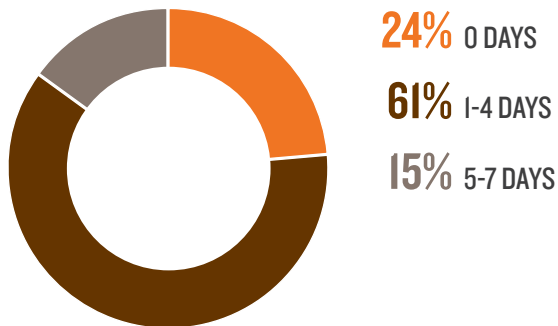


PHYSICAL HEALTH

PHYSICAL HEALTH refers to caring for your body in a way that promotes optimal health and functioning.

WHAT'S HAPPENING HERE:

STUDENTS PARTICIPATING IN MODERATE INTENSITY CARDIO EACH WEEK:



89%

of students do not eat enough fruits and vegetables.

28%

of students found their appearance traumatic or difficult to handle in the past 12 months.

SPOTLIGHT ON PHYSICAL HEALTH

- ▶ Regular exercise can improve your memory, leading to better grades. It can also boost your energy when you're tired of staring at your textbook!
- ▶ Physical activity increases energy and self-esteem as well as provides relief from stress, anxiety, and depression. It also improves quality of sleep.
- ▶ Eating fruits and vegetables helps to stabilize blood sugar, which will help control your appetite.

PHYSICAL HEALTH RESOURCES

ON CAMPUS:

- Active Living Centre
- University Health Service: 104 UMSU University Centre
- The Body Project: umanitoba.ca/student/health-wellness/body-project.html
- Healthy U: umanitoba.ca/student/health-wellness/healthyu

OFF CAMPUS:

- Winnipeg in Motion: winnipegmotion.ca

ONLINE:

- Tips from the Trainer: [youtube.com/user/UofMRecServices](https://www.youtube.com/user/UofMRecServices)
- Eating Well with Canada's Food Guide: canada.ca/en/health-canada.html
- Winnipeg Regional Health Authority Food Skills: wrha.mb.ca/prog/nutrition
- Physical Fitness Guide: phac-aspc.gc.ca/hp-ps/hl-mvs/index-eng.php
- MyFitnessPal: Available in the App Store and on Google play

TAKE ACTION

- ▶ Take a study break and get moving. If you are a part- or full-time student, you have already paid gym membership fees in your tuition.
- ▶ Start small and build up. Even using the stairs or taking a 5 minute walk outside can have stress-reducing effects!
- ▶ Try keeping cut and washed fruits and vegetables near the front of your fridge, and less healthy food near the back. You may be surprised how much easier it will be to manage your diet.
- ▶ Pack your lunch the night before, and try to limit processed foods.
- ▶ Attend a body image workshop through the Student Counselling Centre



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**Data compiled from spring 2016 NCHA survey.*

Sources and references are available at: umanitoba.ca/student/health-wellness/ncha-sources.html