

PE 101

Everyone knows the importance of physical and mental health. Students, especially, need to pay attention to their body's and mind's fitness.

#

Staying healthy is critical to your success in earning a degree, but between marathon study sessions, the temptation to grab-and-go with fast food and, for some, a busy work schedule on top of school, it's often difficult for students to focus on their health as well as their studies.

Alcohol

Drinking alcohol can mean consuming a lot of calories with literally no nutritional benefit. It can also cause dehydration and, in general, takes a toll on your physical health. It can also lead to bad decisions which can hurt you mentally. Alcohol can disrupt your sleep, lead to unwanted weight gain and, for some, lead to addiction and dependency. If you do decide to drink, choose very light beers or wine and drink in moderation. Be sure to drink a lot of water as well and stay away from hard liquor and sugary mixers.

Exercise

Staying active will not only help maintain a healthy weight, it also increases mental alertness and controls stress. But you don't need to live at the gym to stay in shape. A simple walk every day can help maintain a healthy and happy lifestyle. Schedule your exercise just as you do study and class time – it'll prove to be a great boost in succeeding at your goals.

Diet

The dreaded freshman 10 – it's not a myth that many new college students gain ten or more pounds their first year – or first semester. Adjusting to a new lifestyle often changes a college student's eating habits and their pant size. Be conscious of the food you eat. If you go too long without eating, it's too easy to grab a hamburger or nearest bag of chips. Eat four or five small meals during the day – making sure to include vegetables and fruits and protein. This also staves off hunger attacks and helps keep you on an even mental keel. Use portion control and consider your serving sizes at all meals.

Sleep

Sleep is often scarce for college students. However, the amount of rest you get can affect the way your body functions – and how well you do in class. Lack of shut-eye can lead to feelings of fatigue, gastrointestinal irritability, difficulty concentrating, and body aches.