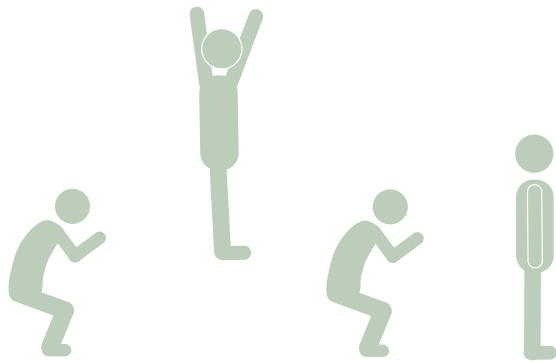


PHYSICAL ACTIVITY

Regular physical activity reduces stress and improves physical and emotional well-being.

Benefits of Exercise:

- Increased energy
- Weight control
- Mental alertness
- Decreased anxiety
- Better stress management
- Improved self-esteem
- Improved posture
- Better sleep
- Firmer muscles



Three Ways to Increase Exercise:

- 1 The American Heart Association recommends 30 minutes of exercise for at least five days a week, however any amount of exercise is beneficial.
- 2 Find hobbies that include exercise, like frisbee golf, biking, basketball, or walking.
- 3 Try High Intensity Interval Training (HIIT), good for all fitness levels.
HIIT is brief repeated bouts of high intensity effort followed by periods of low effort.

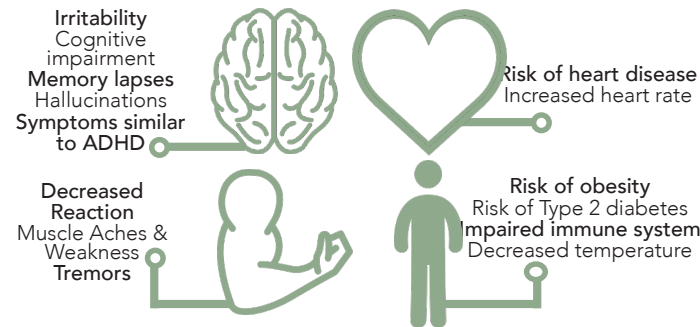
SLEEP

Sleep is crucial to learning and to optimal health. Your brain and body need sleep to restore and rejuvenate.

Benefits of Sleep:

- Better cognitive function and learning
- *Better concentration and memory retention*
- Improved immunity and metabolism
- *Emotional health and increased energy*
- Improved physical health

Sleep Deprivation Causes...



How to Sleep Well:

- *Avoid caffeine for 6 hours before bed*
- Establish a relaxing bedtime routine
- *Exercise, but not within two hours of bedtime*
- Sip a warm caffeine-free drink
- *Create a relaxing, quiet sleep environment*
- Keep a consistent sleep schedule

STRESS MANAGEMENT

Stress is a normal part of life. College students are high risk for anxiety and depression. Effects of stress build up over time. If you are feeling overwhelmed, ask for help from friends, family, or a professional.

Taking Proactive Steps Can Help You Manage Stress:



Three Stress Management Ideas:

- 1 Pray!
- 2 Be active: walk, bike, swim, yoga, dance, etc.
- 3 Seek out positive people and balance in your life!

Need apps for physical activity?

Want better sleep techniques?

Need some relaxation techniques?

VISIT YOUR STUDENT HEALTH PORTAL!

NUTRITION

Good nutrition is important for overall health and well-being. The quality of your food choices is as important as the quantity of food you eat.

Healthy Nutrition: VS Bad Nutrition:

- | | |
|-----------------------------------|------------------------------------|
| ● Ideal Weight | ○ Decreased concentration |
| ● Increased feeling of well being | ○ Increased weight |
| ● Brain health | ○ Poor dental health |
| ● Increased energy | ○ Poorly functioning immune system |
| ● Strong bones | ○ Digestive problems |



Healthy Food Choices:

- A variety of fresh or frozen fruits and vegetables
- Lean proteins
- Low fat dairy
- Healthy snacks like nuts, string cheese, and hummus
- Less processed food (boxed food)
- More whole grains

Want Nutrition Tips? [STUDENTHEALTHPORTAL](#)

HYDRATION

Hydration is getting enough fluids in your body to help with metabolism and moving nutrients to the right places. Every cell in your body maintains its shape by the amount of water that it contains.

Good Hydration: VS Poor Hydration:

- | | |
|-----------------------------|-------------|
| ● Keeps joints working well | ○ Headaches |
| ● Promotes healthy skin | ○ Dizziness |
| ● Cleanses toxins | ○ Brain fog |
| ● Maximizes brain function | |

How to Hydrate:

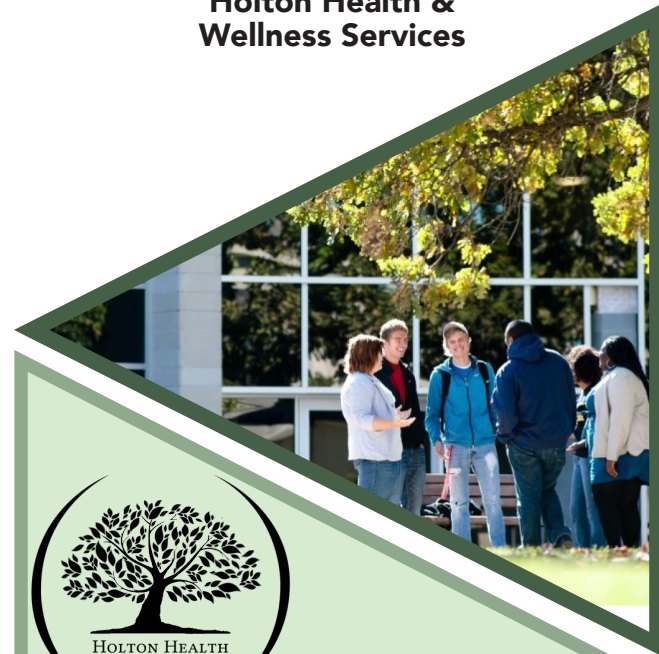
- Drink 1/2 of your weight in ounces.
Ex: 150 pounds=75 ounces of water
- Drink when you are thirsty. Thirst is your body's way of telling you that you are dehydrated.
- Keep your urine color pale it indicates good hydration.
- Read beverage labels and check the sugar content.
- Do not drink your calories!
- Drink caffeine in moderation.

Healthy Drink Alternatives? [STUDENTHEALTHPORTAL](#)



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