HOW ARE YOU FUELING YOUR MIND BODY AND LIFE?

FIND WAYS TO TAKE CARE OF YOUR HEALTH AT www.wgtn.ac.nz/wellbeing
**Fueling your mind**

Your brain uses 25-30 percent of your body’s energy each day. A nutrient-rich, balanced diet and eating before you go to uni will make sure your mind has the energy it needs to learn well. **Source:** New Science of Learning: How to Learn in Harmony with your Brain, by Terry Doyle and Todd Zakrajsek

**5 BALANCED BREAKFAST IDEAS**

<table>
<thead>
<tr>
<th>PROTEINS</th>
<th>FATS</th>
<th>CARBS</th>
<th>YUM!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanut butter and banana on whole-grain toast with greek yoghurt</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weet-bix with fruit, almonds and milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hard-boiled egg with table spread and vegemite on toast</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goat’s cheese or cottage cheese with mashed avocado on whole-grain toast</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoghurt and fruit with muesli</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**TAKING CARE OF YOUR MIND AND BODY HELPS YOU LEARN**

- Have a consistent bedtime
- Prioritise your sleep
- Eat a balanced breakfast
- Be mindful of relying on sugar or caffeine for energy
- Do something you enjoy (it will energise you!)
- Connect with friends and whānau

**Meal-time bites**

- Keep hydrated with water
- Colourful fruit will help keep you healthy
- Complex carbs give you sustained energy
- High-fibre foods will fill you up and keep you going
- Fruit and veggies that are in season, have the most nutrients*

*Source: Healthy Eating at University, by Cindy Williams For more information about what fruit is in season visit www.fiftyacnz.co.nz/whats-in-season

**SUGAR**

1 x soft drink (600ml) | 16 tsp
1 x energy drink (350ml) | 9 tsp
1 x orange juice (350ml) | 10 tsp

Too much refined, processed sugar affects our bodies. It is addictive, hard on our liver and turns to fat if our bodies don’t use it for energy.

**The better you sleep, the better you learn**

Research shows a sleep-deprived person has 19 percent less memory ability, and if you don’t get any sleep you have 50 percent less memory ability.

**Add a bit of exercise in your day**

- Sleep in a dark room, or use eye guards
- Get the temperature just right
- Turn off all devices
- Avoid caffeine after 3pm
- Stick to the same bedtime each night
- Wake up at the same time each morning

**TIPS FOR A goodnights sleep**

- Dance to your favourite song
- Walk and take the stairs to uni
- Join a gym or sports club
- Try yoga or Zumba
- Run
- Get a bike and cycle to uni or work

**Movement optimises learning.**

When you exercise, chemicals that promote learning are released. They help you feel alert, motivated, positive, more in control and patient. Next time you’re studying, why not start by going for a walk?

Source: New Science of Learning: How to Learn in Harmony with your Brain by Terry Doyle and Todd Zakrajsek