

Beat My BMI

Physical Activity at Home

Congratulations on your decision to join the Beat My BMI project!

As part of this project, you have access to information presented by students from UConn's Doctor of Physical Therapy program about how you can Beat My BMI with physical activity. We hope that you will take half an hour to [watch this video](#) where we talk about what physical activity can look like and even teach you a few activities that you can try at home!

Next, come to a meeting! You are invited to participate in monthly virtual Beat My BMI meetings hosted by our students and faculty. There, we answer questions and offer strategies to help you build your physical activity routine. You will also have an opportunity to schedule individual "Moving Well" visits where students and faculty can provide you with specific activity recommendations based on your needs.

Our first Beat My BMI meeting will be held virtually on **Tuesday, May 18th @7pm**. If you have questions, bring them to our first virtual meeting where we will start to build your very own physical activity routine.

In the meantime, you can contact us or visit our website for more physical activity resources! Our students and faculty are here to support you as you take steps to becoming more physically active, guide you as you develop safe exercise habits, and answer any questions you have along the way.



Phone: 860.486.0049

Email: uconnptcares@uconn.edu

Website: <https://physicaltherapy.cahnrc.uconn.edu/uconnptcares-clinic/>
