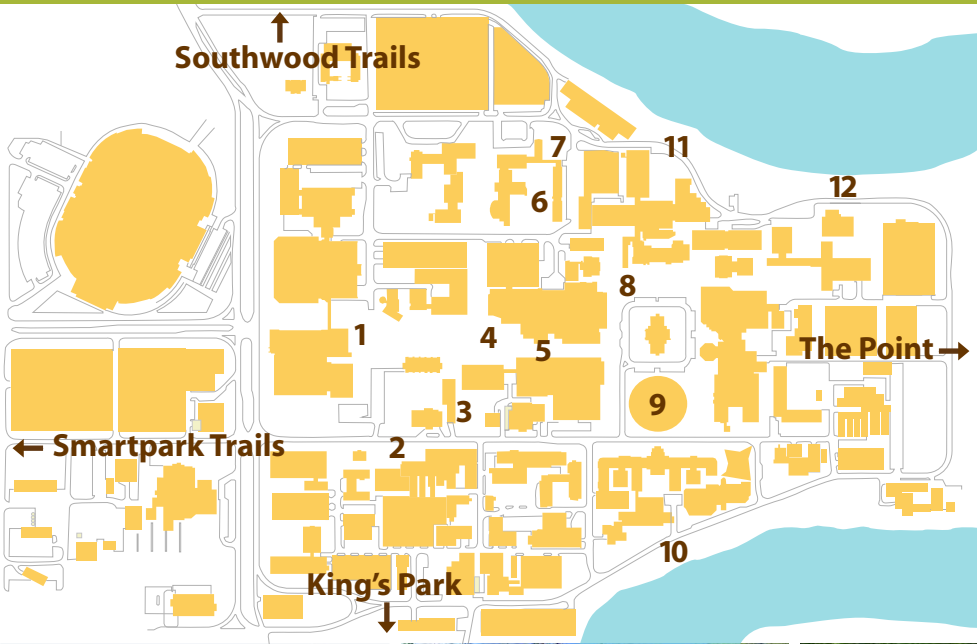


# GET OUTSIDE

AT UNIVERSITY OF MANITOBA  
FORT GARRY CAMPUS

Meet - Experience - Walk - Feel - Try - Discover - Relax - Bike - Run - Socialize - Start



## why?

- >> Increase your creative thinking and productivity
- >> Physical activity can help you to get a higher G.P.A.
- >> Being outside makes you feel better
- >> Enjoy social interaction
- >> Move your body to promote good health
- >> Experience moments of happiness, wellness, and peace
- >> Contact with nature is fundamental for maintaining good health
- >> Increase your vitamin D levels



1. Curry Place Pedway



2. Agriculture Building area



3. St John's College



4. Princess Royal Walk



5. University Centre Patio



6. Lynn McLean Memorial Garden



7. Daily Bread Patio



8. Buller Lawn



9. Duckworth Quadrangle



10. Riverbank Lawn



11. "White Castle" area



12. River Bottom Forest

## how?

- >> Start small - short walks are a good way to start
- >> Instead of using a car, bike or walk to your next class or meeting
- >> Propose a meeting or picnic with friends outdoors
- >> Get outside with a partner for a lunch time
- >> Sit outside and watch the natural beauty that surrounds you

- >> Listen to the sounds and try to feel the nature around you ... how about a barefoot walk?
- >> Explore the beautiful sites around campus, the river can be a good choice!
- >> Start your own Rec Club through Recreation Services

Learn more: [uofmactiveliving.ca](http://uofmactiveliving.ca)  
Need help with directions? Use the UManitoba mobile app:  
[umanitoba.ca/admin/mco/mobileapps.html](http://umanitoba.ca/admin/mco/mobileapps.html)