

### Take time to sit down for meals.

#### Why?

Get well-deserved breaks from your busy day, enjoy your food, and notice when you are full.

#### How?

- Incorporate meals and snacks when planning daily activities.
- Eat without distractions like TV, texting, or schoolwork. Meals make a great break!
- Savor each bite. Eat slowly so you can notice when you are getting full.

### 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 exercise by walking to class and other activities!

For a colorful, balanced meal, make your plate:

25% meat, beans, or eggs

50% fruit and vegetables

...and don't forget your pie!

25% grains

## HOO KNEW?

95.0% of UVa students who drink eat before and/or while drinking.\*

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

### Eat 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.

### Eat a variety of nutritious and tasty foods you enjoy.

#### Why?

Stay healthy and strong, plus feel satisfied.

#### How?

- Walk around the dining hall to plan your choices. Consider choosing a veggie or salad first, then grabbing other foods you want.
- 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.

Celebrate Every Body Week February 22-26  
 Body positive events, plus, a chance to donate your old jeans!

### 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.

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