

FIVE HEALTHY HABITS FOR STUDENTS



Let's start with the obvious:
healthy body and mind makes everything better.



First things first. What are the most important things you have to do today? Make sure you tackle priorities first – you'll be surprised how much time you'll have after the essentials are taken care of.

Preparing for college can be a long journey, but **Reality Changers** is here to help with useful tools and tips on adopting good habits for a successful life.



Easy on the sugar. Avoid a sugar crash. Excessive sugar and processed foods put a strain on the body, and student life is stressful enough already. Diets high in processed carbs and sugar are known to produce "brain fog". So, eat more greens - keep your mind and body healthy.

We've put together a few healthy habits to follow, both during the school year and during the summer months.



HIIT the gym on a regular basis. You don't need to be a gym-head to enjoy the benefits of exercise. Try high-intensity interval training (HIIT)... or squeeze in a workout where ever you are: in your room, at the park, anywhere!

Habits take time to form, so give yourself time to make these healthy habits a part of your lifestyle. *Practice makes permanent.*



Enjoy the outdoors. Just a 20-minute walk has been shown to increase concentration, reduce fatigue, and promote other optimal health benefits. Try getting some fresh air at least once or twice per day.

With these healthy habits in place, you'll enjoy **optimal productivity, better study sessions**, and have a better chance of **getting the grades you want** – and more importantly, the grades that stand out on a college application.



Get those zzzzz's. Sleep is key! It is the most underrated part of a healthy profile. Students are notoriously bad sleepers... and when you're always sleepy, your grades suffer. Try shutting down all electronic devices at least an hour before shut-eye and aim for at least 7-8 hours per night.