



HEALTH WATCH

PRACTICE HEALTHY HABITS

by Heather Ebert

The lifestyle choices you make now will carry over long after graduation. It takes patience and consistency to experience lasting change. Here are ways to make positive choices in important areas of your life.

Create a schedule. College is the first time many young people are free from parental authority and guidance. It's all the more reason why you need to develop — and stick to — a regular routine each day and throughout the week.

Divide up tasks. Keep an eye on class deadlines. Take a large project and break it down into smaller, manageable tasks. Work on papers, projects, and exams a little at a time for longer periods to avoid a cram session the night before.

Earn your recreation. Make that favorite TV show or live concert a reward for accomplishing a chunk of work. You'll not only feel a sense of achievement, but the break won't feel like slacking.

Eat whole foods. The occasional burger or pizza is a staple part of the college experience, but for everyday meals, choose more nutritious options. You'll have more energy, better productivity, and a stronger immune system if you're giving your body what it needs.

Move your body. Students who workout have higher GPAs than those who don't. Hit the gym or take regular 20-30 minute walks around campus. The fresh air and movement is also a great way to clear your head and lift your spirits.

Get enough sleep. Your body and mind both need to recharge. Adequate sleep improves memory, concentration, and mental clarity. You'll feel and perform better after a good night's rest.

Keep good company. Your choices mimic those of your peers, so choose friends with healthy habits, too. What's more, you'll find that nurturing, positive relationships will prove as emotionally and professionally valuable throughout your life as your degree itself.

Start with prayer. Center your mind on Jesus for a few minutes every morning. Turn over to Him the things that burden you. Seek wisdom and to know Him more deeply. Ask for the strength of the Holy Spirit to guide you through the rest of the day.

HEATHER EBERT is a writer and editor based in Nashville, Tenn. Read her blog at gettingcreative.me and follow her on Twitter: @heatherebert.

QUOTE WORTHY— "Habit is a cable; we weave a thread of it each day and at last we cannot break it."
— Horace Mann, American education reformer

