it is still important to break up bouts of sedentary behavior through out the day. Even a 10 min. movement break can bring positive benefits!

BENEFITS OF PHYSICAL ACTIVITY

- Supports overall health and wellbeing
- Improves academic performance by
 - ✓ Reducing stress
 - ✓ Boosting energy and improving concentration
- Release of *happy* hormones
- Stress release
- Increase social connection
- Improved quality of sleep
- Helps in prevention of non-communicable diseases



10 DESKERCISES TO TRY

1. Shake it out!
2. Shoulder Shrug
3. Neck Stretches
4. Chair squats
5. Knee raise
6. Chair Dips
7. Wooden Leg
8. Chest Stretch
9. Quad Stretch
10. Seated Crunches



Check out the blog →
<https://recreation.sites.olt.ubc.ca/?p=93539>



ONLINE RESOURCES



- **Get Active At Home**

- Free pre-recorded class (fitness, zumba, yoga and more!)
- Live virtual fitness classes
- Free exercise and stretch guides
- Active from anywhere blog content
- Learn about upcoming fun virtual events

- **Book the Move U Crew!**

- Virtual and In-Person Movement Breaks
- Wellbeing Walks

- **Recreation Website**

- Learn more about UBC Recreation at recreation.ubc.ca

For more information:



<https://recreation.ubc.ca/get-moving/active-at-home/>

GET MOVING ON CAMPUS



- Join an intramural team
- Free drop-in (basketball, swim, skate, etc.)
- Fitness classes
- Move More, Learn More
- Wellbeing Walks (Wednesdays at noon)
- Various recreation facilities

For more information:



<https://recreation.ubc.ca/get-moving/everyone-is-welcome/students/>

BROUGHT TO YOU BY THE MOVE U CREW

- A team dedicated to getting people *moving* by:
 - Providing resources
 - Leading wellbeing walks
 - Hosting movement breaks
- Learn more about the Move U Crew at:
 - <https://recreation.ubc.ca/get-moving/move-u-crew/>
 - Or by scanning the QR code below

