According to the Centers for Disease Control and Prevention, over one-half of adults are not getting enough exercise, and 25% are not active at all.

- The most common excuse is “I don’t have enough time.”
- Motivate yourself to make exercising a part of your daily routine.
- Exercising has many benefits, including reduced risk of disease, reduced stress and anxiety, weight management, increased energy, and an improved quality of life.

What Steps Can You Take to Get Active?

- **Set goals** that increase with time. Remember, healthy habits are a lifestyle change, not a temporary one.
- **Get social.** Find a friend, a coworker or even start a group to motivate each other to be active and stay active.
- **Be open and** flexible to different fitness routines and environments. The ARC is a great place on campus for diverse indoor and outdoor activities. Check out Campus Recreation for exercise ideas and guidance.
- **Visit** the UCI Wellness website at www.wellness.uci.edu for more information and resources to help you get healthy!