

Take 30 challenge



Fighting off the pandemic pandemonium with fitness

Being a college student can be difficult. Trying to find time and balance between school, work, a social life, and time for oneself can be challenging. On top of all that, trying to integrate daily exercise can seem impossible especially during a global pandemic. Fitting in just **30** minutes a day for moderate to vigorous physical activity can lead to improved brain power, reduction of stress and anxiety, and greater overall health.

WHERE

At Home
Local parks and beaches
Hikes
Around your neighborhood



HOW

Online workouts (youtube, personal trainers, or virtual classes)
Swimming
Surfing
Hiking
Calisthenics
Running
Home gym (if accessible)

WHY

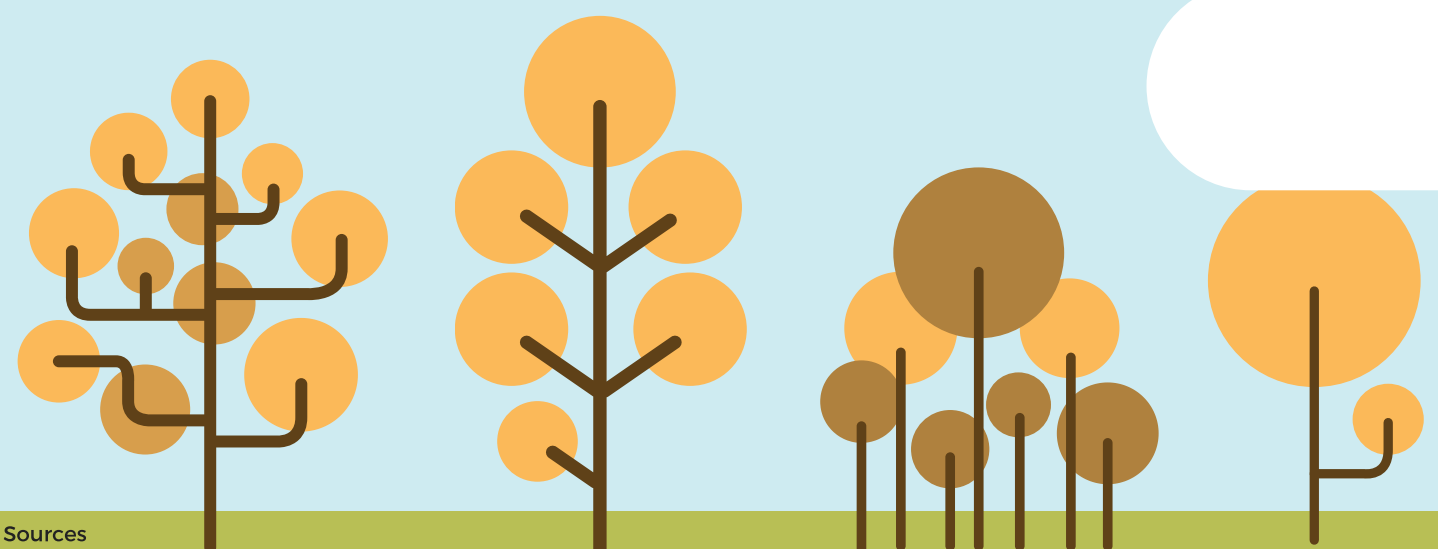
BENEFITS:
More energy.
Better sleep.
Improved mental health and mood.
Sharpens thinking, learning, and judgment.
Strengthens bones and muscles.
Helps maintain (or get to) a healthy weight.

Reduces risk of:
heart disease and stroke, type II diabetes and metabolic syndrome, colon and breast cancers.

INCREASE CHANCE OF A LONGER LIFE SPAN.

KEEP GOING

Stay consistent
Do it with a friend or someone to keep you motivated
Keep a Journal
Gradually increase minutes per day
Establish healthy eating habits
Take weekly progress pictures to notice improvements
Reward yourself in timely intervals



Sources

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