

# Ways to Be Active

Have a look  
at the UoM  
Sport  
Website

Book a Yoga  
class

Ask a friend to  
walk with you  
to university

Book a new  
exercise  
class

Write one  
thing down you  
like about  
yourself

Consider  
starting a new  
sport

Do some  
morning  
stretches

Take a walk  
to a park you  
haven't been  
to before

Check out  
what sport  
events Reslife  
are running.

Take the  
stairs instead  
of the lift

Set yourself  
realistic  
goals

Make sure to  
take rest days  
too

Find out more at <https://bit.ly/3sHzLIt>