



## Tips for Staying Active at USF and beyond!

By Anai Gomez and Marli Bonney from the KIN330 Exercise and Health Promotion class taught by Dr. Sarah Camhi (Kinesiology Department)

University of San Francisco

### The NEW normal for physical activity in 2021

The year 2020 changed the lives of many both physically and mentally. We experienced one of the craziest viruses ever seen and were forced to stay home under a lockdown order for many months. Due to this lockdown order, many people became less active. Many gyms were forced to close and go out of business so even when the lockdown was over many people lost access to their gyms. As life is slowly getting back to normal here are some ideas to help you increase your physical activity once again.

### Simple Ways to Add Minutes of Physical Activity into your Day

It may be difficult to juggle work, school, and other activities. Adding even 10 of physical activity may seem impossible. Try integrating more physically active habits throughout your everyday life, such as taking the stairs instead of the elevator, or walking/biking to your destination instead of driving. These small changes can help improve your physical activity without taking too much time!

### What is the BEST Physical Activity to do?

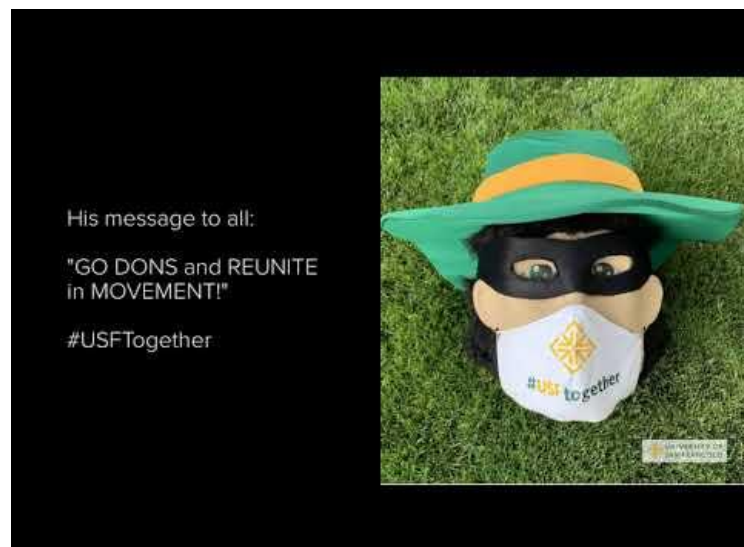
Some people love to run for miles and miles....and some people can't stand it. The good thing is everyone can tailor their physical activity to what works best for them! Try new activities, or customizing your routines with something you find fun, such as

listening to an audiobook, podcast, or going somewhere you find enjoyable. Do you have a competitive spirit? Join [Go Dons Get Fit](#) for some friendly competition! Log your physical activity and see where you rank against other staff and students. You can ride solo or join/create a team to help you all stay active!

## Opportunities for physical activity at USF

The great thing about being a part of USF is that the University offers many amazing options to get fit. Here are a few ways both staff and students can access more options for physical activity. USF offers a gym membership to Koret for both students and faculty/staff. Koret offers amazing exercise [classes](#) and [activities](#) to participate in as well as [intramural/club sports](#) and access to [personal trainers](#).

Here is a [video](#) made by our USF EIMOC Leadership Team highlighting ways to be active on campus! (the more “likes” we get for this [video](#) on YouTube, the more likely we are to win a national Exercise is Medicine on Campus competition to celebrate October as EIMOC month!).



## Opportunities for physical activity beyond USF

USF students and faculty/staff also have the benefit of being within walking distance of Golden Gate Park and being able to take advantage of its amazing [trails](#). USF students and faculty/staff also have the advantage of being in a city that has many programs that promote physical activity such as [Healthy Parks, Healthy People](#) which hold a walking group at no cost.

### **Opportunities to be active from your own home!**

Don't really feel like being around people? That's okay! There are home and virtual based options to increase physical activity while feeling comfortable. There are many reputable sites that can give you ideas on how to stay fit at home. For example Koret offers different virtual fitness [classes](#) through zoom. Here are other recommended [videos](#) you can do at home to stay active.

**Happy Exercise is Medicine on Campus Month! Don't forget to "like" our [video](#)! You can also click on this QR code to get access to our video on YouTube!**



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