

University Wellness Guide

This guide provides a detailed approach to maintaining physical and mental health for university students through proper diet, regular exercise, and effective stress management techniques.

Step 1: **Balanced Diet**

Prioritize a balanced diet that includes a variety of fruits, vegetables, whole grains, lean proteins, and dairy or dairy alternatives. Limit the intake of processed foods, sugar, and high-fat items.

Step 2: **Regular Exercise**

Incorporate at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity into your weekly routine, plus muscle-strengthening activities on two or more days a week.

Step 3: **Hydration**

Drink plenty of fluids, aiming for about 2 liters of water a day, but adjust according to your needs, activity level, and climate.

Step 4: **Adequate Sleep**

Aim to get 7-9 hours of quality sleep per night by establishing a regular sleep schedule and creating a restful sleeping environment.

Step 5: **Stress Management**

Practice stress-reducing techniques such as deep breathing exercises, mindfulness meditation, yoga, or engage in hobbies and activities you enjoy. Seek support from friends, family, or mental health professionals when needed.

Step 6: **Regular Check-ups**

Schedule routine medical, dental, and vision check-ups to maintain overall health and prevent potential issues from developing or worsening.

Step 7: **Safe Behaviors**

Participate in safe behaviors that include moderate alcohol consumption, if any, avoiding smoking or any substance abuse, and practicing safe sex.

General Notes

Mental Well-being

Remember to take breaks from study to relax and engage with others. Mental health is as important as physical health.

Campus Resources

Make use of university health centers, counseling services, and fitness facilities designed to support student health and well-being.