

# EXERCISE IS HEALTHFUL!

Science shows that exercise is helpful in reducing risk of:

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

A general recommendation is 30 minutes per day, most days of the week...

- Vary intensity of workouts

Exercise does not cause weight gain. Research shows that weight gain is caused by eating more calories than you burn. Exercise helps maintain a healthy weight or weight lost healthfully.

## EXERCISE TIPS TO GET YOU OVER THE HUMP

Looks like:

- 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

- Find time to join you for movement
- 4. Take a rest day at least 1-2 times a week
- 5. Stop watching yourself

movement

### Consequences

calories burned

walked

or intramural team

following fitness models or

content on social media

- Malnutrition

- Increased depression and anxiety

- Psychological disturbances

- Injury and sickness

- Other physiological side effects

8. Stop tracking

and/or steps

9. Join a club

10. Stop following

influencer