



International Student  
**CONNECT**



Étudiants Internationaux  
**SE CONNECTENT**

## HEALTHY LIVING

### NUTRITION

Eating well is an important part of staying healthy. Students often turn to convenience foods like fast food or packaged meals when they are very busy. These foods often seem cheaper than healthy food. However, foods high in fat, sugar, and sodium cost more over time—they make you tired and often make you want to eat more than you need to. Include vegetables, fruit, protein in your diet and avoid junk food as much as possible. For more information on healthy eating, see Canada's Food Guide at Health Canada at [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca).

### STAYING ACTIVE

- It is important to be active every day. Choose to walk and take the stairs whenever you can. Getting a little exercise everyday will also help you focus on your work. Research shows that even when you exercise regularly, sitting all day is very bad for your health, so take breaks to stretch and move while you study.
- Build regular exercise into your weekly routine. You can make use of the fitness facilities on campus, swimming, fitness classes, jogging, walking or hiking longer distances and playing sports are all ways to stay active.

### ALCOHOL, DRUGS, TOBACCO

Alcohol and drugs can affect your health in many ways. Not only do they compromise your

health, they can interfere with other healthy choices, such as diet, exercise, and sleep.

Smoking and other tobacco products cause respiratory and circulatory problems. Nicotine addiction can also interfere with other healthy choices like eating well and sleeping.

### SLEEP

When dealing with a busy schedule of classes, work, studying, and other responsibilities, students often give up time for sleeping. However, getting enough sleep is necessary to stay healthy. Studies show that sleep deprivation can have the same side effects as consuming too much alcohol. Extra sleep on one night does not make up for a lack of sleep over time.

### MANAGING STRESS

Student life can be stressful. Take breaks and set aside time to relax and have fun. Students are much more effective at studying and working when they take breaks. Going out with friends and attending social events are a good way to reduce stress. However, little things like going for a walk, reading a book, or having a coffee or tea break can also help.

For more information on healthy living, visit your school's health services department.