



A Health Literacy Guide By
Anna Weih

EXERCISING IN COLLEGE

The importance of exercise for college
students

A GUIDE TO LIVING A HEALTHY
LIFESTYLE DURING COLLEGE

This guide is intended to educate college-aged students on the health benefits of exercise and provide direction on healthy living during college.

TABLE OF CONTENTS

01 Title Page

02 Table of Contents

03 Facts & Information

04 Websites & E-Resources

05 Support Groups

06 Top 10 Strategies

07 Advice from Professionals

08 In the media

QUICK FACTS

Benefits of Exercise



EXERCISE COMBATS HEALTH CONDITIONS

- Regular exercise can help manage health conditions including high blood pressure, type 2 diabetes, depression, anxiety, arthritis, cancer, and obesity.



EXERCISE IMPROVES MOOD

- Your body releases endorphins, a natural chemical, when exercising which boosts your mood.



EXERCISE PROMOTES BETTER SLEEP

- Exercising daily causes an energy depletion that allows your body to fall into a recuperative sleep process.

EXERCISE IMPROVES MEMORY

- Exercise increases the flow of blood and oxygen to your brain, creating clarity and better memory.



EXERCISE IMPROVES SKIN HEALTH

- Moderate exercise increases the body's production of antioxidants which help protect cells and helps aging and wrinkles.



EXERCISE CAN REDUCE PAIN

- A regular exercise routine can manage pain that is related to soft tissue problems, lower back pain, and other minor aches.



Websites & Resources

IOWA STATE UNIVERSITY Recreation Services

[Iowa State Recreation Services](#) is a great resource for all things fitness-related happenings at ISU including information on fitness classes, personal training, intramural sports, sports clubs, and outdoor rec.



[Couch to 5K app](#) is a free app that includes an 8-week long workout regimen with training sessions 3 times per week to get you ready for a 5k at the end of the program.



[Plyo](#) is an app for college students that earns rewards every time you go to the gym by automatically checking users in and building up points for local discounts.



[Cyde Kicks](#) is an Iowa State program that pairs students with peer coaches that facilitate health conversations and aid in behavior changes by having honest conversations with students and providing them with necessary resources.

IOWA STATE UNIVERSITY Student Wellness

[Iowa State Student Wellness](#) page is an interactive site that describes the 8 dimensions of wellness: physical, intellectual, occupational, spiritual, environmental, financial, social, and emotional wellness.



[20 Minute Fitness Podcast](#) covers a variety of health topics each week in just 20 minutes. Each week, the hosts cover news and advice about nutrition, fitness, weight loss, and digital health.



[Rachel DeVaux](#) is a registered dietician and certified personal trainer with a blog including many popular fitness topics, healthy recipes, and nutrition tips.

FACE-TO-FACE SUPPORT



CHAARG IOWA STATE

- **Weekly Wednesday workouts** for women at Iowa State at **7pm**
- Email: iowastatechaarg@gmail.com for more information



BE WELL HUT

- Peer wellness educators work to provide **easier access to health information** to students on campus
- Email: studentwellness@iastate.edu for more information

ONLINE SUPPORT



SHAPE GOAL CRUSHERS

- Request access to this **Facebook online support group**
- Join other people looking for **fitness accountability** with access to discussion boards and motivational tips



PELOTON APP

- Download the Peloton app on your smart device and choose your favorite **workout that can be done anywhere**
- **30 day free trial** option to help you reach your goals

***Subject to change due to COVID-19. Please visit websites for related information and updates.*

Top 10 Strategies

for living a healthy lifestyle

- 1 Make time for daily exercise
- 2 Choose fitness activities you love
- 3 Find a workout buddy to hold you accountable
- 4 Set achievable exercise goals
- 5 Be flexible with your fitness routine
- 6 Create a plan of action to tackle your goals
- 7 Walk on campus instead of taking the bus
- 8 Reward yourself when you achieve a goal
- 9 Download a fitness tracker app
- 10 Keep a set of weights at home

ADVICE FROM A PROFESSIONAL

RACHEL LUKOWSKI-DIRECTOR OF ISU FOOTBALL NUTRITION

Fitness Advice for College Students

Rachel Lukowski is the Director of Football Nutrition at Iowa State University. On a typical day, she works with student-athletes, athletic medicine staff, coaches, and conditioning coaches to ensure the student athlete's nutritional needs are met. She plans meals, coordinates caterers, and attends all football meals to provide nutrition education, and mentors individual athletes on various health and nutrition topics. In addition, she is working on the development of a Sports Nutrition Department within the Athletic Department.



She understands college and life can get busy but suggests carving out **4-5 times a week for a moderate/intense workout**. She recommends at least **30 minutes of physical activity daily**, even if it is just a brisk walk. As a recent college graduate, she is a firm believer in the benefits of exercise. Some notable benefits she listed include: **reduced stress, increased energy, better sleep quality, improved focus, lower cholesterol and blood pressure, improved self-esteem, better time management skills, improved cardiovascular strength, and improved muscle strength**. She also notes having a healthy relationship with exercise is extremely important.

She often advises students to find an activity they LOVE. Start small in terms of physical activity: walk instead of taking the bus, go to one yoga class a week, take 10 minutes to increase your heart rate. Additionally, she stresses the importance of sleep. She says getting at least **7 hours of sleep each night** and having a regular schedule has many benefits as well. Lukowski talks about taking care of yourself during college noting, "College is such an unhealthy trap if you think about it – stress, trying to impress everyone, an abundance of cheap alcohol and parties, fast food, not knowing what your future holds – it can be scary. **Taking care of yourself should still be a priority** though, especially if the future is important which it should be and is."



In The Media

POPULAR PRESS
BACKED BY RESEARCH

10 AMAZING BENEFITS OF EXERCISE

- 10 of the amazing health benefits of exercise ranges from **sleep improvement, muscle health, better digestion.**
- Consider the **long-term positive health effects** and benefits listed in the article.
- As little as **15 minutes of exercise per day** can have benefits on overall health.

HOW TO STAY MOTIVATED TO EXERCISE

- Motivation tips to help you stick with your exercise routine and stay active.
- **Lack of motivation is one of the top reasons people don't exercise, or stop exercising.**
- This is a **great starting point** if you're just getting started in your fitness journey.



EXERCISE BENEFITS AMONG COLLEGE STUDENTS

- Results of this study found **most students do not regularly exercise.**
- It revealed those who do exercise daily noticed **improvements in their focus, concentration, mood, and memory.**
- Exercising daily will contribute positively to your overall health and wellbeing.

M. Meenapriya, R. Gayathri, & V. Vishnu Priya. (2018). Effect of regular exercises and health benefits among college students. Drug Invention Today, 10, 1094-1096.