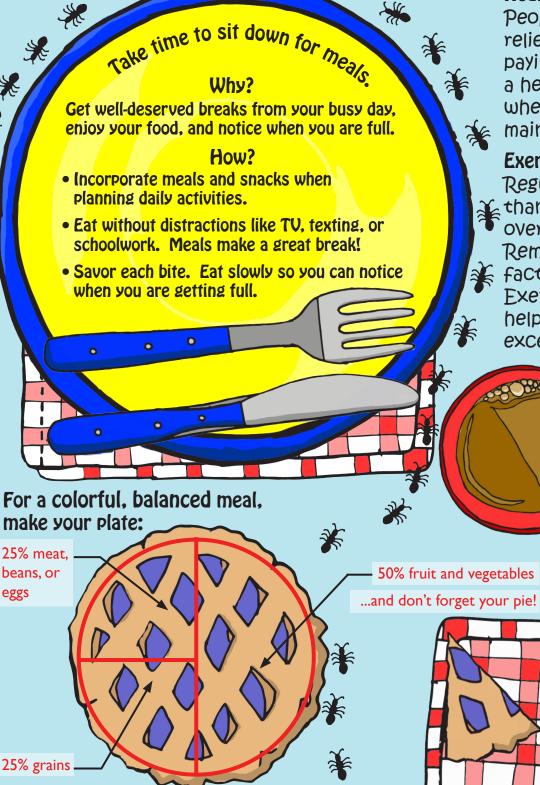
# EATING AND EXCERCISE STALL SEAT JOURNAL VOLUME 16, ISSUE 9 Zat

Office of Health Promotion Department of Student Health (Iniversity of Virginia Designed by Yasmine McBride, Class of 2016



#### Healthy Habits Support Intuitive Eating

People eat for many reasons: hunger, socializing, stress relief, or out of habit (like Cleaning your plate). By paying attention to your body's signals, you can develop a healthy habit of eating when hungry and stopping when full. This is called intuitive eating and helps maintain a healthy mindset and a healthy body weight.

## Exercise

Regular moderate physical activity (more beneficial than occasional intense workouts) helps maintain overall health. Exercising 3 - 5 days per week is enough. 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. Get great excercise by walking to class and other activities!

For a colorful, balanced meal, make your plate:

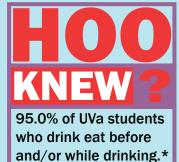
He

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\*

beans, or eggs

25% grains



0

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

variety of nutritious and tasty foods

YOU

enjoy.



4 at several small meals and snacks daily why? Get consistent energy and nutrients. plus manage your appetite.

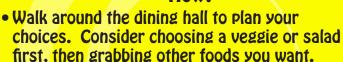
#### How?

- Expect to be hungry every 3 5 hours. Eating before you are famished can help you notice when you are getting full.
- Eat within an hour of getting up.
- For busy days, pack healthy snacks, like fruit and peanut butter.
  - Avoid fasting, skipping meals, or greatly restricting calories. These habits slow metabolism, which is counterproductive to healthy weight management.

Celebrate Evel y Body Week February 22-26 

Stay healthy and strong, plus feel satisfied.

# How?



- Include lean protein (chicken, eggs, fish, beans) and healthy fats (olive oil, nuts) to help you feel satisfied throughout the day.
- Focus on balance and moderation instead of on eliminating certain foods. Enjoy some treats! This helps keep a healthy, flexible mindset.

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

\* From the Spring 2015 Health Survey with responses from 931 UVa students

# **Resources for Food, Fitness, and Health**

## **IM-Rec Sports** (434) 924-3791

Intramural games, group exercise Classes, fitness assessments, and personal training.

## Office of Health Promotion (434) 924-1509

Nutrition education and counseling. Call to make an appointment 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.

## Maxine Platzer Lynn Women's Center (434) 982-2361

Body positive education, advocacy, and support services, as well as eating disorder screenings.

#### **UVa Dining** (434) 982-5117

Nutrition consultation related to meal plans, food accommodations, and eating at on-Grounds dining locations.