getting through the semester

sneak in exercise

take the stairs or park further away. physical activity keeps your body healthy, reduces stress, and encourages healthier eating habits.

think you’re hungry?

you might just be dehydrated. drink water throughout the day to meet your hydration needs

fuel up to prevent overindulging

eat a nourishing snack before heading to holiday events. this allows you to have an occasional treat without overindulging.
stress relieving snacks

green leafy vegetables are rich in antioxidants and micronutrients such as vitamins A and C, and iron which are linked to increased immunity. They also provide folate which produces dopamine leading to increased happiness.

yogurt is full of calcium, magnesium and probiotics, which support a healthy immune system, keep the heartbeat steady, and help bones stay strong.

vitamin C found in apples, citrus, and berries can inhibit the secretion of cortisol to reduce the body’s response to stress.