

# Healthy Monday

## S-E-E For Yourself Monday

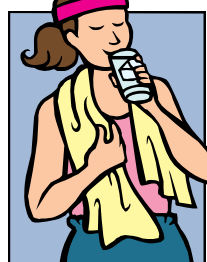
**S-E-E** For yourself Monday. This week's goals are about exercising. Not all students have the chance to visit the SAC everyday, but simple exercises such as walking can improve your overall mental capacity. For example when you go to the store or anywhere else, try to park the farthest away that you can, or take a longer route to your classes.



**Sleep** maintain a healthy balance of rest



**Eat** have a well balanced, nutritious diet



**Exercise** get a good balance of exercise regularly

Challenge yourself to get exercise out of every day tasks, and try to exercise 3 times this week

### Up Ahead:

- Getting vaccinated! Where? When? For What? How Much?

## Are you incorporating exercise into your daily life?

Studies done on students just like you say that exercising can...

- Decrease low back pain if done correctly.
- Increase circulation, reduce stress, and

improve coordination.

- Increase level of happiness due to release of endorphins
- Increase number of brain cells, especially in memory function

and in the "learning center" of the brain.

- Increase results of weight loss!

How much exercise is good for you?

**At least 30 minutes, 3 times a week.**