**Lifestyle/Sport**

10 ways to keep fit in Durham

1. University sports team: Whether you are national level or want to burn of those college potatoes getting involved in university sport is enormously worthwhile. You can either trial for Team Durham or if you want something slightly more casual, get involved at college level. There are XX sports on offer at Durham, you’re bound to find something!
2. Join a gym: Durham is well equipped with gyms. College gyms are often small and cramped but convenient and cheap; Maiden Castle is the home of Team Durham and a short walk from hill colleges; Result Fitness on North Road is a good option for the Viaduct.
3. Swim at Freemans Quay: Public swim sessions throughout the week and at the weekend.
4. Download Strava: a great way to track your progress both personally and with others, find new routes, and achieve a PB.
5. DSU steps HIIT workout: complete reps of the 88 steps underneath the Durham Student Union bridge and you’ll be fighting fit in no time.
6. Try something new: there are so many new sports to try while at university. Did you know that there is a climbing wall less than ten miles from the centre of Durham, a boat house filled with canoes to try out and the opportunity to become a qualified scuba diver with Durham City Scuba?
7. Compete in a local race: whether you sign up for the Durham Coast Half-Marathon in June or participate in Park Run leaving from Maiden Castle, there is some stunning scenery to be enjoyed around this area along with plenty of enthusiastic fellow competitors.
8. Local sports: If the university sport scene isn’t for you then there are plenty of options to mingle with the locals and join a Durham City club. There is a Durham City Cricket Club, Amateur Rowing Club, Rugby Club, Golf Club, Indoor Bowling Club to name but a few.
9. Get a bike: Enjoy the stunning scenery of Country Durham and further on two wheels. A bike is a great way to get out of Durham quickly!
10. Step by step: Doing something little everyday is better than nothing!

Team Durham

There are so many sports to get involved with within the University. Whether you are arriving at Durham as a national level athlete or want to try a new sport; both Team Durham and College Sport have enormous opportunity. Check out Team Durham Website for more information about University sport.

Gyms in Durham

College gym:

Maiden Castle:

Freemans Quay:

Result fitness:

Running Routes around Durham

Recommended fitness apps

Exercise tips

: 20 minutes is better than nothing. Better sleep, appetite and well-being will follow a healthy lifestyle with exercise.

: Get up an out! Trust me, the winter sunrises over the Wear make the harsh cold, dark morning well worth it.