Take Charge.

TIPS for keeping WELL!

#1 H2O
Drink plenty of water! It cleanses the body, improves circulation, and fuels the muscles. Water also helps to relieve tension, replenish body tissue, and keep the skin moist and clear. Drink water often when you're active enough to work up a sweat. Remember that everybody needs at least 6 – 8 glasses a day.

#2 SLEEP
Get enough sleep! You can only be your best with a good night's sleep. Set up a routine that includes avoiding heavy meals, caffeine, and exercise or other stimulation before turning in. Try warm bath or relaxation techniques to help you wind down and ease into a restful sleep.

#3 ACTIVITY
Regular physical activity has many rewards: relieves stress, weight control, stronger bones, and healthier muscles – including a healthier heart. A variety of activities can help you reach your goal of 30 minutes or so of activity on most days. Before starting or increasing your physical activity program, consult with a professional at SportWell.

#4 ATTITUDE
Think positively!! Your mind affects your good health, so keep your spirits high and try to be optimistic. Learn to see the humor in life and make an effort to laugh often. Doing kind deeds for others, enjoying your favorite hobbies, and spending time with those that make us feel good about ourselves.

#5 NUTRITION
Eating right can reduce the risk of many diseases. Food high in fiber and low in fats (especially saturated fats), cholesterol, sodium, and added sugars can help you maintain a healthy diet. Experts recommend diets based on grains, vegetables, and fruits. If you have questions about the foods you are eating or want to make changes to your diet, consult our dietician at McKinley, Wellness Promotion.

Of Your Health!

University of Miami Student Health Service