

# EATING AND EXERCISING

STALL SEAT JOURNAL Office of Health Promotion Department of Student Health  
University of Virginia

VOLUME 15, ISSUE 9

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## HEALTHY HABITS

Support

### Intuitive Eating

People eat for many reasons other than hunger: when socializing, for stress relief, or as part of a habit (like cleaning your plate). A pattern of eating when not hungry can lead to excess weight gain or an unhealthy relationship with food. By paying attention to body signals, people can develop a healthy habit of **eating when hungry and stopping when full**. This is called **intuitive eating** and **helps maintain a healthy body weight**.



For a balanced meal, make your plate 50% fruit and vegetables, 25% meat or beans, and 25% grains.

Take time to sit down for meals.

Eat several small meals and snacks daily, rather than one or two larger meals.

Eat a variety of nutritious and tasty foods you enjoy.

**Why?** Gives you well-deserved breaks from your busy day, allows you to enjoy your food, and helps you notice when you are full.

**How?** Incorporate meals and snacks when scheduling classes and other activities.

Eat without distractions like TV, texting, or schoolwork.

Savor the flavor of each bite. Eat slowly to enable yourself to notice when you are getting full.

**Why?** Provides consistent energy and the healthy nutrients you need and helps you manage your appetite.

**How?** Expect to be hungry every 3 – 5 hours. Eating before you are famished will make you less likely to overeat.

Eat within an hour of getting up.

Pack healthy snacks, like fruit and peanut butter, in your backpack so you'll be prepared on busy days.

Avoid fasting, skipping meals, or greatly restricting calories. These habits slow metabolism, which is counterproductive to healthy weight management.

*If drinking alcohol, remember to drink water and eat before and during drinking to help manage your BAC.*

**Why?** Helps keep you healthy, strong, and feeling satisfied.

**How?** Walk around the entire dining room to plan your choices before you grab anything. Consider choosing a veggie or salad first, then getting the other foods you want.

Include lean protein, like chicken, eggs, and fish, and healthy fats, like olive oil and nuts, to get valuable nutrients that help you feel satisfied.

Focus on balance and moderation instead of on eliminating certain foods. Deprivation can lead to overeating or preoccupation with food.

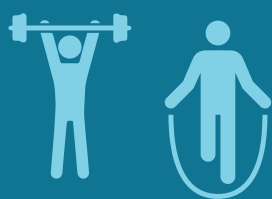
Check out the great variety of options at O'Hill, Newcomb, and Runk, which each have unique atmospheres.

Enjoy treats in moderation.

HOO  
KNEW



94% of UVa students eat before and/or while drinking.\*



## EXERCISE

Exercise plays an important role in **maintaining overall health** and a healthy weight. Commitment to **regular physical activity** is more beneficial to health than sporadic high-intensity workouts. Exercising **3 – 5 days per week** is enough. There are no additional cardiovascular benefits from more frequent vigorous exercise. Remember, body size and shape depend on many factors, like genetics, metabolic rate, diet, and exercise. Exercise doesn't guarantee a certain physique, but it helps support physical and mental health.

Celebrate Every

Body Week

Celebrate Every Body Week is coming February 23 – 27. Keep an eye out for body-positive events, including a chance to donate your old jeans and celebrate the body you have now.

## RESOURCES TO HELP BALANCE

### FOOD, FITNESS, AND HEALTH

#### OFFICE OF HEALTH PROMOTION

(434) 924-1509  
Nutrition education and counseling with a dietician or with trained Peer Health Educators (PHEs)

#### COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

(434) 243-5150  
Screening and counseling related to eating or exercise concerns - call to see how CAPS can best support you or a friend

#### UVA DINING

(434) 982-5117  
Nutrition consultation related to meal plans and eating at on-Grounds dining locations

#### IM-REC SPORTS

(434) 924-3791  
Fitness assessments, group exercise classes, intramural games, and personal training

#### MAXINE PLATZER LYNN WOMEN'S CENTER

(434) 982-2361  
Body Positive education, advocacy, and support services, as well as eating disorder screenings

\* From the Spring 2013 Health Survey with responses from 654 UVa students