Benefits of Exercise

Short Term:
- Reduced Stress
- Reduced Depression
- Improved Sleep Quality
- Improved Bone Health
- More Energy
- Weight management

Long Term Risk Reduction of:
- Early Death
- Heart Disease
- Stroke
- Type 2 Diabetes
- High Blood Pressure
- Some Cancers
Physical Activity Guidelines

Over the course of 1 week, all adults should accumulate:

150 minutes of moderate intensity physical activity
-OR-
75 minutes of vigorous intensity physical activity
-OR-
a combination of both
AND
2-3 days of strengthening exercises
7 days of stretching exercises
Individual Consultations

**Nutrition**

Meet with a Registered Dietitian (R.D.) to explore your eating and lifestyle habits. Whether you would like to learn to manage a health condition, reach your healthy weight, or simply eat more nutritious foods, an RD is the expert in this field. Together an RD will design a plan with you to meet your individual goals. With ALL of your favorite foods, learn when and what to eat for a healthy body!

**Students:** $15 for initial visit, $10 follow-up sessions  
**UM Faculty and Staff:** $25 for initial visit and $15 for each follow-up session

**Fitness**

Meet with a Fitness Professional to explore your current level of physical activity and exercise preferences. You will receive recommendations for designing a fitness plan that will provide time-saving and effective solutions to your fitness challenges. You can opt for a structured plan or one that simply adds more physical activity to your daily routine. Develop strategies for overcoming your barriers to establishing rewarding exercise habits, and formulate a plan that works with your lifestyle to improve your fitness and bring lasting changes.

**Students:** $15 for initial visit, $10 follow-up sessions  
**UM Faculty and Staff:** $25 for initial visit and $15 for each follow-up session

**Wellness Coaching**

Get stressed out easily but cannot figure out why? Do you always lack the time to finish everything you need to? Manage your stress, time, and sleep with a one on one session with a wellness coach. The Wellness Coach will help you discover the root of the problem, provide you with general tips, and serve as a reference for further resources.

FREE 60 minute sessions for all students, faculty, and staff on UM campus

Book an appointment today at [wellness.missouri.edu](http://wellness.missouri.edu)!

Questions? Call 882-4634.

The Wellness Resource Center. Your Campus Prevention Office. [wellness.missouri.edu](http://wellness.missouri.edu)
Moderate Intensity Exercise Includes:

- Walking briskly at 3 mph
- General Gardening
- Slow Dancing
- Biking slower than 10 mph
- Doubles Tennis
- Light Housework

In general all activities that allow you to carry on a conversation, but you would be unable to sing.

This level of activity feels “light” to “somewhat hard.”

Heart rate should be between 50-70% max
(aabout 100–140 beats per minute for a 20 year old)
93% of MU students EXERCISE!

(Data taken from the 2012 Wellness Survey n=1011)
Vigorous Intensity Exercise Includes:

Walking a mile in less than 14 minutes

Jogging or running

Swimming laps

Biking faster than 10 mph

Dancing

Hiking uphill or with a backpack

Most group sports (basketball, soccer, football, volleyball)

In general you should NOT be able to carry on a conversation while participating in vigorous activity.

Heart rate should be between 70-85% max

(about 140–170 beats per minute for a 20 year old)