

Importance of walking to class and achieving PA recommendations



PA requirements:
- 30 minutes a day aerobic activity; 2 days muscle strengthening

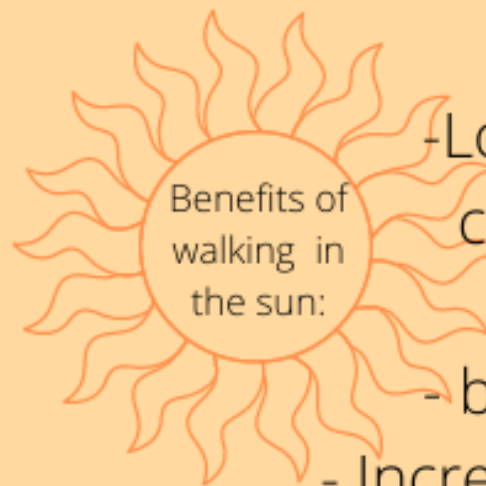
Physical activity

DOESN'T EQUAL

exercise

Benefits of Physical Activity:

- Increased Mental capacity
- Increase in Serotonin
- Reduction of test taking anxiety
- Sense of self efficacy
- Improve health (mentally & Physically)



Benefits of walking in the sun:

- Lowered level of cortisol (stress hormone)
- boost vitamin D
- Increase brain function
- Decrease depression and anxiety
- Increased energy

Arkansas State University

On average it takes 10 minutes to walk .5 a mile
 On average each living quarters at Arkansas State is .5 a mile from Carl R. Reng Student Union
 Walking to class and back = 2/3 of the PA requirements



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