



Physical Activity and the Effect on Health

Mental Health & Mood

Physical activity has a positive effect on your mental health. Exercise gives you endorphins, endorphins make you happy!

Promotes Better Sleep

Exercise will improve your quality of sleep because you are helping to deplete all that energy you have pent up from sittin' in class all day. However, don't be going to the gym in the middle of the night because then you all wound up!

Helps Maintain and/or Lose Weight

The more physical you are, the more cheese fries you can eat. Just sayin...

Tips & Habits

- Walk across campus and take the stairs to get those 10,000 steps in!
- Change up your workout routine!
- Workout with a friend and hold each other accountable
- Take 5 minutes in the morning or night to stretch

Services

Counseling/Sindecuse Health Center

There are counseling services provided on campus at the Sindecuse Health Center and the Counseling Education & Counseling Psychology on the third floor in Sangren Hall.

Experience WMU!

Experience WMU is a link on your GoWMU page that takes you to a page that lists all active RSOs, upcoming events, and any news in the community.

Disability Support

Disability Services for Students is located in Woodlawn Place (between Sangren and Sindecuse). They provide services ranging from extra time on tests to an autism mentoring program.

PHYSICAL & SOCIAL SUPPORT WORKSHOP

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Feel free to email/call/text with any questions!



PHYSICAL & SOCIAL SUPPORT WORKSHOP



Potential Health Risks of College Students

Beginning college is a trying time in a student's life, facing many challenges and embracing change. In this transition, students become more susceptible to health risks such as:

- Depression/Anxiety
- Stress
- Sleeplessness/Lack of Sleep
- Common Illnesses
- Poor Eating Habits

Resources

WMU Recreation Center

- Cardio, Strength Training & Multi-Purpose Courts
- Intramural Sports
- Group Exercise Classes
- F45
- PE Classes for Credit
- Rock Climbing Wall
- Pool/Sauna
- Dance Studio space

WMU & Kalamazoo

- Join an RSO
- Discover! Kalamazoo
- Specialty Gyms (crossfit, aerial, etc.)
- Facebook Page with your friends
- Play in the snow!

At-Home Fitness

- YouTube Videos
- Workout DVDs
- Turn your room into a club!
- Interactive Video Games
- Take up a new hobby

"GET UP! GET OUT! GET MOTIVATED! GET INSPIRED!"



Social Support

The Importance of a Social Support System

A social support system is beneficial to your holistic development as a student and for your future success. It provides motivation, comfort, resources, academic support, emotional support, relieves stress, and helps you make friends!

BECOME MORE INVOLVED AT WMU

- Living Communities
- Class Study Groups
- Join RSOs
- Attend Events

DIVERSITY & INCLUSION

- Division of Multicultural Affairs
- Office of LGBT Student Services

HOMESICK?

- Call/Text/FaceTime/Email/Fax/ Send an Owl
- Visit home every now and then
- Invite Family/Friends to WMU