

Resources

1. <http://www.emedexpert.com/tips/exercise.shtml>
2. http://wellnessyear.typepad.com/the_wellness_year/2004/03/fun_facts_about.html
3. http://www.oznet.ksu.edu/news/sty/2002/exercise_motivation062102.htm
4. <http://www.lazy2work.com/2008/12/07/13-tips-to-motivate-lazy-people-to-exercise/>
5. <http://top7business.com/?id=460>

Semester Office Hours

Monday	9am to 5pm
Tuesday	9am to 7pm
Wednesday	9am to 7pm
Thursday	9am to 5pm
Friday	9am to 5pm

Summer Office Hours

Monday	9am to 6pm
Tuesday	9am to 6pm
Wednesday	9am to 6pm
Thursday	9am to 6pm
Friday	Closed

PEER COUNSELING CENTER

445 West 59th Street

RM: 3134 North Hall

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Email: peercounseling@jjay.cuny.edu



Peer Counseling Center

Exercise and Wellness



Too busy or too lazy to exercise?

Can't find the motivation?

Look inside to find top reasons to exercise and tips to get you moving!

DON'T WANT TO EXERCISE?

10 Reasons to Exercise

1. **Live Longer:** Regular exercise reduces the risk of dying prematurely.
2. **Strengthen Your Heart:** Exercise makes your heart strong and helps to prevent heart disease by lowering blood pressure, increasing good cholesterol, and reducing levels of bad cholesterol.
3. **Prevent Diabetes:** Moderate exercise, along with weight loss and a balanced diet, may lower your risk of developing diabetes among those already at high risk.
4. **Lower Risk of Cancer:** Exercise may lower the risk of several types of cancer, including colon and breast cancer.
5. **Be at a Healthy Weight:** Regular exercise will help you reach and maintain a healthy weight.
6. **Don't Get Sick:** Regular moderate exercise may strengthen your immune system.



7. **Sleep Better:** Regular exercise may provide improvement in general sleep quality, quicken sleep-onset, lengthen sleep duration, and feel more rested in the morning.



8. **Be Less Stressed:** Exercise may release endorphins into your blood stream, resulting in a feeling of happiness.



9. **Look and Feel Better Naked:** Exercise will help you look better in clothes and look better naked!

10. **Have Better Sex:** Regular exercise maintains and improves sex life because it enhances muscle strength and tone, endurance, body composition, and cardiovascular function.

Knowing the reasons is the first step...now, you'll need to motivate yourself to start and continue to exercise.



6 Tips to Motivate Yourself to Exercise

1. **Pick something that you like:** Playing ball or dancing will make exercising less like work and more like fun!
2. **Find a Friend:** Find a workout buddy that share your weight loss goals and encourage each other to stick to them.
3. **Set Goals:** Set reasonable goals so you can monitor your success.
4. **Go Shopping:** Find a workout outfit that makes you look good and you'll feel good while you exercise.
5. **Make it a Habit:** Track your success and keep going back to your routine until it has become a habit for you. Remember not to give up on yourself.
6. **Reward Yourself:** Buy yourself something nice or go to the spa once you've reached your workout goals!

