



Move More

Run a Bit to Keep Your
Grades Fit



Student Wellness Centre

STUDYNATURALLY

THE BALANCED WAY TO INCREASE YOUR GPA

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UNIVERSITY OF
SASKATCHEWAN

Exercise Is the Best Medicine

Exercise is a great way to improve brain function. It improves your brain's ability to focus by increasing your blood circulation, which delivers oxygen and glucose to the brain while taking away waste products. Recent studies show that exercise can even stimulate the growth of new brain cells in the hippocampus—the memory center of the brain.

“I Don't Exercise. Where Do I Start?”

Choose a Minimum

Your body will benefit from several 10-minute exercise activities throughout the day. 150 minutes of moderate-intensity activity weekly is recommended. Try to do a little each day.

Focus on Steps or Distance

Sometimes it's easier to have a goal other than time. Try working up to walking or running 10,000 steps or 8 kilometres per day.

Don't Try Too Much Too Soon

You may become discouraged and quit, so start slowly and progress gradually. Do not over-exert yourself.

Practice Safety Precautions

Stretch before you begin, wear a helmet, walk in well-lit areas or with a partner, and drink plenty of water.

Do It with a Group

You will likely be more motivated to exercise if you involve your family and friends.

Whatever You Do, Make Sure You Enjoy It

Find an activity you enjoy doing. You will be more likely to stay involved with your exercise program.

As a student, you have a membership to the Physical Activity Complex (PAC). This means you have access to a wide range of activities and equipment for free!

Benefits of Exercise

Boosts Your Endorphins

Exercise helps your brain produce feel-good neurotransmitters called endorphins. These will help you shed tension and focus on a single task.

Helps Improve Sleep

A moderate amount of daily aerobic exercise can help improve sleep quality and reduce the amount of time it takes to fall asleep, leaving you less tired during the day.

Boosts Energy Levels

Exercise improves blood circulation, helping you stay alert.

Improves Memory

Exercising at regular intervals leads to the release of brain-derived neurotrophic factor, helping your memory. Research suggests that aerobic exercise training can lead to improvements in attention, processing speed, and executive functioning. Exercise can also prevent age-related memory loss.

Reduces Stress

Exercise helps burn off chemicals such as adrenaline, which can help reduce stress.

Distracts from Negative Thinking

When you exercise you can get away from stress-inducing circumstances for a while. Exercise also helps distract from negative thoughts.

Exercise and Exams

During exam times you may feel unable to take much time off from studying. Instead of giving up on exercise completely, try taking small, regular breaks to refresh your body and mind. Take a walk around the library or campus.

Think about what times of day you study best. Some people find doing homework easier in the morning while others are more productive in the afternoon. Plan your day and fit some exercise around your study plan.

“What Should I Do When I Can’t Focus?”

Visit the PAC

Check out the PAC on campus. Get in regular exercise by visiting the Fit Centre, climbing wall, indoor track, or pool. The PAC also offers a wide range of fitness classes.



SCAN ME

Join an Intramural Team

Join a competitive or recreational team. Intramural sports include

badminton, basketball, curling, dodgeball, floor hockey, football, futsal, hockey, innertube basketball, innertube water polo, slo-pitch, soccer, ultimate Frisbee, and volleyball. Use QR code

Check Out Campus Walking Routes

You have access to some of the best indoor and outdoor walking paths in Saskatoon right from campus. See all local routes using QR code.

Try Yoga

Yoga can be practiced as a physical exercise, a spiritual practice, or an entire lifestyle system. Many experience reduced stress and increased concentration. There are different types of Yoga so you may need to try a few before finding one you like. Begin with a beginner class as the poses get quite advanced. Many yoga studios offer a student discount or complementary first class, or attend free at the PAC.



“What If I Exercise Too Much?”

It can be tempting to apply the “more is better” philosophy to exercise, but the benefits of physical activity are actually reversed if you do too much.

Signs of Overtraining

- Exercise feels harder than usual,
- Muscles and joints are regularly stiff and sore,
- You are tired and sluggish,
- Slower recovery from workouts,
- Frequent headaches or stomach pains,
- Difficulty sleeping, and
- Frequent sore throats or colds.

If you find yourself putting your workouts above everything else in your life—studies, relationships, or other

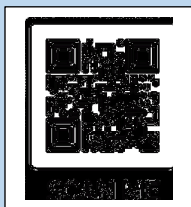
activities—and you are not training for a specific short-term goal, talk to a counsellor or health provider at Student Wellness Centre.

Fit Tips

- Go for a walk around the bowl or along the tunnels as a study break.
- Take the stairs rather than the elevator.
- Add steps to your day—park far away, walk to a further bus stop, or take the long way to class.
- Use readily available household products, as well as your own body weight, to build strength. For example, using a strong box for step-ups.
- Take up a new hobby like yoga, dancing, or gardening.

Use all these techniques together to help you reach your academic goals!

- Breathe Well
- Connect Well
- Eat Well
- Move More
- Sleep Well
- Study Well
- Think Well



Additional Resources

Recreational services at the University of Saskatchewan

Visit: <https://recservices.usask.ca/>.

Fitness Center calendar and register for a class

Visit:

<https://recservices.usask.ca/getfit/fit-centre/index.php>.

City of Saskatoon Recreational Activities and Fitness

Visit: <https://www.saskatoon.ca/parks-recreation-attractions/recreational-activities-fitness>.

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