Incorporating physical activity into your daily routine is one of the best defenses for protecting your health.

Below are American Heart Association recommendations for physical activity.

**Overall cardiovascular health:**
- At least 30 minutes of moderate intensity activity five times per week
- OR
- 25 minutes of vigorous intensity activity three times per week

**Lowering blood pressure and cholesterol:**
- An average of 40 minutes of moderate to vigorous intensity activity three-four times per week

### Fitness Classes

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<th>Sunday</th>
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<td>Fitness Class Registration 9a.m.</td>
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<td>Pick Up Your BIB Rewards Card</td>
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<td>Fitness Classes Begin</td>
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<td>Champion Event Field Day 12:00-1:00 p.m. College Town</td>
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<td>Physical Activity &amp; Mood 12:00-12:45 p.m. Rochester Tech Park</td>
<td>Fuel Your Fitness 12:00-12:45 p.m. URMC Natapow</td>
<td>Farmers Market Flaum Atrium</td>
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<td>Take Your Personal Health Assessment</td>
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<td>Schedule Your Biometric Screening</td>
<td>Guided Relaxation 12:15-12:45 p.m. URMC</td>
<td>Well-U Overview 12:00-12:30 p.m. URMC</td>
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**Monday**
- **Boot Camp** 12:00-12:50 p.m. SRB Patio
- **Yoga for Core** 12:00-1:00 p.m. River Campus (Interfaith)
- **Yoga** 12:00-1:00 p.m. AAC Auditorium
- **Zumba** 5:15-6:00 p.m. Sloan Studio
- **Power Pump** 5:15-6:15 p.m. URMC Fitness Center

**Tuesday**
- **Yoga** 12:00-12:45 p.m. College Town
- **Yoga** 12:00-12:45 p.m. BHV Evarts Lounge
- **Pilates** 12:00-1:00 p.m. MAG
- **Yoga** 12:00-1:00 p.m. River Campus (Interfaith)
- **Boot Camp** 12:15-1:00 p.m. URMC Fitness Center
- **WERQ** 5:15-6:05 p.m. URMC Fitness Center

**Wednesday**
- **General Stretching** 12:00-12:30 p.m. MAG
- **Yoga** 12:00-12:30 p.m. BHV Evarts Lounge
- **Yoga** 12:00-12:45 p.m. RTP Bldg. 5
- **Yoga** 12:00-1:00 p.m. 135 Corporate Woods
- **Yoga** 12:00-1:00 p.m. River Campus (Interfaith)
- **Yoga** 12:30-1:00 p.m. Brookings Landing
- **Targeted Stretching** 12:30-1:00 p.m. MAG
- **Yoga** 4:30-5:30 p.m. Brighton Business Center
- **Zumba** 5:30-6:30 p.m. URMC Fitness Center

More Information: rochester.edu/well-u
Register for an event: totalrewards.rochester.edu