

WEEK 3 TIPS

Boost Your Immunity with Fruits and Vegetables

- This is the season to boost your immune system to fight off all types of viruses and illness! Eating more fruits and vegetables are just the way to do that!
- Deeper colored fruits and vegetables are richer in nutrients—when possible choose those with darker colors such as berries, red or purple grapes, beets, brussels sprouts, broccoli, kale, spinach, dark green or red lettuce, carrots, tomatoes, peppers, pumpkin, sweet potatoes, citrus fruits, or winter squash.
- Darker colors indicate more phytonutrients and antioxidants which are the key to building the immune system. There are over 25,000 micronutrients; nutrition scientists find eating a variety of fruits and vegetables are most effective for illness prevention and recovery. No single nutrient has been found to prevent illness when taken alone or in high doses!

Shop for Seasonal Fruits & Vegetables

Choosing local, seasonal fruits and vegetables can be less expensive. Often these taste better and will keep longer. Check out what's in season for fall in Iowa.

FRUIT	VEGETABLES		
Apples – many varieties	Beets	Okra	Spinach
Blueberries	Brussels sprouts	Onions	Sweet potatoes
Cantaloupe	Cabbage	Parsnips	Tomatoes
Grapes (purple)	Carrots	Peas	Turnips
Pears	Eggplant	Peppers	Winter squash (acorn, butternut, spaghetti, etc)
Raspberries	Kohlrabi	Potatoes	Zucchini
Watermelon	Leeks	Pumpkins	
	Lettuce	Radishes	

Some lower cost fruits and vegetables are readily available year round such as bananas, some types of apples, carrots, celery, cucumbers, cabbage. Frozen fruits and vegetables and dried fruit can be good options when fresh produce is limited or for convenience; nutrition is often similar for frozen and fresh fruits and vegetables. Choose those that best fit your lifestyle and preferences.



For More Tips: [IA State Extension: Shop Seasonal](#) and [Fruitsandveggies.org/in-season](#)



On-Campus and Online Fitness Resources

Walking and Jogging

- CRWC (1/9 mile lap track) and Fieldhouse (1/11 mile lap track)
- Campus walking paths and nearby trail maps
- Local races and running groups
- Phone apps (e.g. *MapMyRun*, *Gipis*, *C25K*, *Zombies Run!*, *Nike Run*, *Spotify Run* and *Rock My Run*)
- Student Orgs (UI Running Club, Tri-Hawks, Iowa City HEAT Triathlon Club, etc.)
- Volunteer to support local youth in running with [Girls on the Run](#)

Bicycling at UI ([Office of Sustainability](#))

- Bike Friends
- Fall and spring bike challenges
- Bike Library and UI Bikeshare program

Recreational Services

- [Variety](#) of cardio and strength equipment at CRWC, Field House Fitness Loft, Fitness East, and HTRC
- [Group Exercise Classes, Personal Training, Specialty Programs](#)
- [Programs](#): Intramurals, Club Sports, Aquatics, Tennis, Rowing
- [Outdoor Rental Center, Climbing Wall, Adventure Trips, Macbride Nature Recreation Area](#)

Academic Credit Courses (register on MyUI)

- Health and Physical Activity Skills ([HPAS](#))
- Lifetime Leisure Skills ([LLS](#))

Student Organizations (see <https://uiowa.campuslabs.com/engage/organizations>)

- Many to choose from like CHAARG, Tennis, Karate, Bowling, Ultimate Frisbee, and SO many more!



Self-care—Sleep

Sleep can impact all aspects of your life! But when things get busy it can often be the first thing to be sacrificed. Making the commitment to 7-10 hours of sleep a day can help improve your daily activities, and you may even find some extra time when you're not feeling weighed down by poor sleep. Quantity is important, but quality is also a key aspect of healthy sleep. The more consistent you can make your sleep patterns (going to bed and waking up at the same time) the more improvement you'll see in the quality of sleep you experience.

Benefits:

- ⇒ Improves mood
- ⇒ Strengthens memory, attention, focus
- ⇒ Supports muscle growth
- ⇒ Boosts mental health and reduces anxiety
- ⇒ Fights off illness and keep Immune system strong
- ⇒ Regulates metabolism and appetite

Activities

Goal: Do an activity to improve your sleep on at least 4 days this week. Pick the same activity to do on 4 days or pick different activities.

- ⇒ Sign up for the (free) Refresh sleep app at <https://studentwellness.uiowa.edu/programs/refresh/>
- ⇒ Go to bed at the same time (including weekends)
- ⇒ Wake up at the same time (including weekends)
- ⇒ Turn off all screens (cell phone, computer/tablet, TV) at least 1 hour before bedtime
- ⇒ Establish a pre-sleep routine and start doing it
- ⇒ Avoid all caffeine for 8 hours before bedtime
- ⇒ No alcohol within 4 hours of bedtime
- ⇒ Make 1-2 changes to your bedroom to improve the sleep environment (earplugs or sleep mask, darken the room, new pillows, lower temperature, etc.)
- ⇒ Stress can create sleep challenges. Try making a list of what is on your mind, and put it to the side before bed. It can stay on the page, so you don't need to keep it in your mind.

Resources:

Refresh program <https://studentwellness.uiowa.edu/programs/refresh/>

Go Ask Alice! <https://goaskalice.columbia.edu/search/node/sleep>

