



# MAINTAIN DON'T GAIN CHALLENGE

GET UP, GET OUT, AND GET MOVING

## GET UP, GET OUT, AND GET MOVING

Getting a head start on fitness may be easier than you think. Especially when UCI offers such beautiful outdoor spaces.

Even though it may be a little chilly, don't let that stop you from making the most of your beautiful surroundings. Integrate what you love to do with the environment around you. Whether you love doing yoga or playing with your pets outdoors, when you love the exercise you do, it'll be easier to keep up.

Here are a few tips on how to easily integrate a workout into your daily routine:

- **Exercise anywhere.** Walking is a great way to get fit because it doesn't require a fancy gym membership or sports gear. It also gets your heart pumping and keeps your metabolism active, which can help you manage your weight.
- **Park farther away.** When running errands, at work or dropping off kids, park as far away as you can to add a few steps to your day.
- **Make exercise fun.** Ride a bike, play a sport, or break a sweat dancing – it's good for you! Refresh your mind and get your blood pumping while doing what you love.

You're halfway through the challenge! Keep crushing it for the next 4 weeks!

Share how you made exercising fun with **#UCIMDG2018** on social media to connect with fellow challengers!

Adapted from UC Health Plans.



## THIS WEEK'S WEBINAR

- [Secrets to Self-Motivation](#)



## THIS WEEK'S TIPS

- [Flyer \(PDF\): 10 Changes to Get More Exercise Every Day](#)
- [Flyer \(PDF\): Go Outside and Play](#)
- [Article: Is It Safe to Exercise When I'm Sick?](#)



## THIS WEEK'S RECIPES

- [Beef and Black Bean Chili](#)
- [Mock Roasted Garlic Mashed Potatoes](#)



## ADDITIONAL RESOURCES

- [Explore the Meaningful Mile walking loops on the UCI Campus](#)
- [Take advantage of UCI employee perks and discounts, like fitness memberships, theme parks, and weight management programs.](#)



Questions or Comments? Contact:



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