



Greetings,
ready to have some fun?

Physical activity has a huge impact on your health— it boosts your energy, decreases your risk of cardiovascular disease, improves your sleep quality, and helps fight depression.

If regular exercise isn't typically a part of your routine, follow a plan that's comfortable for you. Start a walk at a leisurely pace and work your way to a fast stride. You can also try intervals: exercise intensely for 1 minute, then at a slower pace for 1 minute, and repeat this pattern throughout your workout!

When you log your steps every day, you can also upload a photo or write a short journal entry about how you moved that day. Here are some note ideas to get you started:

- If your muscles felt stiff or loose.
- Your mood before and after you exercise.
- How easy or hard it was to meet your goal.
- Anything you want to remember for future workouts.

Having the ability to reflect on your progress helps you see how far you've come!

Have fun and challenge yourself.

Also, take advantage on campus of the Exercise Science Wellness Center Facility to boost your physical and mental well-being.

<https://mtsacwellness.walkertracker.com>