

# DID YOU KNOW?

## EXERCISE

**CAN EASE DEPRESSION AND ANXIETY SYMPTOMS**

**30+** MINUTES OF EXERCISE  
*Three to five days a week*

**MAY SIGNIFICANTLY IMPROVE DEPRESSION OR ANXIETY SYMPTOMS!**

According to MayoClinic.org

*Ways you can be active today:*

- VIRTUAL/ONLINE WORKOUTS
- INTRAMURAL SPORTS
- ROCK CLIMBING WALL
- GROUP FIT CLASSES
- TAKE A YOGA CLASS

- WALK/RUN
- RIDE A BIKE
- TAKE THE STAIRS
- DANCE
- SWIM

*Check out the many opportunities offered by the NDSU Wellness Center with the QR code*



**NDSU** PRESIDENT'S COUNCIL  
FOR CAMPUS WELL-BEING