

Happy students. Healthy living.

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Being Mindful of Your Physical Health

As a college student, you might not put much thought into your physical health. However, now is the time to start incorporating healthy habits into your life. Here are some strategies to help you become more mindful of your physical health.

Schedule your yearly wellness visit.

Make sure you have a primary care physician and schedule a wellness evaluation. Your doctor can check your bloodwork, which provides insight into your overall health and can help detect various conditions. You can also find out if you're deficient in any vitamins or minerals, such as vitamin D or iron.

Don't skimp on your dental health.

It's also important to keep up with dental cleanings at least once per year. Some colleges with dental programs also offer cleanings for a reduced rate. Your dental health can affect the rest of your body and lead to other diseases, so make sure you're doing your part at home too by brushing twice per day and flossing daily.

Take advantage of services available through WellConnect.

WellConnect provides confidential coaching and counseling as well as legal, financial and student life referrals. Check out any wellness events on your college campus, which could connect you to various resources. Some resources offer free biometric screenings, which check things like blood pressure, glucose, and cholesterol.

Make exercise a habit.

Though it can be hard to find time, make sure that exercise is a part of your routine on most days. There are numerous benefits to physical activity, including improved brain health, reduced risk of diseases and cancers, weight management and bone and muscle strengthening. Plus, exercise can improve your mood and make you feel good.

Prioritize sleep.

Don't deprive yourself of sleep, which is vital for your body and mind. The National Sleep Foundation recommends 7 to 9 hours of sleep each night for most adults.

Focus on nutrition.

Try to eat more whole foods and fewer processed foods. Make sure you're getting enough protein, vegetables, and fruits in your diet. Also, carry a water bottle with you to stay hydrated throughout the day.



For additional tips and resources,
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