

# Exercise Mind and Body

Tips to get in shape, feel stronger or simply clear your head

Exercise is known to have many health benefits

lower risk of:

- developing high blood pressure
- heart disease
- diabetes

It can keep us feeling fit and strong, making us more enduring and resilient.

Exercise is also really great for our mental wellbeing. It can lower our stress levels and help soothe anxiety or depression.

Clearing our mind by taking care of our body is a great way of taking care of ourselves

Here we have collated a couple of steps that you can take to feel fit and get involved with sports at the University of Glasgow.



**1** Start with short sessions of 10 to 15 minutes and gradually build up to 20 to 40 minutes. Do this 3 times a week and you will quickly start feeling the benefits

UofG's facilities and GUSA provide us with pretty much anything!



**2**

Don't forget to stretch every now and then (2 or 3 times a week)



Yoga is a great way of doing this!

**3**

Explore all the possibilities at UofG - there are so many! Visit the GUSA website or talk to someone at the Stevenson building to get an idea of what you can do!

[UofG Sports site](#)

[The Stevenson building and Garscube Sports Complex website](#)

A few tips to exercise safely:

**4**

Warm up and cool down

Be aware of your body - if it does not feel right, stop!

Stay hydrated

Technique is much more important than weight

Mix it up to reduce the risk of overtraining