What do **YOU** want from exercise?

How Much Exercise Is Enough?

- 150 min/wk moderate exercise
- 75 min/wk vigorous exercise
- or an equivalent combination

What does exercise **look** like to **YOU**?

Cardio Recommendations
Muscle Fitness Recommendations

- Frequency: 2-3 days per week
- Integrity: Last 2 reps
- Time: 6-10 exercises, 3-6 sets, 8-12 reps
- Type: Resistance training with body weight and external resistance for all major muscle groups

Flexibility Recommendations

- Frequency: At least 2-3 days per week
- Integrity: To the point of mild tension
- Time: 10-60 seconds per stretch, 2-4 reps
- Type: Stretching, dance, or yoga exercises for all major muscle groups

What gets in the way of exercise for YOU?
Resources on Campus

Increasing Fitness

Maintaining Fitness
What motivates **YOU** to exercise?

The other part of the equation...

Questions???

Friday May 31st @ 12pm