

WEEK 1 TIPS

Why Eat Fruits & Vegetables?

- ⇒ Energy! Fruits and vegetables contain carbs which are an essential fuel for physical and mental energy.
- ⇒ Build immune system—Vitamins and minerals support your immune system to prevent illness or help with recovery.
- ⇒ Decrease inflammation—Antioxidants in fruits and vegetables decrease inflammation that can occur in muscles after a tough workout. They also decrease risk of many health conditions that are linked to inflammation.
- ⇒ Control weight—Low in calories, high in fiber—great filling foods to help control appetite and eat according to our body's hunger and fullness needs.
- ⇒ Completely natural and unprocessed—Fruits and vegetables are cheap, easy to eat all-natural, unprocessed foods. Many are minimally processed (such as plain or frozen).
- ⇒ Low cost nutrition—Comparing cost to amount of nutrition, fruits and vegetables are less costly than supplements or supplemented foods; they are a better value than foods with few nutrients.

How Much Do I Need?

Five servings per day is recommended. Use the chart below for serving sizes—you may be getting more than you think! If you have higher energy needs, more fruits and vegetables are recommended to balance your nutrition. Gradually adding fruits and vegetables can help you reach this goal. Choosing different types or colors of fruits and vegetables provides the variety of nutrients your body needs. (see Week 4 Tips for more on this).

VEGETABLES

- 1 cup of fresh vegetables—about the size of a baseball
- 2 cups of uncooked leafy greens —about the size of a softball
- 1/2 cup cooked vegetables-about the size of a computer mouse
- 6 ounces vegetable juice

FRUIT

- 1 cup fresh fruit—grapes, berries, cherries and similar small fruit or cut up chunks for other fruit
- Whole fresh fruit about the size of a baseball
- Small banana
- 1/2 cup canned or frozen fruit
- 1/4 cup dried fruit
- 6 ounces of 100% juice



For More Info: [Choose My Plate](#)



What are the Benefits of Physical Activity?

- ⇒ Prevention and treatment of chronic disease and improved overall physical functioning
- ⇒ Enhanced memory retention and intellectual functioning
- ⇒ Enhanced creativity
- ⇒ Feelings of happiness!
- ⇒ Self-efficacy and self-confidence
- ⇒ Effective for management of stress, anger, anxiety, depression, ADD, ADHD
- ⇒ Improved quantity and quality of sleep
- ⇒ Increased energy and productivity
- ⇒ Motor control and coordination

How Much Do I Need?

Aerobic Activity

150 minutes of moderate-intensity activity per week OR 75 minutes of vigorous-intensity activity per week OR a combination of the two (AHA, 2007, CDC and DHHS, 2008).

What is moderate vs. vigorous activity? With **moderate** intensity activity you can still have a conversation or sing a song, with **vigorous** intensity you're out of breath and conversation is difficult.

Strength Training

ACSM (2018) recommends two or more days per week including 8 to 10 strength exercises (all major muscle groups) for one to three sets of 8 to 12 reps. Check out [acefitness.org](https://www.acefitness.org) for strength exercise ideas!

Flexibility

Perform static stretches at least two to three days per week, performing one stretch per major muscle group (8 to 10) and holding each stretch for 10 to 30 seconds and repeating two to four times. Stretches are a great way to take a study break!

Regardless of these recommendations, the best exercise is movement you enjoy and will continue to do. These are guidelines for balancing your exercise routine, if these include types of exercise you enjoy.

For more info, check out [Student Wellness: Move Your Way!](#)



Self-Care—Mindfulness

Mindfulness is the act of paying attention to your present moment experience with compassion and curiosity. It includes observing the present, rather than worrying about the future or rehearsing the past, and developing skills to respond more thoughtfully to what is happening in the moment.

Benefits:

- ⇒ Positively impacts thoughts and mood to reduce stress and anxiety
- ⇒ Boosts the brain to support memory and focus
- ⇒ Helps develop mental skills to more skillfully respond to stressful events
- ⇒ Increases resilience by decreasing the negative impact of changing life circumstances
- ⇒ Helps maintain peace of mind regardless of events one encounters which leads to a greater sense of well-being

Activities

Goal: During the week try to do at least 4 mindfulness activities. You may do the same one 4 times or choose different ones to try. These are some ideas:

- ⇒ Meditate for 10 minutes
- ⇒ Try a mindful breathing activity (such as belly breathing, dragon breathing, dynamic/chicken breathing, basic mindfulness of breath, etc) – <https://mindfulnessexercises.com/6-mindful-breathing-exercises/>
- ⇒ Do a mindful yoga activity - do a live class or try: [Yoga with Adrienne - YouTube Channel](#) or [Cara Bradley-afternoon slump](#) or [Cara Bradley-nourish your spine](#)
- ⇒ Listen to a mindfulness podcast – some good ones are Mindful Minute, I Should Be Meditating, On Being, Meditation Station, Mindfulness Mode
- ⇒ Go for a mindful walk – see if you can note 4 new things on your walk
- ⇒ Eat mindfully for at least 10 bites of a meal or snack

Resources:

1. Mindfulness Workshops for students: <https://studentwellness.uiowa.edu/programs/mindfulness/> Koru Mindfulness® is a 4 session evidence-based curriculum specifically designed for teaching mindfulness, meditation, and stress management to college students and other young adults. Multiple sessions offered through the year.
2. Mindful Matters: <https://counseling.uiowa.edu/students/university-counseling-service-is-here-for-you/virtual-programming-support-and-outreach-services/mindfulness-matters/>
Weekly brief mindfulness practice offered by University Counseling Services.
3. UIHC Mindfulness Based Stress Reduction (MBSR): <https://uihc.org/mindfulness-based-stress-reduction>
8 week mindfulness training program. UIHC offers additional mindfulness support such as Mindfulness Based Cognitive Behavioral Therapy, regular programming for those who have completed MBSR.
4. Koru Mindfulness free guided meditations for students: <https://student.korumindfulness.org/free-guided-meditations.html>

