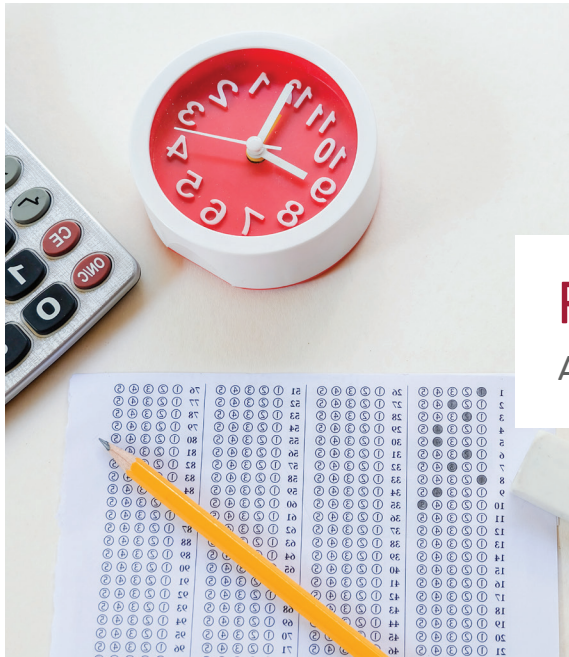




FUEL UP FOR MIDTERMS

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Midterms are upon us and suddenly, we're at a desk 10+ hours a day reaching for the chips.

WHY

When under long term stress (hello exams!), our bodies release the hormone cortisol. Cortisol and other hunger hormones can increase appetite, causing us to reach for the snacks.

WHAT ARE SOME GOOD CHOICES?

Our brains need glucose and calories! It is important to fuel up during midterms and provide the brain the energy it needs to study and learn.

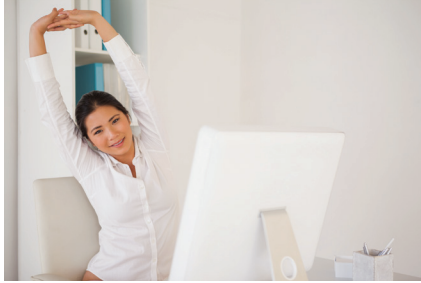
FUEL:

- Ensure adequate intake of overall calories to meet energy needs. This is not the time to be dieting.
- Eat balanced meals with protein, healthy carbs, fiber and fat.
- Avoid the crash! Try to limit sugary snacks full of empty calories that won't keep you full.
- Include Omega 3 fatty acids and antioxidants to counteract the negative effects of stress.
- HYDRATE – your body needs water to create energy and staying hydrated helps keep you alert.



TRY IT OUT:

- Take a walk outside – get some vitamin D and get your blood moving as a study break.
- Desk yoga - try these moves at your desk to combat discomfort and nama-stay focused!



Seated crescent moon aligns the spine for a clear head.



Wrist and finger stretches break up tension in the hands.



Chair pigeon pose corrects for imbalance when crossing legs under the desk.

- Don't forget to socialize – study with friends or break for dinner together. Social support releases the hormone oxytocin and can decrease stress. We're all in it together!

You've studied hard and now's your chance to shine. Breathe – you've got this!