

Tips and Tricks

- Work out with a friend or roommate
- Go to a fitness class
- Walk around campus rather than drive or take the shuttle
- Take the long way to class
- Take the stairs
- Download a fitness app and complete with your friends
- Go for a hike
- Take a one credit fitness class and get credit for it
- Play an intramural sport
- Join a club sport
- Get into a routine



Recourses for Health Help

HUB Rec. Programs
Intramural Sports
Club Sports
Fitness Orientations
HUB Fitness center

Hours:

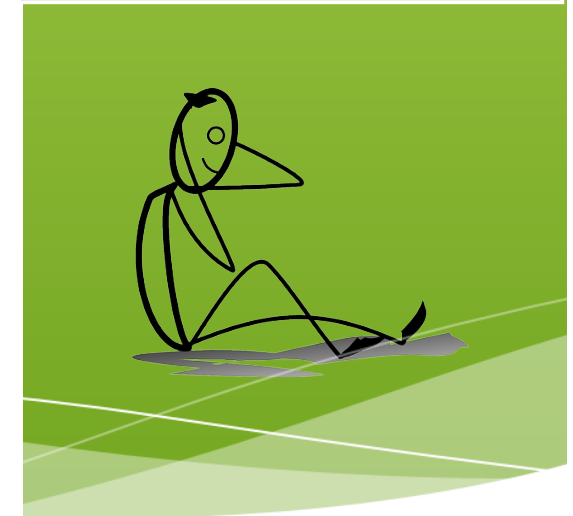
Monday – Thursday: 6:30 a.m. –
11:00 p.m.

Friday: 6:30 a.m. – 9:00 p.m.

Saturday: 12 noon – 6:00 p.m.

Sunday: 2:00 p.m. – 8:00 p.m

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Physical Activity

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Get the Facts

- The Daily recommended amount of Exercise is at least 150 min. per week for people over age 18
- Physical inactivity is the fourth leading cause of global mortality.
- One in three children are active daily.
- Only 6 states require PE class for every grade.
- 28% of people over the age of 6 are inactive
- Physical Activity helps to reduce stress
- Bone Density and muscle mass increases with physical activity
- Physical activity decreases chance Of heart disease, high blood pressure, stroke, diabetes, colon and breast cancer, and depression
- Physical activity helps maintain weight



One theory/ model to Adopt health behavior

Theory of Planned Behavior

Theory of planned behavior is the theory of taking specific beliefs and causing a planned behavior. The theory starts with an individual's behavioral beliefs, normative beliefs, and control beliefs. These beliefs lead to an individual's attitude, subjective norms, and perceived behavioral control. All these further lead to intention and then behavior. In short, if a person believes physical activity is good for them, and know others believe the same, they will have a positive attitude about it and will participate in physical activity. By knowing the benefits of physical activity, an individual is likely to change their beliefs

Behavioral Beliefs: Physical activity is healthy and can contribute to a healthy life style.
Normative Beliefs: Physical activity is considered a positive addition to a person's lifestyle.
Control Belief: A person's self-efficacy which can lead to an impedance or progression in physical activity.
Attitude: Positive attitude towards physical activity
Subjective norm: Participating in physical activities
Intention: Participating in physical activities
Behavior: Participating in physical activities
Perceived Behavioral Control: A person will progress their physical activity to reach new goals and continue making exercises more difficult to eliminate plateauing and boredom

