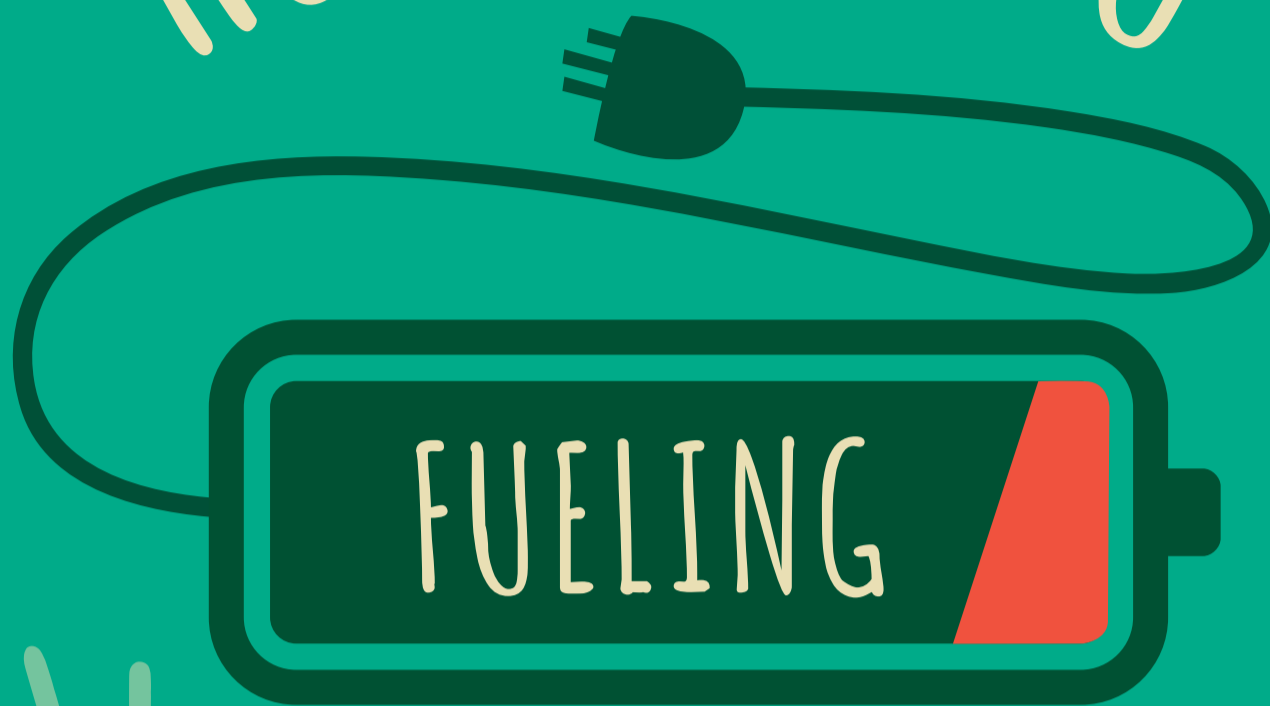


HOW ARE YOU



YOUR



mind

body



AND



life?

Health

HOW ARE YOU FUELING YOUR mind body AND life?

Health

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

YOU SAY ELEVATOR

I SAY STAIRS

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

PROTEINS	FATS	CARBS	YUM!
			Peanut butter and banana on whole-grain toast with greek yoghurt
			Weet-bix with fruit, almonds and milk
			Hard-boiled egg with table spread and vegemite on toast
			Goat's cheese or cottage cheese with mashed avocado on whole-grain toast
			Yoghurt and fruit with muesli

Meal-time bites

- Keep hydrated with water
- Colourful fruit and veggies 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.5aday.co.nz/whats-in-season

ARE YOU DRINKING MORE SUGAR THAN YOU THINK?

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

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.

TAKING CARE OF YOUR MIND AND BODY HELPS YOU LEARN

TRY

- Have a consistent bedtime
- Prioritise your sleep
- Eat a balanced breakfast
- Be mindful of relying on sugar or caffeine for energy
- Find exercise you enjoy, and keep doing it
- Take regular study breaks
- Do something you enjoy (it will energize you!)
- Connect with friends and whānau

BREAK THE ALL-NIGHTER CYCLE

Stay up late → Go to bed at a decent time → Sleep in → Wake up refreshed → Late for lecture → Get to lecture on time → Feel in control of workload → Get work done → Overwhelmed → Prioritize sleep → Get in the zone late at night → Stay up late

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.

Studies have recommended that as adults, we need **7.5-9 hours** of sleep most nights.

TIPS FOR A goodnight's sleep

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

Add a bit of exercise in your day

5 minutes is all you need to get the mood-boosting benefits of exercise.

- 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

Check out recreation services and clubs to get active at uni:
<http://www.wgtn.ac.nz/students/get-involved/recreation-services>
<http://www.wgtn.ac.nz/students/campus/clubs>

The best exercise routine is one you can stick to. So, ask yourself these four questions to help determine what exercise is right for you:

- Do I enjoy it?
- Can I manage it within my schedule?
- Is there a community of like-minded people who can support me, or do it with me?
- Is it working?

Source: *One Size Doesn't Fit All*
<http://greatist.com/grow/how-to-find-the-best-health-fitness-plan-for-you>

DID YOU KNOW?

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

If you would like more ideas about how to keep healthy at uni, we have resources and services that can help.

Free to take!

For a list of our support services, go to: wgtn.ac.nz/students/support

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TE HERENGA WAKA