

WEEK 2 TIPS

Tips to Fit in More Fruits and Vegetables

Plan

- Think about when it's easiest to fit fruits or vegetables into your day
- Purchase your favorites in amounts you know you can eat
- Convenience is OK if needed—buy fresh already cut up or frozen vegetables for quick snacks or meal add-ins
- Save money by buying what's on sale or in season (see Week 3 Tips)

Keep Handy

- Stock your room or kitchen with several of your favorite fruits and veggies
- Prep ahead on weekends: cut up fresh veggies, make a large salad or try oven roasting large batches of veggies (can be eaten cold or reheated or added to other dishes)
- Store produce in the most visible spot possible—middle shelf of refrigerator or on the counter
- Place fresh fruit, baby carrots, sliced cucumber, grape tomatoes or other cut up veggies on your desk or table when studying; add some hummus or Greek yogurt dip to make them tastier!
- Carry dried fruit or applesauce packets for a quick snack

Eat First

- Freeze grapes, berries, bananas and have as a refreshing snack on a hot day—or eat in place of ice cream!
- Start your day with fruit or veggies at breakfast: energizing and delicious! Sweeten oatmeal, cereal, yogurt or toast with fruit. Make a fruit and veggie loaded smoothie. Add veggies to eggs, top eggs with salsa or toast with tomato
- Eat a salad or other vegetable before your meal—or as you're cooking

Add

- Identify where to find fruits and veggies in the dining halls—put them on your plate first!
- Double the amount of veggies called for in a recipe—this works well for most casseroles, soups, pastas
- Add veggies to your favorite meals—add extras to sandwiches or wraps, throw cooked vegetables into soup (canned or in dining hall), cook frozen vegetables with pasta/noodles top with sauce or cheese

More tips at: [Fruitsandveggies.org](https://fruitsandveggies.org) and [How to Eat More](#)



Check out the FIT In Four Recipes [HERE!](#)



Finding the Motivation to Exercise

- **E** in exercise is for enjoyment; pick activities you like!
- Be flexible with yourself and try a variety of activities
- Feel the power; celebrate the strength and sense of well-being that comes from movement
- Prioritize it by scheduling it on your calendar/planner
- Wear or keep a pair of shoes for active activities
- Wear comfortable clothes suitable for your activities
- Maximize safety and comfort by finding the right equipment and environment

Ways to Move More

- ⇒ Listen to a podcast, review class notes, or watch a favorite show while going for a walk or using cardio equipment at any of the on-campus rec facilities or residence hall fitness centers (Mayflower, Currier, Catlett and Hillcrest)
- ⇒ Sit on an exercise ball or air disc or stand instead of sitting in a chair
- ⇒ Schedule regular exercise breaks or set reminders to stand up or stretch (e.g. *Stand App*)
- ⇒ Stand/walk around while you talk on the phone
- ⇒ Stand or walk in place while doing online activities like gaming, reading or shopping/browsing
- ⇒ Plan a weekly meet-up with friends while doing some type of activity like biking, walking, yoga or a class—remember to maintain social distancing
- ⇒ Go to an [exercise class](#) at the Field House or CRWC
- ⇒ When gaming, choose more active games like charades or active video games
- ⇒ Take activity breaks while watching TV (stand up, march in place, perform body weight exercises, or perform a household chore like folding laundry)
- ⇒ Stretch in the morning, before bed, to take a study break, or all three!
- ⇒ Cook your meals at home instead of ordering out
- ⇒ Grocery shop with a basket instead of a cart; bring in grocery bags one at a time
- ⇒ Clean your house more frequently; wash dishes by hand instead of using the dishwasher
- ⇒ Use a fitness phone app (like *Sworkit*, *Workout Trainer*, *Nike Training Club*) for exercise ideas you can do anywhere
- ⇒ Walk/bike/board to class, work and meetings when possible
- ⇒ Park further away or walk to classes, events, or when picking up food or other items



Self-care—Social Health

Social health is our ability to interact and form meaningful relationships with others. It has impact on our mental and physical health. Our relationships can offer support during difficult times. Social wellness involves building healthy, nurturing and supportive relationships as well as creating genuine connections with others. Conscious actions are important in learning how to have balance within social, academic and work life.

Benefits:

- ⇒ Builds skills for healthy relationships with others
- ⇒ Creates a strong supportive network
- ⇒ Develops assertiveness skills and increases comfort with who you are in social situations
- ⇒ Increases self-confidence
- ⇒ Enables you to create boundaries that encourage communication, trust and conflict management
- ⇒ Helps build emotional resilience

As you begin your route to social wellness, you will discover that you have the power to enhance your personal relationships. Maintaining social wellness allows you to practice empathy and active listening. There are many ways you can begin your journey on the route to social wellness. Below are some suggestions to enhance your social wellness.

Activities

Goal: Do something extra for your social health at least 4 times this week. Choose different activities or do the same activity more than once. These are some ideas.

- ⇒ Call or talk to someone you haven't spoken to in awhile
- ⇒ Plan one extra meal with a friend or family member (virtual or in person, safely)
- ⇒ Exercise (walk, bike, yoga, online workout, etc) with a friend
- ⇒ Host a game night (online/virtual or in person if can do so with safe social distancing)
- ⇒ Introduce yourself to someone new
- ⇒ Participate in a volunteer activity
- ⇒ Attend (live or virtual) a new club or organization meeting or activity
- ⇒ Practice active listening while participating in a group discussion
- ⇒ Reflect on yourself and your social needs. What aspects of your social life do you enjoy? What parts would you like to improve? Identify one thing to change.

Resources:

1. Student org website: <https://imu.uiowa.edu/students/httpsmulticultural-uiowa-edu/> and <https://getinvolved.uiowa.edu/campus-programs/>
2. Volunteer opportunities: <http://foundation.uiowa.edu/volunteer/> or <http://volunteer.unitedwayjwc.org/>
3. Social Wellness toolkit: <https://www.nih.gov/health-information/social-wellness-toolkit>

