Healthy Nutrition

Proper nutrition provides energy and the raw materials for your body to function well. Poor nutrition can lead to weight gain, mood swings, and increased stress.

For healthy nutrition make sure to:

- Drink an adequate amount of water daily.
- Cut back on caffeine, and limit your soda and coffee intake.
- Don’t skip meals to keep your metabolism steady.
- Eat a variety of colors, not just greens because purples, oranges, and reds are just as nutritionally important.

Managing Stress

Although alcohol is relatively safe in moderation, it should not be used as a stress reliever since it often creates or worsens stressful situations. Balancing diet, exercise, and sleep will ease stress, but if you need a little bit more help, try these ideas out:

- Pray or meditate. Quieting your mind goes a long way in tackling stress.
- Try yoga or a fitness class with RecSports (classes are half price after Fall/spring break). www.recspports.nd.edu
- Visit the Inner Resources Room at the University Counseling Center on the 3rd floor of Saint Liam’s Hall to relax with Light Therapy or a self-guided relaxation technique.
- Schedule appointment with the University Counseling Center for an individual or group counseling session.
- Interested in contacting the University Counseling Center about their resources? Call 574-631-7336 or visit www.ucc.nd.edu.

Alcohol can be part of a healthy lifestyle as long as you drink in moderation and you take care of your mental, physical, and spiritual wellness first.

Diet, Exercise, and Sleep: Can Alcohol Fit in to a Healthy Lifestyle?

Drink the first.
Sip the second slowly.
Skip the third.
~Knute Rockne

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Alcohol in Moderation

Alcohol has always been recognized as a double-edged sword, offering pleasure and relaxation when consumed in moderation, but leading to social and health problems if consumed to excess.

Moderate drinking is defined as no more than 3 drinks for women on one night or no more than 4 drinks for men on one night.

One drink is:
- A 12 ounce bottle or can of regular beer
- A 4 ounce glass of wine
- A 1 ounce shot of hard alcohol
- A great health practice is to hydrate by drinking a glass of water between drinks

Sleep

Sleep is an important part of a healthy lifestyle and unfortunately, many college students ignore this physical need. Alcohol worsens the quality of sleep by reducing REM and delta sleep cycles.

Why do you need sleep?
- Sleep is necessary for learning and memory.
- Regular sleep is key to maintaining a healthy metabolism and weight.
- Sleep is important for cardiovascular health and proper immune system functioning.
- Sleep deprivation can lead to a bad mood.
- Sleep debt (cumulative effect of a lack of sleep including REM debt) leads to a greater possibility of falling asleep in the daytime.

Exercise

Today's top researchers recommend at least 30 minutes of physical activity every day. There are plenty of ways to do 30 minutes of exercise every day. You can take a class with RecSports, walk around the lakes, or play a sport with friends.

Reasons to Exercise:
- Relieve stress
- Combat health conditions and diseases
- Improve mood
- Help control weight
- Boost energy
- Promote better sleep
- Maintain a healthy immune system so you can be buff as a young person (and as an old person)