

HOW TO GET ACTIVE

- Walk to your lectures instead of getting the bus.
- Take the stairs rather than the lift.
- If you have a bike, ride it to classes or go for a bike ride with friends.
- Rent or buy an exercise DVD. Share the cost – and fun – with your housemates.
- If you're going out in the evening, dance. It's a great way to meet new friends as well as keep in shape.
- Go for a jog with friends before going to college, or between classes.
- At lunchtime or weekends, kick a football around with your friends in the park, or have a game of volleyball.
- Yoga to the People has locations in Manhattan and it's St. Marks location is donation based.
- The Chelsea Recreation Center (430 West 25th St.) has a pool, gymnasium, and fitness room and costs about \$60/year.
- The OSDA offers numerous fitness classes.