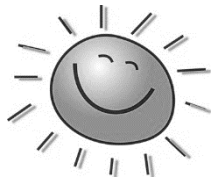


# Exercise Tips

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- 1. Find an enjoyable activity.** Exercise doesn't have to be boring. Choose a pleasurable activity, like playing a solo sport. Aim for fun, not more work.
- 2. Start small.** Commit to 10 minutes of exercise a day or add exercise to your daily routine (like walking or doing push-ups in your room).
- 3. Get outside.** The sun provides a mood "pick me up" of its own, producing serotonin in the brain. Take a walk outside.
- 4. Schedule it in.** It's easy to skip exercise when we don't plan. Put it in your phone as part of your daily to-do's and celebrate when you check it off.
- 5. Mix it up.** To avoid feeling bored with exercise, try a number of different activities.
- 6. Team up.** Find others online to do team activities or find an exercise buddy to keep you accountable remotely to make exercise more fun, all while practicing social distancing.
- 7. Minimize equipment.** Equipment can be expensive. Identify activities that don't require you to have equipment or facilities, like walking, running, or dancing.
- 8. Follow your energy.** If your energy fluctuates throughout the day, try to plan to exercise when your energy is at its peak. Alternatively, exercise when feeling sluggish for an energy boost.
- 9. Set goals.** Achieving goals improves mood and self-esteem. Set specific achievable exercise goals and reward yourself when you accomplish them.



This information sheet is based on the Getting Unstuck curriculum at Counseling Services of California Polytechnic State University, San Luis Obispo, with modifications by the Center for Counseling and Wellness of Calvin College, Medical and Counseling Care Center, Abilene Christian University, and the Trinity International University Counseling Center. Used by permission.