

SWEAT OFF STRESS!

Let exercise be a stress reliever and a source of energy during finals week. You may not be able to squeeze in a full workout and that's ok! Fit in exercise wherever and whenever you can. Do some jumping jacks or squats for reading breaks, go for a walk, find a free yoga video online...just move!

10-MINUTE BODYWEIGHT WORKOUT

- 2 minutes walk or jog
- 1 minute jumping jacks
- 2 minutes walk or jog
- 1 minute each:
 - Squats
 - Push-Ups
 - Scissor Kicks
 - Plank
 - Sit-Ups

Not sure how to do an exercise?

Check it out on YouTube! Remember to listen to your body and make modifications as needed.

Stop by Health Education & Promotion on the 3rd floor of the Student Health and Wellness Center for more health & wellness resources.

DO ANYWHERE WORKOUT

1 minute per exercise

- Jumping jacks
- Squats
- Push-ups
- Mountain climbers
- High Knees
- Heel kicks
- Glute bridge
- Plank
- Sit-Ups
- Lunges

THE ENERGIZER

**Set a timer for 10 minutes*

- 10 jumping jacks
- 10 mountain climbers
- 10 push-ups
- 10 bicycles
- 10 reverse lunges

All 5 moves = 1 round
Complete as many round
as you can in 10 minutes