

## Benefits of Exercise

Physical activity is one of the best things you can do for your health. When combined with healthy eating, you can look and feel better today as well as increase your health for tomorrow.

Long term and short term health benefits to exercise include:

- Healthy weight
- Good emotional health
- Less frequent feelings of depression and anxiety
- Good cholesterol
- Lower risk for heart disease, stroke, cancer, diabetes, high blood pressure, osteoporosis, back pain
- A stronger heart

Not only does exercise improve health and physical well being, but it will also make you feel better about your body and yourself, increase muscle tone, improve your mood, and help you to concentrate on schoolwork.

CU Healthy

**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

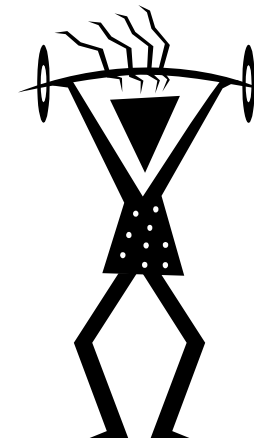
- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or [cu\\_healthy@carleton.ca](mailto:cu_healthy@carleton.ca).



2600 CTTC Building  
613-520-6674  
[carleton.ca/health](http://carleton.ca/health)

# Keeping Fit In University

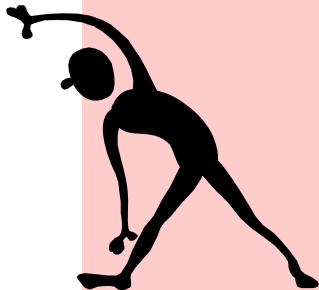


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## Keeping Fit in University

Finding time to exercise can be difficult. It's easy to spend the entire day running from class to class, meeting to meeting, and then realize the day is over. We must also find time for friends. With all these commitments it is no wonder it can be difficult for university students to add daily exercise to their schedules.

However, keeping fit by exercising is important and has many health benefits. Surprisingly enough, by making minor changes in your schedule, you might find a few extra minutes to make a quick trip to the gym or go for a jog. You can be physically active!



## Effective Exercising

Take these measures to maximize the benefit of your exercise and prevent injury:

- Drink plenty of water
- Make exercising a part of your daily routine
- Start gradually
- Increase exercise time each day
- Rest when feeling faint or short of breath
- Keep a record of your workouts and progress
- Keep yourself occupied while you exercise: read, listen to music, chat with a friend, etc.

Remember to slowly bring down your heart rate when you finish exercising. You can do this by slowly decreasing the intensity of your work out, or walking until your heart rate returns to normal.

**Carleton University has a great Athletics Facility. Check it out at [carleton.ca/athletics](http://carleton.ca/athletics).**

## Exercising at School

### Fitting Exercise Into Your Schedule

While exercising is something that you should fit into your schedule, it does NOT mean that you have to go to the gym everyday. Instead of making exercise something that you feel you have to do, incorporate activities into your everyday lifestyle. Here are some great examples of how to exercise without having to abide by the structure of a gym:

- Take the stairs instead of the elevator
- Get off the bus a stop earlier and walk the extra block
- Ride your bike to school
- Walk to meet a friend instead of driving
- Walk briskly instead of slowly on your way to and from class

**No matter what type of exercise you do, ensure that you are doing what makes you happy and feels good. Remember that not everybody enjoys exercising, so do what feels right for you and your body.**