

3 Free Habits I Wish I'd Started As a Student

A Crash Course on Low-Cost Habits That Change Everything:

3 Simple Ways to Move More, Spend Less, and Actually Feel Better:

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Back in school, I assumed feeling exhausted, anxious, or achy was just...part of the deal.

I figured I didn't have the time (or money) to add anything new to my plate, let alone some kind of *wellness routine*. But looking back now - especially as someone who literally became a physiotherapist - I realize I didn't need a "routine." I needed tools.

Tools to feel better. Tools to regulate my stress and sleep. Tools to make me feel like *me* again when everything else felt out of control. Enter: three free (or close to free) physical hobbies that changed everything.

1. Walking (or Running): It sounds too simple to work-but that's the magic. Walking and running have been my go-to tools during every phase of burnout, recovery, and even just *thinking things through*. Whether it's a quick 10-minute walk between classes or a 30-minute jog to clear your head after an all-nighter, this one habit does more than you'd think:

- **Regulates your nervous system**
- **Improves sleep and mood**
- **Gets you out of your head and into your body**

The best part? It often leads to something bigger. My runs eventually led me to discover run clubs, community events, race weekends, and even travel abroad. Walking helped me rediscover trails, hiking groups, and coffee strolls with people I care about. This stuff becomes *social*. It becomes *fun*. And it doesn't stop when school ends - it scales with your career, your location, your lifestyle.

- **Try this:** Walk/Run & Listen - Pair a walk or run with a short playlist or favourite podcast episode. It turns movement into a mental reset, not just a workout.

2. Bodyweight Strength at Home: You don't need a gym. You don't need gear. And you *definitely* don't need to be doing burpees in a crowded fitness class. Just your body, a bit of space, and maybe a yoga mat or towel.

I wish I had started this earlier-not to "get fit," but to *feel strong* in my own skin. Strength training changed how I held myself, how I moved through the world, and how I handled stress (spoiler: you'll sleep better when your nervous system has a physical outlet).

3. Yoga (Alone. In Your Room. No One Watching): What started as 15 minutes of stretching on my floor turned into a full-blown nervous system reset. I never imagined it would lead me to get my yoga teacher training one day. But it started so simply: a YouTube video, a quiet corner, and no judgment.

Yoga helped me sleep, helped my back pain, helped me actually *breathe* again. And it gave me something I could do even on the roughest days-when I had no energy to work out but still wanted to show up for myself in some small way.

- **Try This:** Pick a 15-minute bodyweight workout on YouTube, grab a towel, your favourite hydration, and hit play. No equipment, no pressure - just you and your muscles.

The Bigger Picture: These aren't just hobbies - they're lifelong health strategies. They've carried me through exam seasons, job stress, burnout, and recovery. They've opened doors to friendships, events, travel, career opportunities, and built the kind of strength that'll serve me my entire life.

So, if school feels like a storm - start small. These tools won't fix everything, but they'll *stabilize* you when nothing else will. And that's a pretty great place to start. No gear. No pressure. No "perfect routine." Just a few habits that meet you where you're at - today.

*Need help getting started or picking the right habit for you? We're here for it!
Talk to one of our physiotherapists today! [Insert Jane Booking Link Here]*