

KEEPING ACTIVE start to **SUCCESS**



Exercising is beneficial for both our physical and mental wellbeing. Remember to receive medical clearance to exercise if you have a health condition.

WAYS TO KEEP ACTIVE

- Walk, jog, run around campus
- Take regular breaks away from your desk when studying
- Join the gym
- Attend Active Keele sessions
- Follow exercise classes on YouTube
 - The Body Coach, Yoga with Adriene, Fitness Blender



TOP TIPS FOR EXERCISE

- Get it done early
- Schedule exercise into your day
- Set a reminder
- Exercise with your flatmates
- Make exercise goals and tell your friends or family

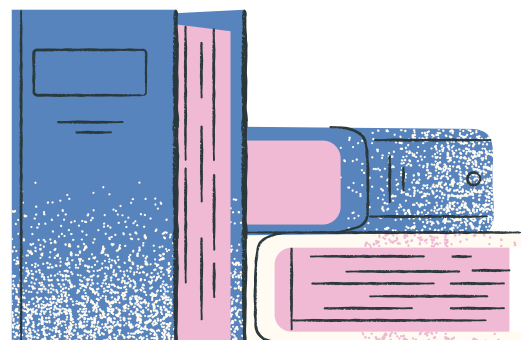
EQUIPMENT TIPS

Don't have an exercise mat?

Use a towel

Don't have weights?

Use cans, water bottle or books



ROOM EXERCISES

start to



SUCCESS

WARM-UP

Raise your heart rate before exercising by jogging on the spot for 3 minutes.

WORKOUT

Perform each exercise as many times as you can in 40 seconds, then rest for 20 seconds between each exercise. If this circuit becomes too easy, increase the time doing the exercise or reduce rest time. If time allows repeat the circuit 2 times. How to perform these and other exercises can be found at:

<https://www.keele.ac.uk/discover/campuslife/sportatkeele/activekeele/exerciselibrary/>

Make this harder by adding weights

Make this harder by adding weights

Make this harder by alternating between push-up on your knees then toes

Make this easier by not jumping; step into and out of plank position, then stand up straight

Start

1 Lunges

2 Push ups

3 Burpees

4 Plank

5 Squats

Repeat circuit x2

COOL DOWN

Image from BUPA UK

Gently bring your heart rate down by walking on the spot for 1 minute followed by 2 minutes of stretching



ROOM EXERCISES

Exercise can boost our energy and brainpower while reducing the feeling of stress and anxiety. Perfect for when studying hard! Do the below exercises in one go or periodically throughout the day.

LEG LIFTS

- Sit up straight with your feet flat on the floor;
- With control slowly lift and lower one leg up, can be straight or bent;
- Repeat up to 20 times on each leg.
- To make this harder raise both legs at the same time.

This is a perfect discrete desk exercise if you are in the library!



SEATED BICYCLE CRUNCHES

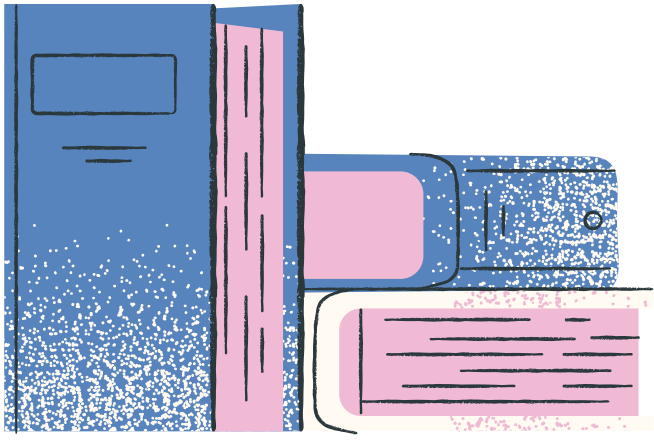
- Sit up straight with your feet flat on the floor;
- Place hands behind your head;
- Lift one knee to opposite elbow, twisting your body towards it;
- Return to the seated position;
- Repeat up to 15 times on each side.

FOOT DRILL

- While seated, tap your feet for 30 seconds at a time – or longer if you can!
- Repeat frequently during long sitting periods to increase blood flow and energy.



This is a perfect discrete desk exercise that you could even do in the Library if you tap lightly.



BOOK PRESS

- Grab one of your textbooks and hold at either end;
- Hold it behind your head;
- Extend your arms above your head;
- Repeat up to 15 times.

CHAIR SQUATS

- Stand up from your chair;
- lower your body back down towards the seat, stopping just before you sit;
- Keep your weight in heels;
- Repeat up to 15 times.



You could even hold the squat for 30 seconds (or longer!)



WALL PUSH-UP

- Place hands flat on the wall with arms extended slightly wider than shoulder-width apart;
- Keep tummy tight, and slowly lower your body towards wall, keeping a straight line from your head to toe;
- Then push back so arms are extended but not locked;
- Repeat up to 15 times.

STANDING REAR PULSES

- Hold the edge of your desk;
- Bend one leg behind you and flex your foot;
- Press your heel backwards, and return to start position;
- Repeat up to 20 times on each leg.



DESK STRETCHES

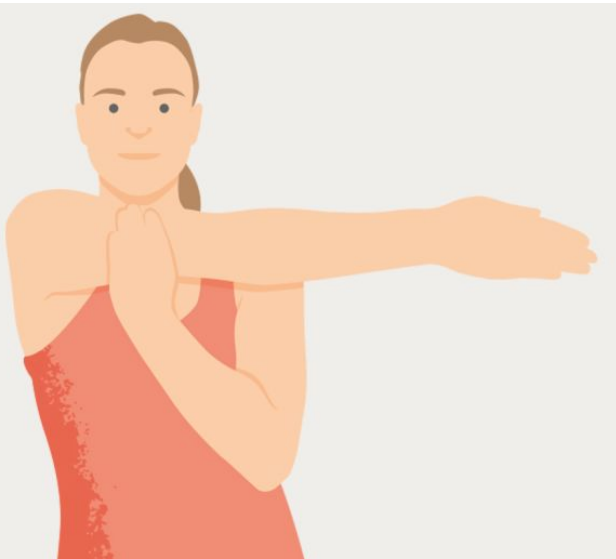
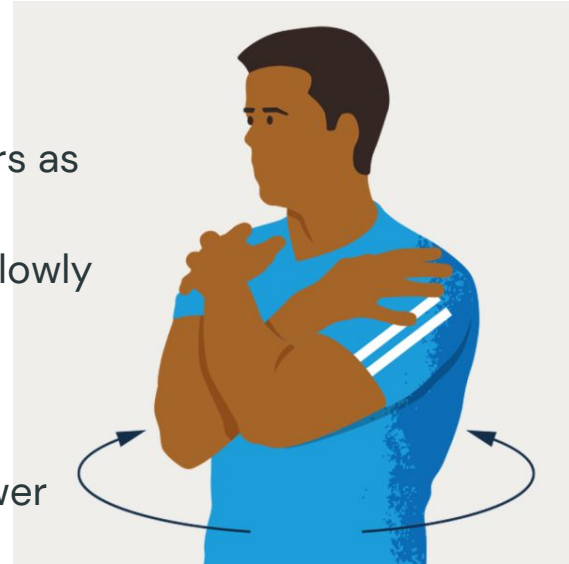
Try and regularly stretch throughout the day, particularly when you have been seated for long periods.

Stretching can energise you, improve posture, flexibility plus reduce aches and pain.

SPINAL ROTATION

- While seated, cross your arms over your chest;
- Grab your shoulders, or as close to your shoulders as possible;
- Rotate your upper body from the waist, turning slowly from left to right as far as you can;
- Repeat 5 times.

You should feel the tension on both sides of your lower back as it stretches out.



POSTERIOR SHOULDER STRETCH

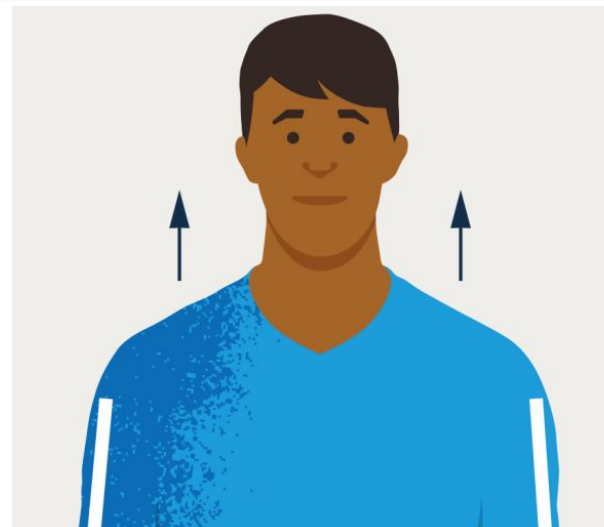
- Hold one arm across your body;
- Pull your elbow into your chest;
- Hold for 20 seconds;
- Repeat on the other arm.

You should feel your shoulder gently stretching.

SHOULDER SHRUGS

- Gently lift your shoulders;
- Hold and squeeze at the top for 5 seconds;
- Let them fall;
- Repeat 5 times.

You should feel the tension being released as your shoulders drop.



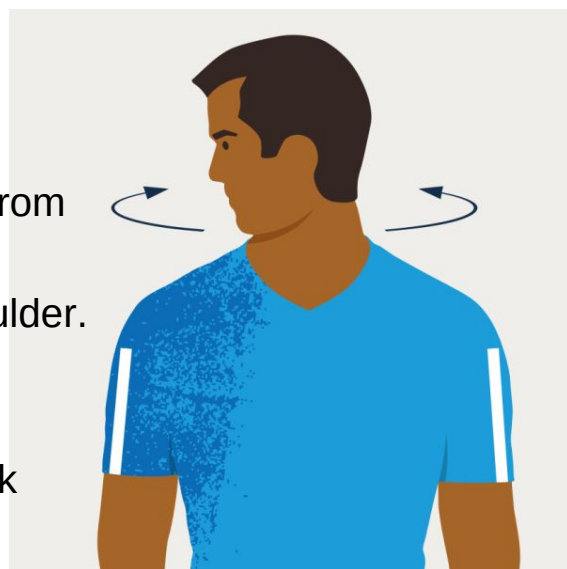
BACK EXTENSIONS



- Sit straight with your feet together;
- Put the palms of your hands into the small of your back;
- Lean back over your hands, feeling your lower back stretch out;
- Hold for 10 seconds.

NECK ROTATIONS

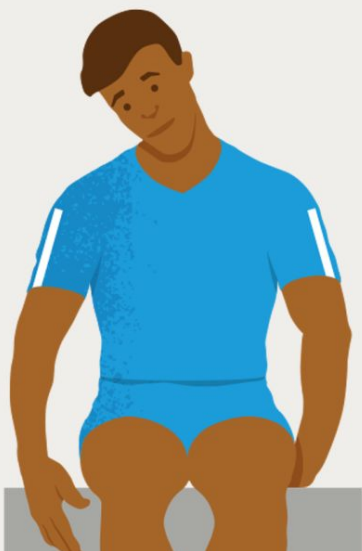
- Sit up straight and roll your shoulder back;
- Keep your head upright and gently turn your head from side to side;
- As you turn your head, try to move it past your shoulder.
- Repeat 5 times.



You should feel the muscles on the outside of your neck gradually stretching.

UPPER SHOULDER & NECK STRETCH

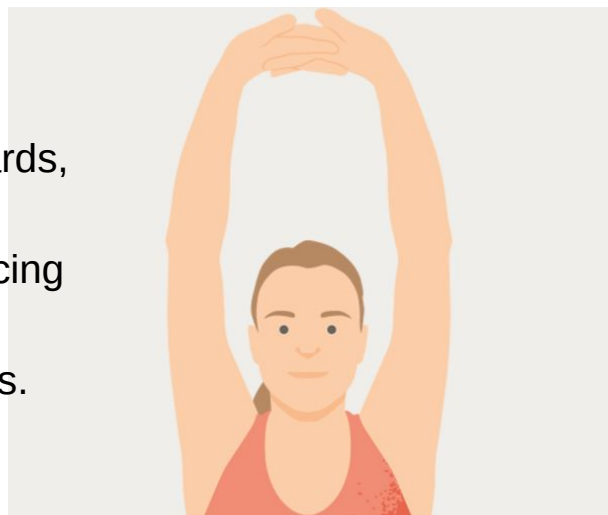
- Sit on one hand;
- Tilt your head away from the hand you're sitting on, and hold for 10 seconds
- Tilt your head slightly forward, towards your shoulder, and hold for 10 seconds;
- Repeat on the other side.



You should feel the muscles in your neck and shoulder being stretched.

SHOULDER EXTENSION

- Sit upright and link your hands;
- Move your hand forward with palms facing outwards, hold for 5 seconds;
- Raise arms above your head, with your palms facing upwards;
- Reach as high as possible and hold for 5 seconds.



You should feel your shoulders stretching.