DID YOU KNOW?!?!

Exercise gives you endorphins & endorphins make you happy. So if you are stressed, tired, grumpy, or brain dead, go work out and you’ll feel better.

10 Reasons to Exercise

- Strengthen your heart and cardiovascular system.
- Help reduce stress, tension, anxiety and depression.
- Boost self-image and self-esteem.
- Improve sleep.
- Make you feel more relaxed and rested.
- Make you look fit and feel healthy.
- Increase energy levels so you can do more activities without becoming tired or short of breath.
- Increase endurance and improve muscle tone and strength, balance and joint flexibility, and bone strength.
- Help reduce body fat and help you reach a healthy weight.

Students membership to the Recreation Center is included in student fees. You already paid! So go enjoy it. For more info, visit their website @ campusrec.wiu.edu

If intense cardio makes you nervous, go for a fun walk. It’s still gorgeous out! And the Vitamin D from the sun can give you a nice boost when you’re stuck in class all day. Try and take the long way to class :)