



Healthy Headlines

April 1–18

Get Creative With Your Daily Exercise!

This Spring, start getting inventive with the ways you incorporate exercise into your daily routine! There are countless ways to help keep yourself in shape, that can be both effective and enjoyable. Going to the gym is not the only way to achieve your daily exercise goals. Add these clever, healthy activities into your daily regimen and feel the change!

Commercial Activities!

Instead of staying seated while watching your favorite shows, get up and move during the commercials! Do whatever you enjoy, but do not just sit there. Jumping jacks are an excellent way to get your heart rate going and can produce wonderful results. If you don't feel like doing jumping jacks, then do some sit ups or mountain climbers. If you want a challenge, see how many commercials you can hold a plank for!

Brushing Teeth Squats!

Instead of just standing in front of the mirror while brushing your pearly whites, admire yourself while doing some squats! If squats don't interest you, try doing a wall sit or lunges while you're brushing. Your teeth will be clean and your buns will get a great burn!

Dance Around!

Instead of simply walking to your closet, or over to your desk, DANCE there! You don't have to have any fancy or hip moves, just do what you need to do in order to get your groove on. It's in the privacy of your dorm, so you don't have to worry about feeling embarrassed. Burn some extra calories, and maybe even lighten your mood, by busting a move or two when you would normally be walking.

CSB Health Services
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Hours:

- Monday-Friday
8:00 am - 4:30
pm
- Weekends
CLOSED
- Breaks
CLOSED

Appointments are
preferred

E-mail us!

healthinfo@
csbsju.edu

Where we got
our info:

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