



CSU WRITES  
COLORADO STATE UNIVERSITY

# THE SIT-LESS REVOLUTION

## SIMPLE STRATEGIES TO GET ACTIVE IN YOUR WRITING PRACTICE AND LIFE







**APRIL 2 – 12-1PM**

**LSC 376-378**

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### WRITING WELL REQUIRES ACTIVE WRITING PRACTICES. WE'LL LEARN ABOUT

-  The drawbacks of a sedentary lifestyle
-  How to incorporate activity into the academic workday
-  Strategies for staying active outside of work hours
-  How the 24-hour activity cycle impacts productivity



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