

# STUDENT WELLNESS

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Move More, Eat Well, Sleep Better, Stress Less

# Move More

- Aim to get at least 30 minutes of moderately intense exercise most days of the week.
- Include resistance training for all major muscle groups at least twice a week.
- In addition to 30 minutes of exercise per day, limit sitting time and interrupt prolonged sitting as often as possible.

 The American Heart Association  
Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

At least **30** minutes of moderate-intensity aerobic activity **At least 5** days per week for a total of **150** minutes

OR

At least **25** minutes of vigorous aerobic activity **At least 3** days per week for a total of **75** minutes

or a combination of the two

AND

Moderate **HIGH INTENSITY** muscle-strengthening activity **At least 2** days per week for additional health benefits

For Lowering Blood Pressure and Cholesterol:

An average of **40** minutes of moderate- to vigorous-intensity aerobic activity **3-4** days per week

© 2014 Learn more at [heart.org/ActivityRecommendations](http://heart.org/ActivityRecommendations).

# Make Time and Stay Fit

- Schedule exercise into your week
- Break up exercise sessions into shorter bouts throughout the day
- Sign up for a KIN class to keep you accountable
  - Yoga
  - Cardiorespiratory/Circuit Training
  - Swimming
  - Alignment and Correctives
  - Martial Arts



## Exercise Time Finder

Use this table to find places in your schedule you can fit in exercise. Fill in your typical week and take a look at blocks of time where exercise is an option.

	5-6am	6-7am	7-8am	8-9am	9-10am	10-11am	11-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm	9-10pm	10-11pm	11-12am
Sunday																			
Monday																			
Tuesday																			
Wednesday																			
Thursday																			
Friday																			
Saturday																			

myexerciseplan.com

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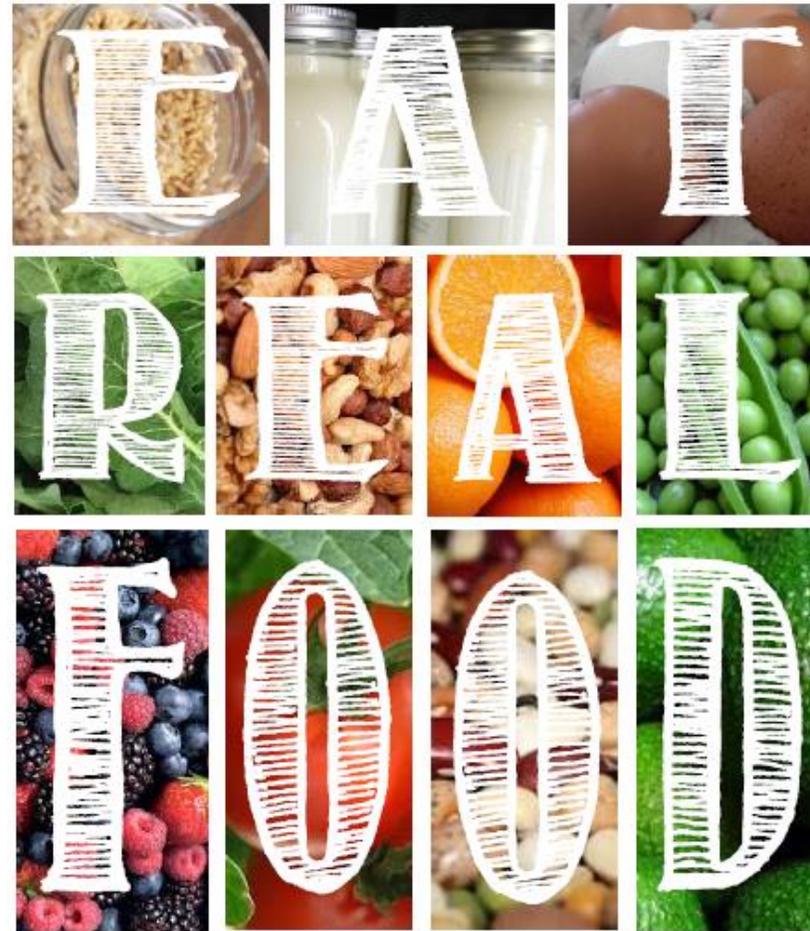
# The Mt. SAC Wellness Center

- The Wellness Center offers...
  - Kinesiology classes
  - Community Education fee-based classes
  - Fitness testing
- Located in building 27A, next to the pool
- Visit the Mt. SAC Wellness Center website for more information  
[www.mtsac.edu](http://www.mtsac.edu)



# Eat Well

- Eat whole, minimally processed, nutrient rich foods
- Consume a balance of fibrous carbohydrates, lean proteins and healthy fats
- Meal prep for the week to save time
- Start each day with a healthy breakfast including protein and fiber
- Pack healthy snacks and lunch
- Choose habits that are sustainable long-term





# Building Stress Resilience

- **Set priorities**
  - Create a daily plan
  - Prioritize tasks
  - Eliminate time-wasters
  - Avoid procrastinating
  - Unplug

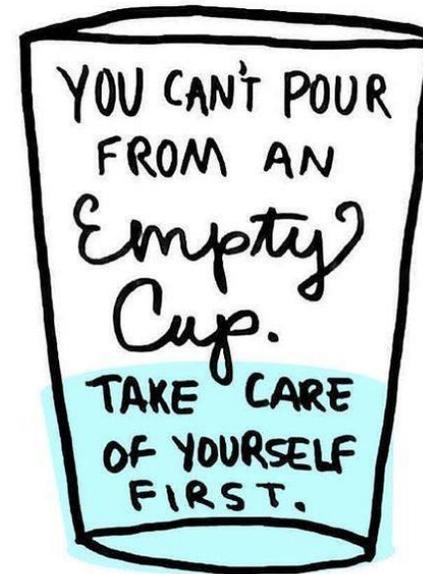


# Building Stress Resilience

- **Practice self-care**

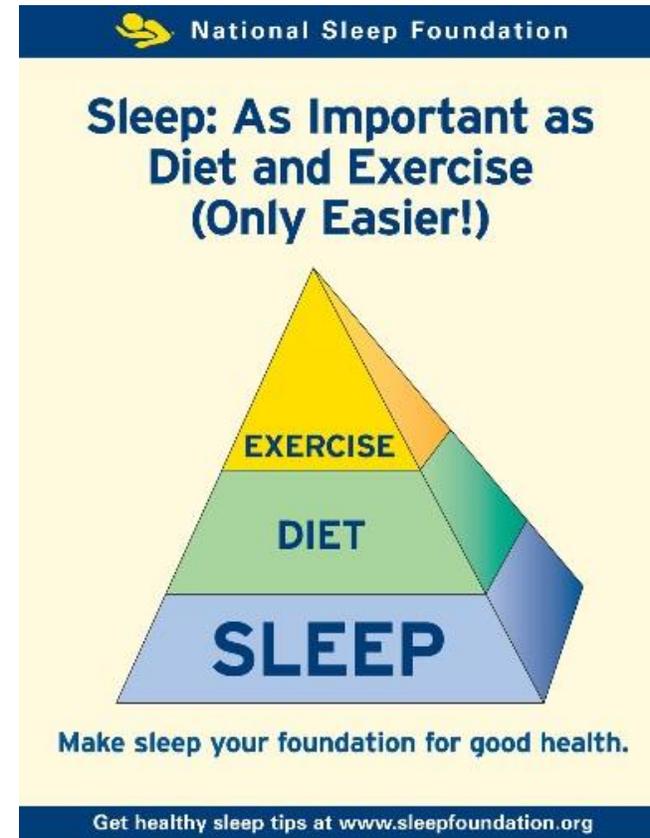
- Deep breathing exercises
- Yoga
- Meditation
- Get outside
- Create a gratitude journal
- Listen to relaxing music
- Get a massage
- Call a friend/family member
- Laugh
- Snuggle with a loved one or pet
- Drink green tea

- Note: screen time is actually stimulating and does not help you here



# Building Stress Resilience

- **Get adequate sleep**
  - Increases brain performance
  - Improves immune system
  - Improves mood
  - Improves ability to handle stress
  - Supports hormones that regulate appetite and food choices



# THE POWER OF SLEEP

## WHY IT'S SO IMPORTANT, AND HOW TO GET MORE OF IT

If your eating and exercise are on point but you still don't feel or look the way you want, poor sleep may be to blame. Here's how to make rest a daily priority.

### 5 SIGNS YOUR SLEEP HABITS AREN'T WORKING FOR YOU

#### YOUR MIND IS FOGGY

What we experience and learn gets cemented to memory while we sleep. Interference with this process causes:

- Reduced alertness and concentration
- Confusion
- Impaired judgement
- Forgetfulness

#### YOU'RE GETTING SICK A LOT

When we don't sleep enough, T-cells go down and inflammation goes up, resulting in:

- Increased vulnerability to viruses and bacteria
- Acute increase in risk of getting sick
- Increased risk of heart disease and other inflammation-related illnesses

#### YOUR WORKOUTS FEEL TOO HARD

Our body uses sleep as an opportunity to refresh neurotransmitter levels and remove energy-draining metabolites. Otherwise, we experience:

- Decreased central nervous system activity
- Slower reaction time
- Low energy and endurance capacity
- Depressed mood
- Reduced desire to exercise

#### YOU'RE UNHAPPY

While we sleep, we produce fresh neurotransmitters and regulate hormone production. Interference here causes:

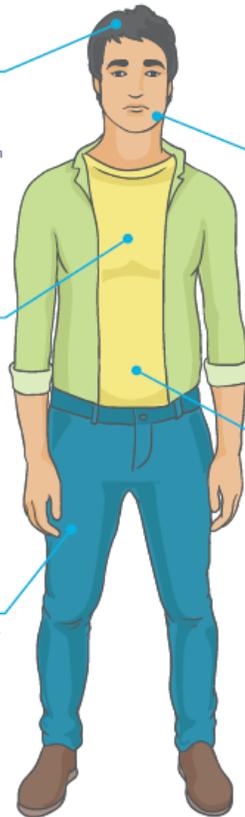
- Impaired regulation of emotions
- Heightened stress
- Low mood
- Possible increase in risk of depression

#### YOU'RE STRUGGLING WITH YOUR WEIGHT

Poor sleep is linked to excess body fat, as it can:

- Disrupt appetite regulation
- Cause you to feel hungrier
- Lead to increased calorie intake

Also, excess body fat can reduce sleep quality.



# Tips For Better Sleep



## TURN OFF ELECTRONICS

Remove your eyes from all devices at least 30 minutes before bed. Artificial light interferes with our production of melatonin, which ensures deep sleep and may help regulate metabolism.



## DE-STRESS

Reading, meditation, and gentle movement (stretching, yoga, walking, sex) can release tension and activate calm-down chemicals.



## TAKE A BATH OR SHOWER

Warm water can help us relax and de-stress. Throw in some magnesium-based epsom salts, known to help with sleep.



## CREATE A RELAXING SLEEP AREA

Your bedroom should be quiet, peaceful, relatively organized, and free of anxiety-inducing clutter. If you live in an urban area, consider a white noise machine to drown out city sounds.



## SET YOUR ROOM TO AN APPROPRIATE TEMPERATURE

Most people sleep better when it's cool (around 67 F); others sleep better at a neutral temperature. Find what works best for you.



## MAKE THE ROOM AS DARK AS POSSIBLE

To maximize melatonin production, cover your windows and turn your phone face-down. Use a motion-sensitive or dim night light to illuminate mid-sleep bathroom trips.

# Resources

- [Mt. SAC Wellness Center website](#)
- [Exercise Time Finder](#)
- [Finding Your Motivation to Exercise](#)
- [10 Things to Remember For Optimal Nutrition](#)
- [Portion Control Guide](#)
- [How to Master Meal Prep](#)
- [Exercise and Stress](#)
- [Deep Breathing Exercises](#)
- [Sleep Infographic](#)
- [Rest and Revive: Simple Solutions For a Good Night's Sleep](#)