Run the stairs in your residence hall! First, it is always a good idea to take the stairs if you are an able-bodied person. Running the stairs is as good as stairmaster without having to go to the gym.

**EQUIPMENT**
- Water
- Stairs

1. Run up and down the stairs for 15min
2. Hop up stairs on a single leg
3. Switch legs
4. Sprint to the top of the stairs, 2 stairs at a time
5. At the bottom, do 40 calf raises
6. Stretch

Go to www.life.arizona.edu/get-movin to see video tutorials