

50 Ways to Increase Your Activity:



On Campus



1. Walk around the building once before entering...
2. ...and once after exiting
3. Do jumping jacks when you take a study break
4. Keep track of your steps with a pedometer and aim for 10,000/day
5. Pace when studying for a test
6. Play catch
7. Join the Ballroom Dancing Club
8. Take the stairs
9. Park your car as far away from the building as possible
10. Don't text or phone your friend in the same building; walk to their room
11. Don't wait at the closest bus stop; walk to the next one
12. Get off the bus one stop before or after yours
13. Jump rope
14. Turn on the music and dance when you take a study break
15. Fly a kite
16. Balance on an exercise ball when you study
17. Walk to the grocery store
18. Throw a Frisbee
19. Lift weights and do push ups and sit ups while watching TV
20. Play flag football
21. Hula hoop
22. Play tag
23. Go for a 15 minute power walk
24. Sign up for a group fitness Class at the Charles S. Johnson Wellness Center
25. Sign up for an intramural. Visit the Student Life Office, room 23.



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26. Go dancing

27. Walk around the Pappajohn Sculpture Garden located from 13th to 15th Streets, between Locust Street and Grand Avenue
(desmoinesartcenter.org)

28. Go bowling

29. Walk around the mall twice before shopping

30. Hike or bike at Saylorville Lake (www.corpslakes.com)

31. Learn karate

32. Go for a horse ride
(www.jesterparkec.com)

33. Check out the Neal Smith Natural Wildlife Refuge

Walking Trails near Prairie City, IA (www.tallgrass.org)

34. Golf and don't use a cart
(www.desmoinesgolfcourses.com)

35. Hit a bucket of golf balls

36. Go on runs sponsored by Capital Striders Central Iowa Running Club

(www.capitalstriders.org)

37. Learn to Box

38. Discover all the bike trails in Des Moines

(www.greaterdesmoinestrails.org)

39. Go Disc golfing

(www.dsmdiscgolf.org)

40. Volunteer to help an elderly or disabled person mow their yard or rake their leaves

(www.unitedwaydm.org)

41. Go canoeing

42. Learn Tai Chi

43. Go on rides with Des Moines Cycle Club

(www.dmcycleclub.com)

44. Learn to row

45. Volunteer for Habitat for Humanity (www.gdmhabitat.org)

46. Pick up litter

47. Hike at Ledges State Park

(www.iowadnr.gov/parks/state_park_list/ledges.html)

48. Visit the Blank Park Zoo

(www.blankparkzoo.com)

49. Walk around Gray's Lake located on Fleur Avenue south of Grand Avenue

50. Attack a rock climbing wall