

# Get Physical Off-Campus

## Use Your Outdoor Space

Go to the park

Try a [Jungle Gym](#) Workout

Drop by your local school and try this [track workout](#)

Try these local [running groups](#)

Use your town's nature trails

Check out pre-mapped, [local running routes](#)

## Community Centers & Groups

Check out your local community centre

Drop in on some of the [City of Toronto's](#) free programs

Join Community Recreation Leagues

Sign up with [Toronto Meet Up's](#) to take part in free outdoor classes  
or drop in sport games

Join a team through the [Toronto Sports and Social Club](#)

Volunteer with a team

## Mud & Obstacle Races

Participate in [Mud Runs](#)

Get hand's-on Obstacle Course racing experience, pre-race!

Check out Toronto gym's Alpha Obstacle Training and [Fit Factory](#)

Try some [Spartan Race](#) training programs and recommendations

## At Home

Take a stretching break

Play with your kids, siblings

Follow online workout videos at home

Challenge yourself through free [fitness apps](#)

## Other Opportunities

Join Lululemon for free Sunday Morning Yoga and other activities

Join your Local [Running Room](#) for Free weekly Runs

Visiting the [My Next Race](#) website to check out upcoming races

Check out [Groupon's](#) fitness section



UNIVERSITY OF  
**TORONTO**  
SCARBOROUGH

Part of the  
Physical Literacy Campaign.

**GET PHYSICAL**  
*find your balance* **BE LITERATE**