



BOSTON COLLEGE CENTER FOR STUDENT WELLNESS

•••• *Wellness Tips* ••••



EXERCISE



BOSTON COLLEGE
Division of Student Affairs

CENTER FOR STUDENT WELLNESS

TOP 10 TIPS

- 1.** Exercise for health rather than for appearance, losing weight, or burning calories
- 2.** Exercise for fun, stress reduction, the challenge, and long term health
- 3.** Fuel up with carbs and protein before and after exercise to feel fueled for activity
- 4.** Eat every 3-4 hours to fuel for any activity
- 5.** Meet with a Wellness Coach in CSW if you want to talk more about your relationship with exercise
- 6.** Aim to move intuitively 3-5 days a week for at least 30 minutes
- 7.** Mix up the type of exercise you do (ex. Integrating strength, flexibility, and cardio)
- 8.** Set goals based on performance, not body shape or weight
- 9.** Listen to your body and do what feels good, paying attention when you need rest
- 10.** Find exercises you enjoy. Try group fitness classes, small group training, or personal training