

EASY WAYS TO EXERCISE EVERY DAY



As an engineering student, you likely have a busy schedule and it can be difficult to fit exercise into your everyday routine. However, physical activity is shown to relieve stress, anxiety and fatigue, and to improve memory and cognitive functions¹⁻⁸ – so we've compiled some hacks to help you get active even when you're crunched for time.

REFRESH @ YOUR DESK

Studies show that a quick 10-minute exercise during mentally demanding tasks can enhance productivity.^{3,5,7}



! **TIP:** When studying, take 10-minute breaks to walk outdoors or around your home!

! **TIP:** When you are hunched over your desk for too long, wake up your body by rolling your neck, shrugging your shoulders or stretching your arms to the sky.

WALK AND TALK

Have a phone meeting, or want to catch up with a friend?



! **TIP:** Take your conversation on the go by walking while you talk. With both your body and mind active, you may be surprised to find you are thinking more clearly.

CHANGE YOUR COMMUTE

You can easily incorporate exercise into your daily commute.

! **TIP:** Whenever possible, walk or bike to your destination for a quick energy boost, rather than taking the car or public transportation.

! **TIP:** If you take the bus or metro, choose to stand instead of sit and get off a couple of stops earlier to walk the rest of the way.



SCHEDULE IT IN

It can be really easy to procrastinate on exercising when we have so much to do. However, exercise should remain a priority.

! **TIP:** Schedule exercise time into your calendar and treat it like it is a class or important meeting. You are more likely to stick to your routine if you set specific times for when you will exercise.

! **TIP:** Schedule in a back up day on a busy week where you think one of your workout days might be cancelled.



START SLOW

When starting off, it's important to set realistic goals for yourself. Start slow and ease into it. If you set unrealistic goals, then you will be less likely to stick to your routine.

! **TIP:** Start with short workouts (they can be 10-15 minutes). Once you are able to stick to your routine, slowly increase your workout time.



For a **complete list of references** check out the Reference List page at www.engineeringresilience.ca

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