

Body and mind are, of course, intimately connected; many scientific studies have shown that exercise is an essential component in the treatment of physical and psychological disorders ranging from obesity, diabetes, heart disease, and even cancer, to anger management, anxiety, and depression. Why is exercise so effective? Because it actually increases the release of “endorphins” in our brains, special neurochemicals that help us to relax and feel good. (These are similar in structure to morphine and provide us with a more natural “high”). So how can you increase your exercise at UCSD? Start small. Pick one new thing to try out once a week for a month – and see how much better you feel! It’s a small commitment with large benefits to be obtained! Here are 5 suggestions:



caps / counseling and  
psychological services

# *Exercise*

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1. Work out at RIMAC (<http://sportsfac.ucsd.edu/>), one of the largest athletic facilities of all college campuses in the Nation. Working out even 45 minutes per week will increase your muscle mass, protect against osteoporosis (weak bones), and make you look more attractive to potential mates.
2. Becoming part of a team, club, or master’s program – not only will you increase your physical fitness, but being part of a team is likely to boost your self-esteem and social connections as well! Check out the options at <http://recreation.ucsd.edu/> for intramural sports and other ideas; no experience necessary.
3. Do something physically relaxing, such as progressive muscle relaxation or the ancient and new wave healing practice of Yoga – you can take a class right here at UCSD: <http://recreation.ucsd.edu/recclass/mindbody.html>
4. Traffic stressing you out? Bike to school instead of driving – save the environment and your sanity at the same time! UCSD has a free Pedal Club (<http://parking.ucsd.edu/ride/ribike.html>) that comes with a free 10-day use parking pass for rainy days (a \$60 value)!
5. Take a refreshing walk around campus by yourself or with a friend, and walk up stairs instead of using the elevator – you’ll conserve energy while enhancing your own stamina. Take advantage of our beautiful Santa Ana inspired weather by getting outdoors more often!