

Feed Your Need

Just as food fuels your body, it also fuels your brain, which is especially important for you as a student. You wouldn't try to run a marathon without training and preparing for it first, would you? Probably not! The same rule applies to training and preparing your body and brain to maximize your academic performance.

WHAT YOU EAT

Eating a well-balanced diet is essential to fuel your body and your brain! Here are a few pointers about how to feed your body:

- ❖ Yes, it's a no-brainer - limit your consumption of alcohol.
- ❖ Avoid high-sugar content foods like candy – they may give you energy now, but you'll crash later.
- ❖ Power up before exams – this means eating high-quality carbohydrates such as fruits, veggies, and whole grains. These foods are packed with fiber, which helps you focus and avoid feeling hungry again too quickly. Here are a few easy-to-make examples:
 - Low-sugar cereal or oatmeal topped with fruit
 - Waffles with peanut butter and banana
 - Egg sandwich or breakfast burritos

HOW YOU CATCH

You may remember how awful you felt after staying up all night cramming or finishing a paper. Lack of sleep has a negative impact on your ability to focus and think clearly, and it slows your reaction times. This is definitely not something you want to deal with on exam day!

Ideally, shoot for 7-9 hours of sleep.

HOW MUCH YOU

Regular exercise not only builds your muscles, but it also helps to develop your brain by improving circulation and ***decreasing stress***. Ironically, the most important times for you to exercise are when you probably feel least like getting up and moving. Here are few easy ways to incorporate exercise and improve your overall functioning as a student:

- ❖ Try taking a short walk during study breaks or when you're feeling stressed – this can be as easy as walking around your living room or the block!
- ❖ Start small – while incorporating 20-40 minutes of exercise 5-6 times per week is an ideal goal, it's important to start somewhere!

