

**Student  
Wellbeing  
Centre**

# Exercise

**Virtual self-help guide**



**UNIVERSITY OF  
LINCOLN**



**Exercise is great for our physical health and overall fitness. Regular exercise helps prevent and manage a wide range of health problems and concerns such as high blood pressure, cardiovascular difficulties and risk of stroke. It can also help with weight control and stamina.**

**Not only is exercise great for our physical health, but evidence suggests it has positive effects on our mental health as well.**

**Exercising regularly can help improve sleep, concentration and energy levels, decrease anxiety and stress, and can make you feel happier in general.**

**Being active doesn't mean you need to spend hours in the gym or train for a marathon if that doesn't appeal to you. You can find physical activities that you enjoy and can fit around your routine.**

**The next few pages will include some useful tips, suggestions and resources on exercise.**





# Physical Activity Guidelines

**Over the course of a week, to stay healthy, an average adult aged between 19-64 should try to do:**

**150 minutes of moderate aerobic activity** (such as cycling or brisk walking)

OR

**70 minutes of vigorous aerobic exercise** (such as running or a game of singles tennis)

AND

**Strength exercises on two or more days a week** that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

**To find out what counts as moderate, vigorous and strength exercises, click [HERE](#).**

**There are many ways to increase your physical activity over a week that does not involve running for 70 minutes each week. Read on to find out more.**



# Easy ways to increase your physical activity

**Walking instead of catching the bus or driving** - Easy to do, all you need is a little extra time to get to places. Walking is a fantastic way to get more active.

**Get your mates involved** - Ask a friend or group of friends to exercise together. Go swimming, join a gym together or play something outdoors such as rounders. Being active with a friend also means you can motivate each other.

**Try something new** - The University offers a wide variety of sports and exercise societies to try. You don't necessarily have to compete as they also offer you the chance to play for fun with others, who are also interested in the same thing.

**Use the Hirebike scheme** - With over 120 bikes and electric bikes available, students can pick up annual memberships at 30% off the standard rate. Docking stations are all across Lincoln, including at the University so it's super quick and easy to use. Not to mention cycling is a great form of exercise!

**Download an app** - If you don't know where to start, or don't necessarily feel comfortable joining a gym or sports group, then try downloading an app on your phone or tablet. There are often lots of very quick '7 minute workouts' which you can do first thing before attending your morning lecture.

**Take little opportunities throughout the day to be more active** - Go to a shop slightly further away for your milk, get off the bus a stop early, and walk or take the stairs instead of the lift. It is surprising how quickly you can become more active by making small changes such as these.



# What the University has to offer

## The University Sports Centre

A great way to increase the amount of activity you do is to join the gym. Some benefits include:

- Every piece of equipment you need is all under one roof.
- It is not weather dependent.
- Classes offer the opportunity to meet new people and try something a bit more fun.
- You will benefit from the support and knowledge of the onsite personal training team which can offer advice on exercise, diet and lifestyle.

**Click [HERE](#) for more**

## Sports Societies

If you are interested in a particular sport, or would like to try something new, then why not look into what is available through the Students' Union. The SU's Sports Clubs cover everything – football, swimming, cheerleading, netball, water polo, mountaineering and much more.

**Click [HERE](#) for more**

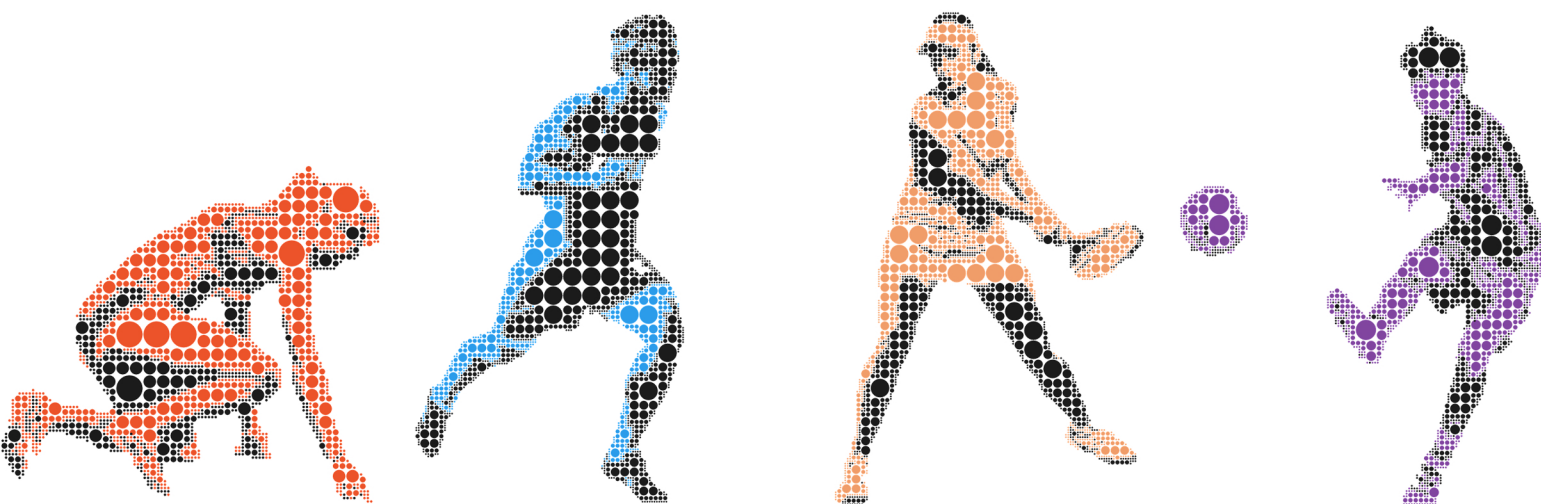
## Social Sports Sessions

Social Sport Sessions are open to all students and give you a chance to join in with popular sports right here on campus.

Sessions are FREE for University of Lincoln Students' Union Activities and University Sports Centre members (£2 for non-members).

No experience or equipment is required, just turn up and play!

**Click [HERE](#) for more**





# Useful Resources



Watch Laura explain how the 'couch to 5k' programme helped her get into exercise. She talks to experts on the benefits of running to your overall health, and also explores the positive changes mentally as well as physically.



In this video, Alex describes how joining in with parkrun each week helped her battle her longstanding anxiety. She talks about how it increased her confidence, helped her develop a routine and gave her the opportunity to feel part of a community and make friends. (Not to mention it's free!)



Click [HERE](#) for the NHS Fitness Studios. Within this area of the website are various videos, guides, podcasts and workout plans focussing on all areas of the body. If you need a bit of guidance when it comes to working out, here is a good place to start.



Click [HERE](#) to read a student blog on '11 cheap ways to get fit without the gym'.

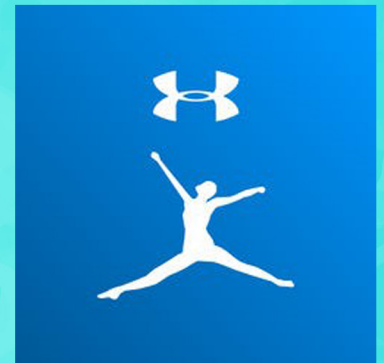


# Useful Apps



**One You Easy Couch To 5K (free)** - Presented in association with BBC Get Inspired, the app builds you up gradually with a mix of running and walking from couch potato, to 5k hero in just 9 weeks. So grab your trainers, download the app and follow the simple step-by-step instructions. It's as easy as that! Available on iOS and Android.

**My Fitness Pal (free)** – This app is not only great for monitoring your dietary input, but you can also log your exercise and activity. Whether it's logging cardio workouts, strength workouts or your daily step count – this app can help you keep track easily. Free with optional in-app purchases. Available on iOS and Android.



**Zombies, Run! (free)** – This is a fun way to get you pushing yourself when jogging. The app plays your own music playlist alongside recorded audio depicting a zombie apocalypse in which you must run from the infected. Free with optional add-free purchase. Available on iOS and Android.

**30 Day Fit Challenges Workout (free)** – The 30 Day Fit Challenges are a collection of simple challenges, where you do a set number of exercises each day with rest days thrown in! The workouts increase in intensity slowly and day 30 will test anyone. Free with optional in-app purchases. Available on iOS and Android.





# **Drop-in:**

**Monday-Friday between 12-2pm  
Thursday (term-time) between 5-7pm**

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