

EXERCISE IS HEALTHFUL!

Science shows that exercise is helpful in reducing risk of:

- Cognitive decline, insulin resistance, cancer, stroke, depression, heart disease

Adequate exercise is 30 minutes per day, most days of the week

- Vary intensity of workouts

Science shows that exercise does not cause weight loss

- Exercise helps maintain a healthful weight or weight lost healthfully

OVEREXERCISE

What it looks like:

- You continue to work out despite feeling sick
- You feel guilty if you miss a workout
- You decline activities with friends because you have to exercise or because the activity they are doing is not intense enough
- You increase the time spent exercising if you feel like you ate too much food or high calorie foods
- You go through withdrawal without exercise, such as feeling depressed or anxious

Consequences

- Malnutrition
- Increased depression and anxiety
- Body image distortions
- Injury and sickness
- Other physiological side effects

TOP 10 TIPS

1. Try something new
2. Get outside instead of inside exercise
3. Ask a friend to join you for movement
4. Take a rest day at least 1-2 times a week
5. Stop weighing yourself before/after exercise
6. Do not schedule exercise in - ask yourself, "How am I feeling?" and "What do I want to do?"
7. Eat a meal/snack before movement
8. Stop tracking calories burned and/or steps walked
9. Join a club or intramural team
10. Stop following fitness models or influencers on social media