Staying Healthy

As a busy college student it is easy to put your physical health on the back burner. However, the second we neglect to take care of ourselves, our grades begin to suffer as a result. Furthermore, stress can become a problem and chances of burn out reach an all-time high when we do not take care of our bodies. Always put your mind and body first and never underestimate the power of a good night’s sleep or healthy diet. The following tips will help you maintain a healthy lifestyle...

- Eat regularly, and choose healthy, balanced food options whenever possible

- Stop looking at the scale. Instead of making weight loss the priority, focus on making healthy decisions every day. Whether it is through drinking plenty of water, or eating more vegetables, every little decision we make has the potential to harm or help our bodies.

- Make sleep a priority so that you get at least 6 or 7 hours of sleep a night.

- Find physical activities that make you feel rejuvenated, and exercise regularly.

- Keep yourself organized to reduce unnecessary stress.

- Take breaks regularly so that your brain and body can rest and relax.

- Make time for activities that are fun and meaningful.

- Be kind to yourself, and find ways to reward yourself when you deserve recognition.

- Get help from campus resources if you’re stressed or need to talk to someone about issues with eating, sleep, or exercise.

Fitting exercise into your daily schedule is vital in order to maintain a balanced life and to relieve stress. Here are some tips on how you can exercise even if you have a busy schedule.

- **Instead of taking the bus or driving, try walking or biking to your first class.** This strategy is an easy way to fit in some regular exercise if you’re struggling to find time for physical activity. Sometimes, biking can even get you to campus quicker than driving!

- **Attend a scheduled class at the gym, such as yoga to motivate you.** Put the class in your planner so that you remember to go. And if the class is more fun than other types of exercise, you will have an extra incentive to get to the gym.

- **Join a club, such as a dance group, to combine your interests with a meaningful exercise.** You need to find a balance in college, so try combining your social life with physical activity.
Participate in a group activity that not only appeals to you, but also provides the added bonus of some exercise.

✓ **Participate in intramural sports or a sports team that is fun.** Most college campuses offer many athletic opportunities – both competitive and noncompetitive. Joining a sports team is a way to get some exercise as well as to bond with peers on campus who share your interests.