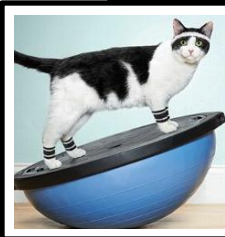
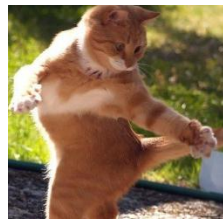


6 Benefits of EXERCISE For the College Student



Helps Prevent Weight Gain

The first and most obvious benefit of exercising in college is that college students that exercise are less likely to gain weight. Due to stress and poor diets in college, many students worry about gaining weight. Regular cardiovascular exercise can help!



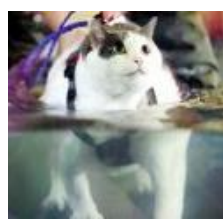
Boosts Your Immune System

In college if you get sick you miss class or lower concentration, and being ill can seriously throw you off during an exam. Spending 20-30 minutes at least 3 times a week exercising has been shown to help prevent sickness and make for better grades.



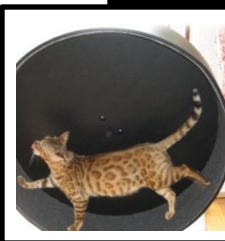
Can Help You Sleep

Exercise can help you get tired by the time you go to bed. A healthy dose of sleep helps you function better, improving your concentration and effectiveness. Just don't exercise immediately before you want to sleep. Do it at least an hour before bedtime.



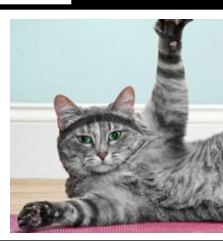
It Can Decrease Stress

Many people find that exercise reduces the amount of stress that they feel. Why? Exercise releases endorphins, which are brain chemicals that make you feel happy and relaxed. Exercise is a healthy way to take the edge off, so get outside and take that walk!



Boost Your Academic Performance

Cardiovascular exercise can improve a person's blood circulation, which affects the amount of oxygen that reaches that person's brain. The more O₂ your brain gets, the better it works. That's better and easier learning just by taking a few minutes each day to exercise.



It Lasts After College

Exercise is an investment in your health. It reduces the risk of heart disease, diabetes, and many other prevalent medical conditions. It improves your quality of life overall and getting into the habit now will help you keep those healthy choices later.

**Don't have time/money/motivation to go to the gym?
LBCC offers a variety of Kinesiology activity courses and find out first-hand how exercise can improve your college and life experience!**