



# 10

WAYS TO ...

## manage exam stress with exercise

- 1 Join a Georgian intramural team (BA, OR)
- 2 Run some laps around the indoor track (BA only) or in your neighbourhood
- 3 Move your muscles with strength equipment (BA, OR, OS)
- 4 Suit up to represent a Georgian extramural recreational team (BA, OR)
- 5 Get one-on-one personal training (BA only)
- 6 Take a spin class (BA, OR, OS)
- 7 Practice relaxation with yoga (BA, OR, OS)
- 8 Hit the water with a kayak or canoe\*
- 9 Put on your hiking shoes and take in the scenery\*\*
- 10 Go for a bike ride

BA, OR, OS offered at the Barrie, Orillia and Owen Sound campuses. Students from other campuses have access to use any of these facilities and join programs.

\*Make sure to do your research on water safety before heading out.

\*\*Check out alltrails.com to find local trails in your area.