FITWELL 2016

WELLNESS TIPS FOR YOUR TIME AT LMU
TOP 10 NUTRITION TIPS

1) make your plate colorful.

2) eat a variety of foods at each sitting.

3) have protein, carbohydrates, and fats at every meal. see MyPlate on next slide.

4) eat at least 5 fruits and vegetables per day.

5) looking at all of the options in the cafeteria will help you find something that meets your needs.

6) mix and match. you can get foods from different stations.

7) try the different on campus dining locations.

8) eat similarly to how you would eat at home when you are eating healthy.

9) treat yourself occasionally!

10) download MyFitnessPal to check the nutrition information of the foods you eat. the app has information on Sodexo’s foods
• aim for your plate to look like this with roughly 1/4 each of grains, proteins, fruits, and vegetables with a side of dairy (or non-dairy milk)
FITNESS TIPS

• try out the classes at the recreation center. there are some really great options!

• personal favorites: TRX, yoga, and cycling

• there is a wide variety of machines for working out on your own

• take your workout outside for a fun and refreshing change

• bring a fitness buddy

• once you have your schedule, plan time to workout but don’t fret if you need to miss a workout or do it at a different time
TIME MANAGEMENT TIPS

• get ahead. don’t wait until the semester starts getting busy to start doing work

• review a little each day to avoid cramming

• get enough sleep, especially before exams

• leave time to take care of yourself and hang out with your friends. you may be busy, but there is still time to do activities you enjoy

• avoid taking on too many tasks at once. pace yourself
• aim to go to bed and wake up around the same time every day. Weekends will obviously be a little different.

• make sleeping and taking care of yourself a priority.

• your work will still be there in the morning.

• get at least 8 hours of sleep per night. You will feel energized and rejuvenated for your day.
MAKE THE MOST OF YOUR TIME HERE

• get involved in clubs, service orgs, or greek life
• attend on campus events and sporting games
• get to know the people in your residence halls
• don’t be afraid to meet new people and try new activities
QUESTIONS? WANT TO LEARN MORE?

VISIT LMU’S FITWELL CENTER TO MAKE AN APPOINTMENT WITH OUR PEER NUTRITIONISTS AND PERSONAL TRAINERS
HAVE FUN AND STAY WELL!