

How to get your steps in

- **Choose activities you enjoy.** Try different activities until you find one that is right for you
- **Schedule your exercise.** Treat it like an appointment and write it down in your calendar
- **Use the buddy system,** making plans with a friend can keep you more accountable
- **Use active transportation.** Walk, bike, or run instead of taking a bus or car
- **Join a team,** check out Campus Rec for Intramurals. It's a great way to make friends.
- **Set realistic goals,** consider how active you are and set yourself up for success