

# Exercise Scavenger Hunt: Self-Guided Activity

EVEN IN THIS NEW, VIRTUAL SPACE THERE ARE MANY PROGRAMS AND RESOURCES AVAILABLE TO HELP NAU STUDENTS STAY HEALTHY AND WELL. TO START, PULL UP THE NAU HEALTH PROMOTION WEBPAGE AT:

[NAU.EDU/HP](http://NAU.EDU/HP)

NOW START EXPLORING!

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## FIND 3 PHYSICAL ACTIVITY RESOURCES OR PROGRAMS THAT YOU ARE INTERESTED IN UTILIZING

These could be things you would like to utilize now, like a virtual event or online assessment OR something you'd like to check out on campus, like an in-person event or presentation.

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## FIND 3 HEPHYSICAL ACTIVITY RESOURCES OR PROGRAMS TO SHARE WITH A FRIEND

These could be things that might not be especially interesting or helpful for you, but are things you think someone else could benefit from. Now share those with a fellow Lumberjack!

### HINT

Don't limit your search to Health Promotion programs and resources only. Check out links found on the "[Nutrition Resources](#)" tab to find NAU resources across campus.



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## FIND 3 NEW THINGS YOU CAN DO TO BUILD REGULAR EXERCISE HABITS

Here, you're not looking for event, programs, or presentations that we put on, but rather health facts and tips that we've included on the "resources" tabs under each topic area.

### HINT

Check out what our friends over in Campus Rec and UCAN have to offer!

[nau.edu/rec](http://nau.edu/rec)  
[nau.edu/UCAN](http://nau.edu/UCAN)




WE'D LOVE TO SEE WHAT YOU FOUND! SCREENSHOT YOUR FAVORITE FINDS OR TAKE A PICTURE OF YOUR LIST, POST IT ON INSTAGRAM AND TAG US! @NAUHEALTHPROMOTION

**Check out the next page for some quick tips!**

# Exercise: Quick Tips

YOU MIGHT HAVE SEEN SOME OF THESE THINGS DURING YOUR SCAVENGER HUNT BUT ICYMI, HERE ARE SOME TIPS YOU CAN USE TO MAKE SUPPORT YOUR HEALTH WITH YOUR MEAL CHOICES:

- AIM FOR 150 MINUTES OF EXERCISE EACH WEEK:
    - THAT'S JUST 30 MINUTES OF MOVEMENT, X5/WEEK!
  - START AT YOUR CURRENT FITNESS LEVEL AND SET SMALL GOALS TO HELP YOU BUILD STRENGTH AND ENDURANCE
  - EXPLORE THE DIFFERENT WAYS TO MOVE ON CAMPUS, INCLUDING ROCK CLIMBING, GROUP FITNESS CLASSES, SWIMMING, AND YELLOW BIKES
  - FIND A GROUP OF FRIENDS TO EXERCISE WITH TO MAKE IT FUN
  - GET OUTSIDE ON A WALKING/HIKING TRAIL NEAR CAMPUS
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## Reflection/Action Planning

- When it comes to supporting your own physical activity, what is one thing you are doing well?
  - What is one thing that you could be doing better?
  - What would you gain by doing that thing?
  - How confident do you feel in your ability to incorporate that thing into your life within the next 2 weeks?
  - What will be your first step?
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