Tips to stay healthy...

Avoid immersing yourself in the COVID-19 vortex. It’s okay to take a break from current news and events.

Reach out for support!

Try to accept uncertainty. It’s normal not to have all the answers right now.

Schedule time for self-care.

Aim for 150 minutes a week of aerobic physical activity. Every little bit adds up!

Get outside! There are many beautiful parks & trails in Wisconsin!

Fit in workouts when and where you can! Every active minute counts!

Stay connected. Whether a quick message, or a long phone call, reach out to friends and family.

Get plenty of rest and sleep. This is essential for both physical and mental rejuvenation.

Include strength training exercises 2 or more days per week. Try an Instagram workout!

Tips provided by UWM Student Health & Well-Being