The importance of exercise

Why you should get moving!

What do lecture halls, computer desks, cafeterias, & libraries all have in common? It's where you spend much of your time sitting down!

Take a look at these benefits for why you should get active...

**Exercise prevents weight gain** - The first and most obvious benefit of exercising is you're less likely to gain weight. Many college students worry about gaining some weight due to college food and stress-eating but regular cardiovascular exercise can help you maintain a healthy weight.

**Exercise boosts your immune system** - People who exercise regularly fall ill less often. Spending 20 minutes or half an hour 3 times a week exercising could keep you healthy and prevent illness from affecting your grades.

**Exercise can help you sleep** - Exercise can help you get tired by the time you go to bed and, once you fall asleep, it can help you to stay asleep. If you sleep well, you'll function better during the day, improving your coursework and test-taking abilities.

**Exercise can boost your academic performance** - Cardiovascular exercise (e.g. cycling, running, swimming or fast walking) improves your blood circulation, helping increase the amount of oxygen that reaches the brain. The more oxygen your brain gets, the more effectively you can do mental activities. So if you really want to excel academically, make sure you get regular exercise.

**Exercise can decrease stress** - Many people find that exercise reduces the amount of stress they feel. This is due largely to the endorphins (the body's natural “feel-good” chemicals) that are released from exercise.

**Exercise is good for you beyond college** - Exercise is essential if you want to live a healthy and fulfilling life. It reduces the risk of many chronic diseases, such as heart disease, type 2 diabetes, stroke, some cancers, and dementia, and being active generally improves your quality of life.

Logon today at

www.kent.wellbeingzone.co.uk

Or create an account by clicking 'Register' and using the following code.

Organisation Code : KENT1