

Physical activity

My day-to-day schedule is super busy. How can I find time for physical activity in my daily routine?

Errands, such as trips to the grocery, are multitasking opportunities for exercise and physical activity. You can jog or even ride your bike to work, the grocery, and/or the cleaners, and avoid wasting time in traffic or finding a parking spot. Physical activity will not only help you to get closer to your ideal body shape, but has the potential to relieve stress, increase work productivity, boost after work energy level, and improve sleep quality. The following tips may be useful:

- Set the alarm 10 minutes earlier and wake up with stretching.
- Climb at least some of the stairs instead of waiting for the elevator.
- Take a walk around the office or whenever you leave your desk for a bathroom or beverage break.
- Take a walk to a co-worker's desk instead of calling or sending an e-mail.
- Multitask by reading or doing research while walking on a treadmill or riding a stationary bike.
- Use a little extra effort and motion in the chores you do around the house in order to use more calories.
- Get off the train or bus one stop early or park your car a little further away from home/stores, to get in some walking.
- Work activity into your social life by meeting friends to go dancing or playing Frisbee in the park.

In addition to the tips listed above, Columbia-affiliated students, faculty, staff, and alumni can participate in the University's physical activity initiative, [CUMove](#). CU Move encourages members of the Columbia community to engage in active lives that include regular physical activity. The program provides participants with motivation, incentives to be active throughout the year, and event calendars with access to plenty of free and low-cost physical activity options on campus and around NYC.

After you start making even small changes in your schedule that includes physical activity, you are likely to begin feeling better. At this point, you may get the urge to do more. In addition, cut back on sedentary activities so that additional time and attention can be given to optimizing your health. With a slow and steady approach you should be able to find the minutes you desire for being more active.

Online & Off-Campus Resources	On-Campus Resources
Columbia Health – www.health.columbia.edu Go Ask Alice! – www.goaskalice.columbia.edu CU Move- www.health.columbia.edu/cumove	After Hours Clinician On Call – 212-854-9797 Counseling & Psychological Services – 212-854-2878 Public Safety – 212-854-5555 (or x99 from a campus phone)

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