How to make college life better—much better

90% of college survey respondents say physical activity makes their life better

66% say it makes their life much better

—Student Health 101 survey, May 2016

Consistent physical activity

- more energy
- better mood
- less stress

Life transitions, like starting a new college semester, can get in the way of staying active. For a much better life, identify and plan physical activity around four key components:

- An activity you enjoy
- Realistic goals
- A specific plan
- Social support

See how three students planned their fall fitness in Student Health 101, September 2016.