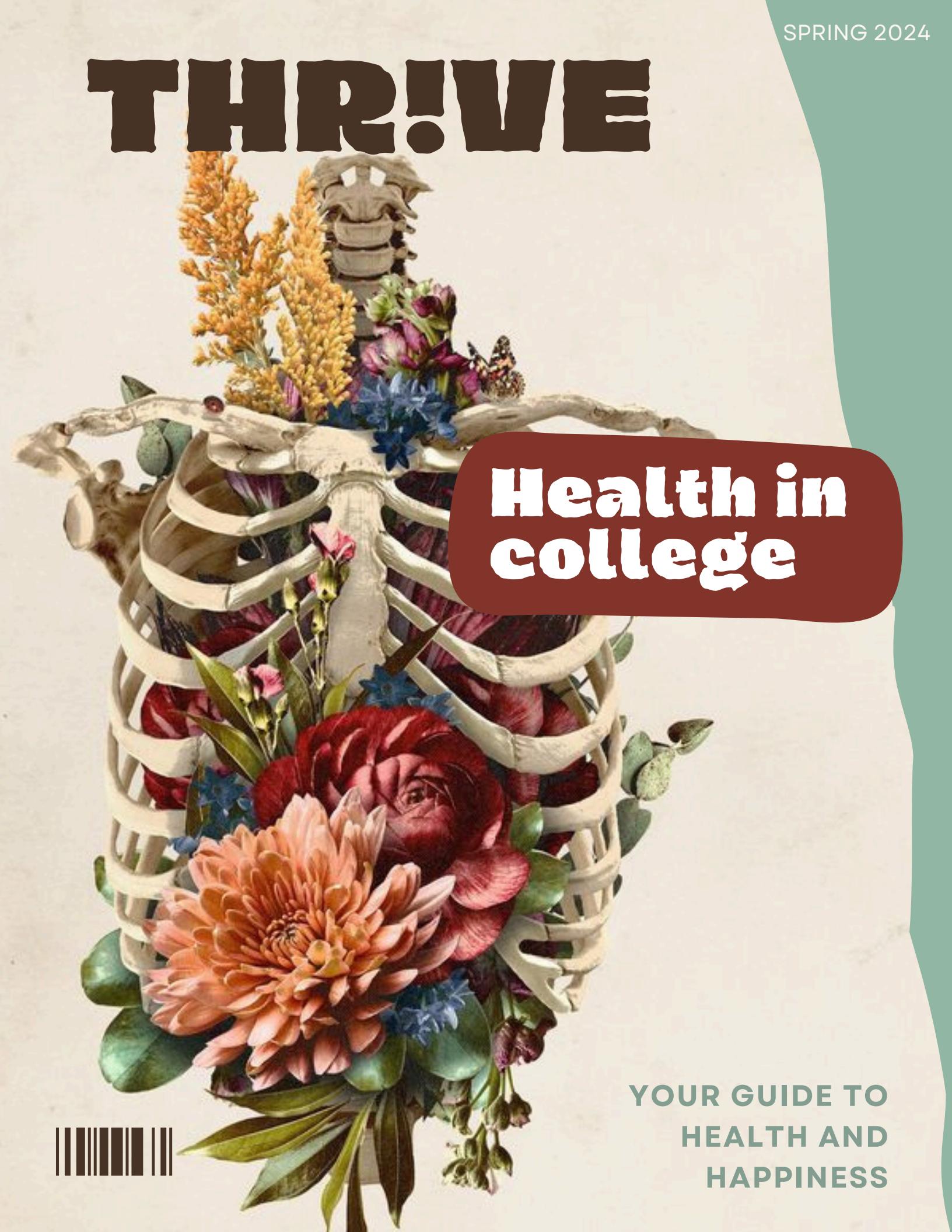


SPRING 2024

# THR!VE



Health in  
college

YOUR GUIDE TO  
HEALTH AND  
HAPPINESS





Take care of  
yourself.

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# Fuel & Fitness

**By Kayla Wallner**

**Photography by Francois Mercer**

In this section, we focus on the essential elements of maintaining a healthy lifestyle through exercise and diet. Adopting a balanced approach to physical activity and nutrition is key to optimizing overall well-being and preventing various health conditions. Let's explore some expert tips and insights to help you achieve your fitness and dietary goals.



## Exercise Tips for a Stronger Body

Regular physical activity offers numerous benefits, including improved cardiovascular health, enhanced mood, and increased muscle strength. Here are some exercise tips to keep you active and energized:

1. **Cardiovascular Workouts:** Engage in aerobic exercises such as brisk walking, jogging, cycling, or swimming to boost heart health and stamina.
2. **Strength Training:** Incorporate resistance exercises like weightlifting or bodyweight exercises to build muscle mass and improve bone density.
3. **Flexibility and Balance:** Practice yoga, Pilates, or stretching exercises to enhance flexibility, balance, and posture.
4. **Consistency is Key:** Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity activity per week, along with muscle-strengthening activities on two or more days per week.

Remember to consult with a healthcare professional before starting any new exercise regimen, especially if you have pre-existing health conditions.

## Optimizing Nutrition for Wellness

A well-balanced diet fuels your body with essential nutrients, supporting overall health and vitality. Consider these dietary recommendations for optimal nutrition:

1. Eat a Variety of Foods: Include a diverse range of fruits, vegetables, whole grains, lean proteins (such as poultry, fish, beans, and nuts), and healthy fats (like avocados and olive oil) in your diet.
2. Portion Control: Be mindful of portion sizes to avoid overeating and maintain a healthy weight.
3. Hydration: Drink plenty of water throughout the day to stay hydrated and support bodily functions.
4. Limit Processed Foods and Sugary Drinks: Minimize consumption of processed foods high in saturated fats, added sugars, and sodium.
5. Mindful Eating: Practice mindful eating by savoring each bite, eating slowly, and paying attention to hunger and fullness cues.

**Daily intake of a vibrant assortment of fresh fruits and vegetables like these pictured can be a great first step towards a better diet.**

"improved cardiovascular health, enhanced mood, and increased muscle strength"