

# STUDENT WELLNESS ROADMAP

1.

## Balance

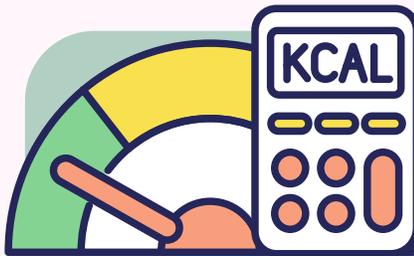
Set realistic and achievable goals for yourself. Expecting to hit the mark everyday can be unrealistic when life gets complicated. Give 80% every day, and plan for days to take some liberties.



2.

## Calorie Control

It's not just about reducing calories; you need the right amount to keep your system working efficiently.



3.

## Moderation

Limit excess amounts of things that can negatively impact your health. Alcohol can be fun, but excess can lead to excessive calorie intake. 1 gram of alcohol = 7 calories



4.

## Healthy Eating

Ensure proper nutrition but eliminate monotony. Variety is the spice of life!



5.

## Adequacy

Get all the essential nutrients you need and replace what is lost on a daily or weekly basis.



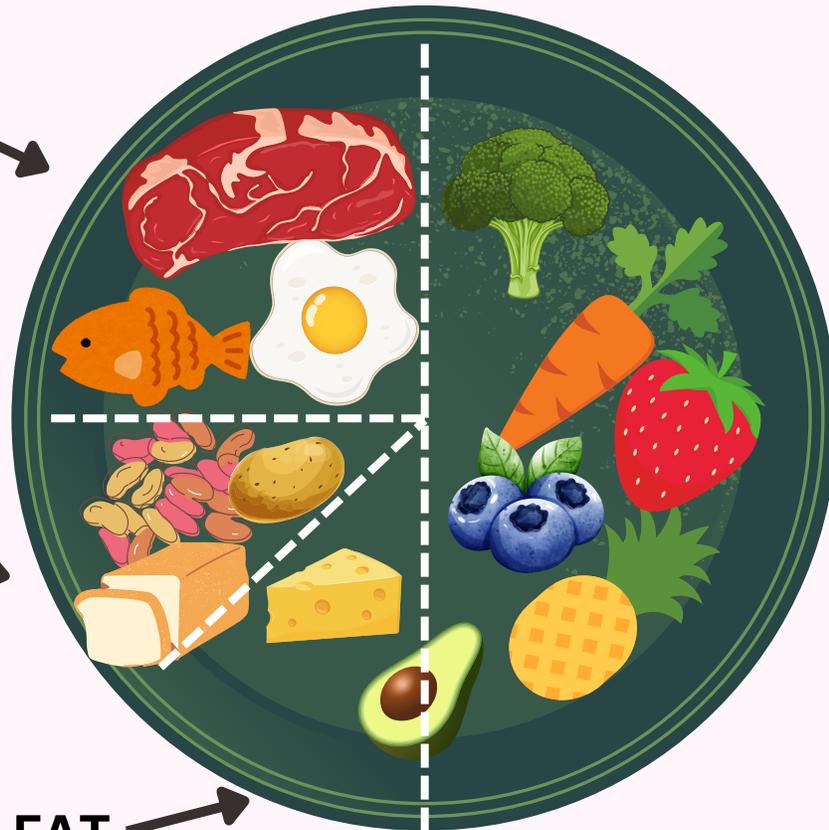
# BUILDING A BALANCED PLATE

**PROTEIN**

**STARCHES**

**FAT**

**FRUIT & NON-  
STARCHY  
VEGGIES**



## Step 1: Protein

Make protein the star of the meal. This ensures you eat enough to restore what was broken down during activities. It also keeps you feeling full between meals. 20-30 grams per meal is ideal.

## Step 2: Fruits & Veggies

Veggies and fruits are a major source of vitamin C, B vitamins, & minerals. Fill half your plate.

## Step 3: All the Fixings

Add starches such as grains & whole grains to provide a carb source. Nuts and avocados are excellent additions to provide healthy fats

# GET ACTIVE STAY HYDRATED

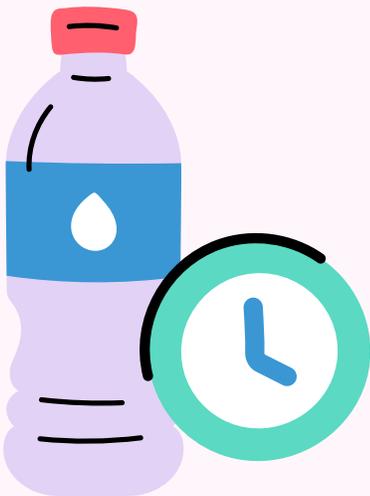
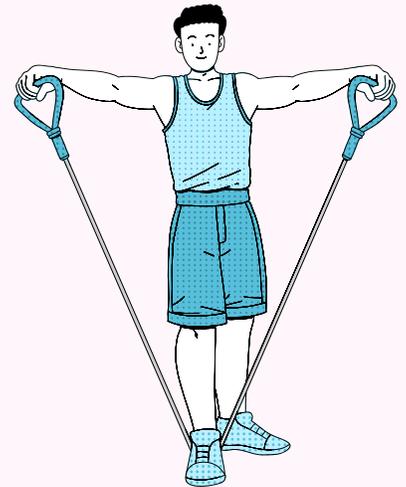


## Moderate Activity

30-60 min/day of moderate activity is essential for maintaining heart and lung health. Walking to class is an excellent way to meet this goal

## Resistance Training

2-5 days/week of body weight exercises or weightlifting is essential for developing strong muscles and bones to support you throughout your life.



## Drink Fluids

Drink 1mL of fluid per calorie. For example, 2,000 calorie diet = 2,000mL (67oz) of fluid. It's important to replace daily water loss to maintain a functioning body.