Getting Fit at GW
• Participate !
• Chat 😋
• Check boxes ✔️
• Emoticons 😊
• Raise hand 🤗
Today’s Agenda

• Why Exercise
• Barriers to Exercise
• How to get moving at GW
Why Exercise?
Why exercise?

- Can improve:
  - Mood
  - Mental Performance
  - Ability to handle stress
Types of Exercise
Your Favorite Types of Exercise
Common Challenges
Maximize your time

- Use your lunch break to exercise
- Talk to coworkers in person in addition to email
- Split daily exercise into intervals
- Take the stairs
- Drive less, park further away
- Walking meetings
- Desk stretches
More Common Challenges

• Too tired to exercise after work
  – Prepare, Prepare, Prepare, Prepare!

• I hate exercise!
  – Try different activities

• Exercising is expensive
  – Look into free options
GW Resources

- Run / Walk Meetup
- Walking Meetings and Challenges
- Sneaker Days
- Wellbeing Hotline

- Trails on and around campus
- Faculty and Staff Intramurals
- Free Yoga and Zumba
Discounts for GW Staff and Faculty

• Lerner Health and Wellness Center
• Washington Sports Club
• Capital Bikeshare
Questions?

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http://hr.gwu.edu/colonial-community