

7

DIMENSIONS OF WELLNESS

PHYSICAL WELLNESS

NUTRITION*

- ◆ Eat nutritious snacks. Food is the fuel needed to keep your body and brain energized.
- ◆ **Listen to your body**—eat when you are hungry. Recognize when you are full.
- ◆ **Don't skip meals**—you'll rob your body of energy and scare it into thinking that it might not get more fuel.
- ◆ Stay hydrated.

FITNESS*

- ◆ **Balance healthy eating with fitness.**
- ◆ Walk or bike to class.
- ◆ Go for a walk with friends. Take a scenic route back to your dorm and fit in a little exercise.
- ◆ Take a fitness class or course.
- ◆ Take advantage of the fitness center on campus.
- ◆ Join an intramural sport.

HEALTH**

- ◆ Take the time to **familiarize yourself with the services available for students at the Wellness Center**, such as Health Services, the Learning Access Program, Counseling Services, and His and Her Healthy Options.
- ◆ Help prevent the spread of germs. **Wash your hands with soap and water for 20 seconds.** Use a paper towel to turn off the faucet and to open the door. Never touch your mouth, nose or eyes without washing your hands.
- ◆ **Stay tobacco free.**
- ◆ See your doctor for regular physicals and wellness checks.
- ◆ **Take your medications as prescribed.** Do not stop taking your medications without a doctor's supervision.
- ◆ **Be sure to get enough sleep.** Most adults need between 7.5 to 8.5 hours of uninterrupted sleep per night.

SAFE DRIVING***

- ◆ **Always wear your seatbelt.**
- ◆ Don't talk on your cell phone while driving. Phones detract from your ability to concentrate on the road.
- ◆ Do not drive when angry, overtired or upset.
- ◆ Allow extra time to get to your destination. Plan to arrive 10 minutes early to **avoid speeding.**
- ◆ Maintain your car and do a safety check before driving—make sure all lights and blinkers are working, tires are inflated, and there are no fluid leaks.
- ◆ Drive at the speed limit—it is unsafe to drive too fast or too slow.
- ◆ **NEVER DRINK AND DRIVE!**

WELLNESS CENTER
THE RICHARD STOCKTON COLLEGE OF NEW JERSEY

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*Tips compiled from the American College Health Association, ETR Associates and the Center for Young Women's Health at the Children's Hospital Boston

** Tips compiled from the Commonwealth of Massachusetts Department of Public Health, the American Academy of Family Physicians and Family Education Network

***Tips compiled from tell-my-mom.com and the American Medical Association