STARTING A NEW CHAPTER AT UNIVERSITY IS AN EXCITING TIME.

There are lots of new things to learn academically, new things to try, and new people to meet. You also might be new to managing your health. There are many things to consider to keep yourself healthy.

TOP 10 WAYS TO STAY HEALTHY

TIPS FOR SELF-CARE AND HEALTHY LIVING
1. **WASH YOUR HANDS OFTEN**
Washing your hands with soap and water is one of the most effective ways to prevent the spread of illness. When soap and water are not available, an alcohol-based hand sanitizer is your next best option.

2. **GET ADEQUATE SLEEP**
It is important to sleep a minimum of seven to nine hours every night to keep your immune system functioning well and for optimal physical and mental performance.

3. **KEEP WELL HYDRATED**
Drink at least six to eight glasses of water daily to keep your brain and body working well.

4. **STAY PHYSICALLY ACTIVE**
Physical activity has been shown to increase energy, improve concentration, reduce stress, and help you maintain a healthy body weight.

5. **EAT HEALTHY**
Balance, variety, and moderation are the key ingredients to healthy eating. Choose foods from all the food groups, including lots of vegetables and fruit, whole grains, lean meats and meat alternatives, and low-fat dairy. Remember to control portion sizes too.

6. **CONNECT WITH FRIENDS AND FAMILY**
Fostering social connections is important for your overall health and mental well-being. Make time to connect with friends and family.

7. **DRINK RESPONSIBLY**
If you choose to drink, have a plan. Pace yourself and always have a safe way to get home. Eat before and while you are drinking, and include non-alcoholic beverages too.

8. **PRACTICE SAFER SEX**
Use condoms to protect yourself and your partner from sexually transmitted infections (STIs) or unplanned pregnancy.

9. **KEEP YOUR VACCINATIONS UP-TO-DATE**
Protect yourself against communicable diseases such as Meningitis, Hepatitis B, Measles, Mumps, Rubella, Influenza, and HPV by making sure your immunizations are current. See a doctor for more information.

10. **MAKE TIME FOR ACTIVITIES YOU ENJOY**
Find whatever makes you happy and relaxed and make sure you set some time aside in your week for that activity. Whether it is drawing, practicing a musical instrument, running, knitting, or taking a walk in nature. Make time for whatever brings you joy.