

## MAINTAINING PERSONAL HEALTH

We make choices every day that impact our physical and mental health. Check out the following tips to stay healthy all year long!

### Exercise

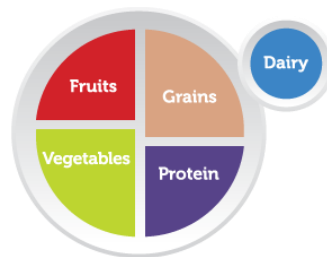
Iowa has several facilities around campus to help you maintain your physical health. Check out all of the locations here: <http://recserv.uiowa.edu/facilities>

The Campus Recreation & Wellness Center provides students with a variety of different ways to stay active. They offer a variety of group exercise classes, intramural sports, and outstanding equipment, so you are sure to find the exercise that works best for you! Check out their website or call for more information: <http://recserv.uiowa.edu/> or (319) 335-9293

If the Rec facilities don't sound like your type of thing, that's ok! Consider walking to and from classes or taking the stairs instead of the elevator. Studies have shown that walking is an excellent form of exercise and recommend that the average American take 10,000 steps each day.

### Nutrition

Eating the "right" foods can be challenging, especially when living on your own. According to the U.S. Department of Agriculture, to determine the portion sizes and foods you should eat, consider your age, sex, height, weight, and physical activity level. You can input your information here: <http://www.choosemyplate.gov/MyPlate-Daily-Checklist-input>



If you have questions or concerns about your physical activity levels or nutrition, contact the Wellness Services for more information on programs offered to students: <http://studenthealth.uiowa.edu/wellness/>

### Sleep

It's very important to rest and recharge each night. Adults aged 18+ should get about 7-9 hours of sleep each night. Sleep plays a vital role in maintaining overall health and well-being. Not only does sleep improve your learning, but it helps your brain and body function properly, helps prevent the risk of heart disease, kidney disease, high blood pressure, and stroke.

If you feel that you struggle to get a good night of sleep while at school, consider looking into these different options: <http://studenthealth.uiowa.edu/refresh/>

## Stay Healthy

Aside from exercising, eating foods such as fruits, vegetables, whole grains, and foods low in fat all provide your body with the vitamins and nutrients needed to stay healthy. Take care of your body by double checking with Student Health & Wellness that your vaccinations are up to date, and scheduling an appointment if you begin to feel ill.

<http://studenthealth.uiowa.edu/> or (319) 335-8370

## Mental, Emotional, and Social Health

At the University of Iowa, we offer many resources to help you maintain a strong and healthy lifestyle. If you are ever feeling that you may be overwhelmed with your academic or personal life, you can always visit the University of Iowa Counseling Center and meet with one of the counselors to discuss your concerns.

<https://counseling.studentlife.uiowa.edu/> or (319) 335-7294

The University of Iowa offers many ways for you to stay connected with your peers and develop friendships. With over 500 student organizations to choose from, you are sure to find one that fits your interests! Check out <http://imu.uiowa.edu/students/> or call (319) 335-3059 for the complete list.

***Activity:*** For each of the categories, identify a way you can work towards improving that component of your personal health:

- Exercise:
  
  
  
  
  
  
  
  
  
  
- Nutrition:
  
  
  
  
  
  
  
  
  
  
- Sleep:
  
  
  
  
  
  
  
  
  
  
- Mental, Emotional, and Social Health: