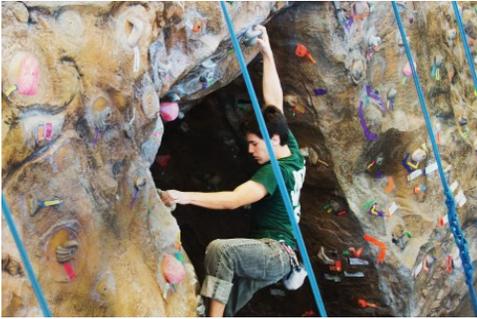


## 9. Sign up for an adventure trip.

There are many opportunities for adventure trips through the Outdoor Engagement Center. Join with a friend for some outdoor fun!



## 10. Balance calories.

What you eat is just as important as how active you are. Keep in mind what you are eating and your physical activity to help you maintain a healthy weight.

Visit <http://www.udayton.edu/studev/campusrec/#1> for more Information on exercise opportunities here at UD!

*It is important to develop healthy exercise habits early on in your college career. Make staying active a priority and part of your daily routine. These tips will help you maintain good physical fitness throughout your college years!*

Information used obtained from  
[choosemyplate.gov](http://choosemyplate.gov)  
and

<http://www.udayton.edu/studev/campusrec/#1>

**University of Dayton  
Dining Services**

Prepared by: Emily Gerlach 2014

Email Questions to:  
**Joan Bauman MS, RD, LD**  
[jbauman1@udayton.edu](mailto:jbauman1@udayton.edu)



# Stay Fit on Campus



*10 tips for college students to stay active*

# Now's the time to GET ACTIVE on UD's campus!

## 1. Walk or bike to class.

With a campus as small as UD's, walking is the best option. It doesn't take long to get places, plus you can burn off extra calories!



## 2. Take the stairs.

As tempting as the elevator may be, take the stairs. This is great exercise, especially if you don't have time to work out. And you can tone up those legs!

## 3. Join a sport.

If you played sports in high school, you can continue playing in college! Try joining a club sports team.

## 4. Join an intramural team.

For a more laid back and less competitive experience, intramurals are another great way to exercise while having fun!

## 5. Hit the gym.

Visit the RecPlex to run on the track, lift weights, or take a swim! Grab a few friends and shoot some hoops. Vary your routine to avoid boredom.



## 6. Be active with friends.

Go for a walk, hike, or bike ride with friends to catch up and have fun!

## 7. Take a fitness class.

Find the schedule of fitness classes online and choose a class that you enjoy. Many classes are offered such as spinning, yoga, sizzlin' abs, and turbo-kick.



## 8. Fitness for credit.

Elective classes such as swimming are a great way to remain active while also earning school credit. Not only are these classes fun, but they offer you a scheduled workout several times a week!