HEALTHY LIFESTYLE

Want to learn more about staying healthy?

573-884-WELL (9355)

Nutrition and fitness
Smoking cessation
Sleeping habits
Drug & alcohol reduction
Stress management
Embrace and love your body, it is the most amazing thing you will ever own.

Anonymous

MU Student Health Center • "Just for the health of it" • studenthealth.missouri.edu
"I don’t like exercise, IT’S TOO HARD"

"I’m too tired to exercise"

"I’m too busy to exercise"

We’ve heard it all.

Try making a playlist.

- an audiobook if you can’t bring a friend.
- more listening to music you love, or
- yourself. You will enjoy

Try an exercise experiment for a week. Try different times —
- mornings, between classes or before lunch.
- helps you get better sleep.
- gives you more energy.

Regular exercise gives you more energy.

"I’m too tired to exercise"

"I’m too busy to exercise"

EXERCISE:

- Boosts mood
- Increases blood flow
- Helps you retain information
- Better than an energy drink
- Study smarter, not harder —
- Take a brisk walk
- Do some jumping jacks
- Take frequent breaks.

EXERCISE:

- downtown or explore a local trail.
- Ready enjoy doing; throw on some music and dance; take a walk.
- Exercise doesn’t need to be intense; it can be something you...
TASTIER WAYS TO DRINK WATER

**Why drink more water?**
- eliminate toxins
- fight fatigue
- support immune defense
- decrease joint pain & stiffness
- support metabolism
- hydrate skin

**Add**
- Citrus
- Mint
- Cucumber
- Berries
- Herbal tea
QUICK & EASY SNACKS

- carrots
- grapes
- nuts
- oranges
- hard-boiled eggs
- apples or pears
- string cheese
- pretzels