While sitting in class, tense and release your muscles.

Sit on a stability ball instead of a desk chair.

Do calf raises while waiting in line at the dining hall.

Walk or bike to class instead of taking ShuttleUM.

Power walk up the hill next to The Stamp.

Choose to take the stairs over the elevator.

Instead of sitting for a meeting, make it a walking meeting.

Time how long it takes to walk to your classes and try to beat your old times.

When you’re studying, take a break to get up and move every 20 minutes.

Get off ShuttleUM one stop early and walk the rest of the way.

Park at the far end of the parking lot to get in extra steps.

Create an active toll for an everyday activity. For example, a 30 squat or crunch toll to be able to open the refrigerator or turn on the coffee maker.

Study or read on a stationary bike.

Turn on some music and dance while you’re getting ready to go out.

Play with your pet, or volunteer walking dogs at a local shelter or for a busy friend.

Skip the drive through. Park your car and walk inside.

Clean your room. It could probably use it.
Take a practice test for an exam and do 10 jumping jacks for every incorrect answer.

Split the cost of a locker at the gym with a friend.

Get competitive. Challenge your roommates to a “plank off” or see who can stand on one foot the longest. Both are great activities for core building.

Don’t be a hero. Take multiple trips instead of one for bringing your groceries inside. The extra trips add up!

Make a lap around the concourse or walk up and down a set of stairs when you cut through Cole Fieldhouse.

Create a makeshift standing desk in your room to avoid sitting for long periods of time.

Hanging out with friends? Suggest throwing a frisbee on McKeldin, playing tennis, bowling at TerpZone or scaling the climbing wall rather than grabbing dinner or watching a movie.

In class, sit your textbook on your lap and do seated calf-raises. The book will provide extra resistance.

Instead of getting DP Dough or Shanghai delivered, walk and pick it up yourself. You’ll save on delivery costs, too.

Walk while you talk. Walk, or at least stand, during your next chat sesh on the phone.

When you take a bathroom break during class, go to the bathroom one or two floors up.

Talk your friends into a “party” 5K - think electric or color run.

When you walk by Comcast Center, climb the stairs and rub Testudo’s nose.

Stand instead of sitting at the bar. Better yet – throw some darts or shoot pool.

Leave a few minutes early to take a longer route to class.

Start a garden. If you don’t have one, join one of the sustainability groups on campus that does. Gardening is a sneakily active pastime.

Wear a pedometer or download an app and aim for 10,000 steps a day.

No need for special fitness equipment; see how long you can hold your heaviest textbook above your head.

#MakeMovesUMD
36. While watching a TV show, do 10 squats every commercial break.

37. Play a fitness video game, like Wii Fit or Just Dance.

38. Take the sidewalks on the perimeter of the Mall instead of taking a shortcut through the grass.

39. Walk a lap around McKeldin Mall in between back-to-back classes.

40. Make your next Groupon or LivingSocial purchase an “activity” deal like yoga classes or a bike tour.

41. Pick a favorite audiobook or podcast that you can ONLY listen to while you are active.

42. Cook a (healthy) meal from scratch. Meal preparation and the cleaning up that inevitably follows gets you moving. While you’re waiting for your food to cook, do crunches.

43. Compile a playlist with all your favorite upbeat songs. It’ll definitely help you pick up the pace while you’re walking around campus.

44. Study on the 7th floor of McKeldin and take the stairs.

45. Make your favorite show a fitness game. Every time a character says _________ do 5 sit ups.

46. Hold a plank for 1 minute every 10 minutes while you’re reading.

47. Study at or near a recreational facility like the ERC or Ritchie so you can take active study breaks quickly and easily.

48. Set up reminders on your phone or download an app that will nudge you to move every hour – even if it’s just walking around your room!

49. Add resistance to your walk to class. Bring the textbook with you even if you don’t need it.

50. If you are sunbathing on the Mall, walk a lap before turning over (and wear sunscreen!).

More moves throughout the day, boost your GPA. Regular activity boosts brain function. Discover why you should make moves and submit your own active hack idea at ter.ps/makemoves #MakeMovesUMD