

WELCOME BACK

Give your mind a boost
by exercising!

Sitting still and being inactive for too long can shrivel your brain. In order to boost your brain, you need to work your body.

The benefits of exercise on your brain are;

- helps brain cells bind to each other which is needed in learning
- creates new nerve cells
- facilitates more activity between the nerve cells which strengthen the connection, making it easier to learn

Experts recommend 1 hour of physical activity every day to improve memory, concentration, and processing speed.

Exercise will also reduce stress. This will then increase your ability to focus, thereby increasing your brain's ability to remember what you are studying.

So, just remember when you are feeling anxious about an exam, "Physical activity has the power to transform the mind as well as the body."

SO GET MOVING!!

(www.fitness.suite101.com/article.cfm/how_to_get_better_grades_with_exercise).



Sept
2010

UNIVERSITY OF MANITOBA
BISON
Recreation Services

IMPORTANT DATES TO REMEMBER:

Sept 13 -30: 10% off
Personal Training

Sept 13-17: week of
FREE programs

Sept 25: 1st Annual
Homecoming Walk/Run

**Ready to get back into your fall routine but not sure how?
Here are some general guidelines for getting started again:**

- **Start Slow**– if you've been away from the gym for a while and are excited to get moving again...don't overdo it! Start off slow and gradually increase your exercise time or intensity a little each day.
- **Set goals**– In writing, set specific and attainable goals so you have something to strive for.
- **Tell somebody!** By going public about your decision to get active and forming a support group, you will be more motivated to keep working to achieve your goals.
- **Find a buddy**– Work out with a partner and set an exercise schedule. It will be a great help on those days when you don't feel like coming to the gym.
- **Nutrition and exercise should go hand-in-hand.**-If you want to see results quicker and maintain those results, you need to make a lasting lifestyle change. Follow Canada's Food Guide recommendations for nutrition choices and portions and Canada's physical activity guide for type and duration of exercise.
- **Keep a journal**– You are more likely not to overeat or make unwise food choices if you know that you have to write it down.
- **Eat, Drink, Sleep!** Make sure to eat till satisfied but not stuffed, drink plenty of water (8 to 10 glasses, more on the days you are exercising), and sleep at least 7 to 8 hours a night.

SEPT 13—OCT 15:

EVERY TIME YOU
ATTEND A FREE
GRITTY GROTTO
EXERCISE SESSION,
YOUR NAME WILL
BE ENTERED IN TO WIN A PERSONAL
TRAINING PACKAGE WORTH OVER
\$60.



THE MORE SESSIONS YOU
ATTEND, THE GREATER YOUR
CHANCES OF WINNING!!

Check out the schedule in person;
down in the grotto, at the customer ser-
vice desk or online at
www.bisonactiveliving.ca

**If you would like more information about
how to proceed with your goals to get
healthy and active please talk with one of
our Fitness Attendants .
They are happy to help!**

**10 % off any
personal training
package**

Present this coupon to the customer service desk
Offer expires Sept. 30th/2010