

## **Get Physical in 2012!**

Have you decided to become more physically active this year? If so, here are a few tips for getting started:

1. Choose an activity that you think you might enjoy such as a dance class or martial arts program.
2. Ask if you can try the first class for free or try before your buy. This way you'll know if it will be worth your investment
3. Start with a few days per week working up to 3-5 days of physical activity.
4. Choose a variety of exercises which will help increase your cardiovascular fitness, muscular strength, endurance and flexibility.

Above all, just move your body more than you normally do! You will sleep better and will feel better about yourself!

To kick start the month, the Campus Wellness Committee is sponsoring a FREE Yoga class Tuesday, January 10th from 5:00-6:30pm in the CURRIE CENTER. Come and enjoy this active and mindful class. Donations of healthy non-perishable food items for the Fredericton Food Bank will be gratefully accepted.

If you are interested in getting active on campus, visit the the CURRIE CENTER to find out more or visit us online at [www.unb.ca/fredericton/urec](http://www.unb.ca/fredericton/urec)