



# take care of yourself



## Sleep

It's recommended that individuals 17-22 years old get **8 hours** of sleep a night.

**Insufficient sleep** can impact cognitive performance, physical health, and mental health.

Go to [sleepcalculator.com](http://sleepcalculator.com) to help you determine when you should go to sleep based on when you have to wake up.

### A 15-20 MINUTE POWER NAP DURING THE DAY CAN:

- reduce stress
- enhance physical performance
- enhance cognitive performance
- restore alertness
- reverse the impact of a poor nights sleep



## Move

### FREE stuff to try at UMW's gym!

- JAN 14-20:** Free Fitness Classes (times vary)
- JAN 20:** Beginner Lift Night at the Gym (8pm)
- FEB 8:** Partner Workout Class (5:30pm)
- FEB 15:** Partner Yoga Class (5:30pm)
- Every Wednesday:** Gym Equipment Orientations (12-2pm)

### Not interested in the gym?

#### TRY THIS BEDROOM WORKOUT!

- 10 second jog in place
- 10 bodyweight squats
- 10 jumping jacks
- 10 push ups (knees or toes)
- 10 second plank
- 10 crunches
- REPEAT 3X**



See details about fitness activities at [campusrec.umw.edu](http://campusrec.umw.edu)



## Hydrate

### Did you know?

**Your body is made up of water!**

- Brain= 75% water
- Bones= 31% water
- Muscle= 79% water
- Blood= 90% water
- Skin= 64% water

### How much water should you drink during the day?

Take your body weight, divide it by 2. That number is how many ounces you should drink a day. If you exercise, increase that number by 10-20oz for each half hour of exercise.

Ex: 150lbs/2= 75lbs = 75oz of water per day + 30 min of light exercise= 95oz of water per day



## Eat

- Add **fruits & veggies** to your diet for vitamins & minerals
- Choose **whole foods** over processed foods when possible
- Watch sodium, cholesterol, sugar, & trans fat intake closely
- Eat ~25 grams of **fiber** per day
- Read nutrition labels!
- Drink **several bottles of water** a day & avoid sugary drinks!
- Try **tracking food** in a journal or an app to see how much you eat (Try the MyFitnessPal app!)
- Use **measuring cups** and/or a **food scale** to get a grasp on proper portions
- **Before exercise:** granola bar, apple, or banana
- **After exercise:** protein drink, chocolate milk, yogurt, or banana & peanut butter