EATING AND EXERCISING

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.

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.

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 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.

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

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)

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

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

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

MAXINE PLATZER LYNN WOMEN’S CENTER
(434) 982-5117
Body Positive education, advocacy, and support services, as well as eating disorder screenings

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* From the Spring 2013 Health Survey with responses from 654 UVa students
94% of UVa students eat before and/or while drinking.*