

# 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.