

# Regular Exercise

- **Walk When you Can**– Campus life often offers options for walking, and you should take full advantage of them! Taking a walk around campus between classes, or walking (instead of driving) to a friend's house if it's close are two ideas. If you look for them, walking opportunities will crop up everywhere.
- **Try Yoga**– Providing excellent relaxation and total health benefits, yoga is a great form of exercise for college students. Yoga classes are offered at many college gyms, and can be a fun way to relax with friends. Yoga can also be done in the morning or before bed, accommodating a busy college schedule.
- **Take Classes**– One of the best things about college life is that there are so many amazing opportunities for growth and new experience– including gym and P.E. classes! If you're bored with 30 minutes of Stairmaster, why not try martial arts, salsa dancing or kickboxing classes? Look into what's available, and have a great time. It's an excellent way to relieve stress and stay healthy!

# Take Care Of Your Body

- **Eat Right**– While fast food and junk food are cheap, convenient, and plentiful, they don't set you up to do your best. Be sure to keep your dorm room or apartment stocked with a few fresh fruits and veggies, and high-protein snacks, and be sure that your main meals are healthy and balanced.
- **Get Enough Sleep**– Many college students find it difficult to get enough sleep because of busy schedules, late-night excitement, or stress. However, to stay healthy, it's important to commit to getting as close to a full 8 hours as you can. If you stay up late, don't schedule morning classes, or if you must get up early, go to bed at reasonable hour. Take advantage of power naps, and avoid these sleep sabotage. Getting adequate shut-eye can help do your best and enjoy yourself more.



# Find Support

- **Stay Connected To Home**– Whether you're down the street or across the country, being away from home can be difficult at times. Don't forget to use the phone, email and even video conferencing from your computer to stay in touch with family and friends at home. A quick chat with mom can go a long way!
- **Branch Out At School**– Getting involved with groups and clubs at school can be an excellent remedy for college loneliness. Join an exercise class, talk to people you run into around campus, or taking advantage of the many social opportunities on your campus can put you in touch with people who may end up being lifelong friends. It can be difficult to put yourself out there, but having people to study with, exercise with, commiserate with and party with are worth getting past shyness for, and can relieve a lot of college stress.

