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/3sHzLlt