



## HEALTHY SPARTANS 2020

### **Better Health = More Fun!**

From Healthy Spartans 2020

We all know the importance of living healthfully so as to maximize our enjoyment and fullest participation in all aspects of our lives. Sometimes we forget that it is the decisions that we make moment to moment, day to day, that result in the overall picture that we call our health.

And sometimes just thinking about this when we have papers to write, deadlines to meet and tests to study for makes thinking about our health take a backseat. “I’ll start exercising after midterms...after Thanksgiving...after the holidays.” Or “I’ll get more sleep after...”

You don’t have to put your health on hold! Here are **20 tips** to help you get started. Overall better health opens the door for healthier and happier relationships, less time at the Health Center, and more time to do the things that bring you happiness and success.

#### **Diet**

This is probably not the best time to totally revamp your diet while you’re under a lot of stress preparing for the end of the semester. But you can take some small steps that might make a difference in your overall health. So, whatever you’re eating...

1. Add more salad and green vegetables to your meals every day. The more colorful the better!
2. Substitute water for a caffeinated drink at least once a day. Keep a gallon of water in your room so you can keep refilling the same smaller container and save money!
3. Buy some fresh fruit to have on hand in your room for those late night hunger pangs.
4. If you would like to do a nutrition check-up, contact the Wellness Center for an appointment with a certified nutrition specialist @ 813-257-1877.

#### **Exercise/physical activity**

A little effort can go a long way. You probably don’t have a lot of extra time in your schedule right now to start a gym membership. What you can do is...

5. Pick up a Yoga or Relax and Restore class at The Fitness Center.

6. Park farther away than usual and enjoy the walk to class.
7. Cross the river and enjoy the new Riverwalk.
8. Download “7 Minute workout” to your smart phone – it’s free!
9. Set a goal and track your steps with your phone. 10,000 steps a day is ideal.

### **Rest/sleep**

10. Get an eye mask and ear plugs if you don’t have them to enhance your sleeping patterns during the day, whether you’re sleeping in or taking a nap.
11. Give yourself at least a half hour away from a television or computer screen before you go to bed.
12. Try to avoid caffeine after 2:00 pm, as it can cause difficulty falling asleep and diminish sleep quality.
13. Avoid exercise right before bedtime.
14. Remember, alcohol affects your sleep cycle by significantly reducing rapid eye movement (REM), which provides mental restoration. The more you drink, the more pronounced the negative effects.

### **Psychology/relationships**

15. Remember that being alone does not equal loneliness. Make some quiet time for yourself to just relax and unwind.
16. Find a couple places on campus to relax outdoors. Consider the meditation garden outside the Sykes Chapel or some shady spot in Plant Park.
17. Download the free app “Insight Timer” and do a guided meditation with others around the world.
18. Take your homework on a date. Go to your favorite cafe or coffee shop to catch up on some of your studying.
19. Limit your calls to people who understand what you’re going through and will offer encouragement and support.
20. Have some fun! Play cards or games with friends, make a play date with a friend, or read a book that’s not on the required list for a class.

Remember, UT has an extensive support system to help you navigate your way through the classroom as well as the campus and life outside the University. If you feeling overwhelmed, ask for help! We’re here for YOU!

### **On-Campus Resources:**

Medical Services - (813) 253-6250

Counseling Services - (813) 253-6250

Wellness Services – (813) 257-1777