

Let's Sleep Walk! (1 mile)

Tues Sep 27 @ noon—outside Alumni Hall

Wear your walking shoes and IUK t-shirt

Win prizes and fall goodies!



Move More, Sleep Better!

Benefits of sleep and physical activity:



More Energy



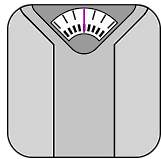
Reduced Stress



Boosts Brain Function
and Productivity



Better Mood



Improved Weight
and Metabolism



Stronger Immune
System

90%

of IUK students have had
problems with sleepiness
during the day

and



19%

of IUK students report
that sleep difficulties
have disrupted their
academic performance*

Students should get moderate-intensity
physical activity for at least 30 minutes
on 5 or more days per week

or

Vigorous-intensity physical activity for
at least 20 minutes on 3 or more days
per week



According to a
2015 survey, * only

38%

of IU Kokomo students meet
recommendations for
aerobic physical activity