

# University **ACADEMIC SUCCESS** Programs

## Healthy Building Blocks for Academic Success

University Academic Success Programs are here to help you by providing subject area tutoring, writing tutoring, supplemental instruction, and much more. Academic Success starts with developing healthy habits. Here are some tips for building a healthy lifestyle that will help lead you to Academic Success.

**1 Diversify Your Diet**  
Eating a variety of foods helps to prevent nutrient deficiencies that could cause serious health problems! Try to have a variety of color on your plate because the more colors, the more nutrients you are consuming. #addcolor

**2 All Choices Matter**  
Making little changes can have a big impact. You don't have to eliminate everything to eat healthy. You can make swaps like starting to make half of your grains whole grains. You can also choose smaller dishes that will make your meals appear larger. When eating in the dining hall, wait 10-15 minutes before heading back for seconds.

**3 Have a Plan**  
When you study you should have a plan and the same goes for when you think about what you are going to eat for the week. Make a grocery list and then outline your meals for the week. Make large batches of meals to save time and provide healthy, easy to grab leftovers.

**4 Rethink Your Drink**  
Staying hydrated is a must in Arizona. The state's community information service (Arizona 2-1-1) suggests drinking 5 -7 ounces of fluids every 20 minutes to replenish the fluids necessary to stay hydrated or 30 cups per day in the summer months. Dehydration can cause you to feel tired, nauseous, or cause headaches.

**5 Support Healthy Decisions**  
Studies show that having a social circle that supports healthy habits can help you stay on track. Go grocery shopping with a friend and pick healthy ingredients that you can use to make meals. Making healthy meals together builds healthy habits. Surround yourself with friends that support a healthy lifestyle.

**6 Don't Treat Yo Self**  
Using food as a reward can create bad habits and lead to unhealthy eating patterns. When you want to reward yourself, try cooking a new recipe or buying a new ingredient you've been wanting to try instead of reaching for unhealthy foods.

