SHINE
Students Helping Individuals Nurture Esteem

Ten Ways to Incorporate Moderation, Balance and Variety into Your Life

1. Eat a variety of foods from all the food groups.

2. Find fun physical activities that are a natural part of your week.

3. If you're hungry at bedtime, enjoy a small snack. When hungry choose sensibly. Meals and snacks are spaced at 3-5 hour intervals.

4. Take a break from your studies and go out for a 20 minute jog or walk or participate in some other enjoyable activity.

5. Bring sensible snacks to class; for example carrots with mozzarella cheese sticks, yogurt with fruit, trail mix, dried fruit and nuts. Snacks are more satisfying if they include a source of protein.

6. Find a workout partner to go with you to the recreation center, or find someone to participate in outdoor recreation with; for example biking, running, outdoor sports, roller-blading or walking. Make it Fun!!

7. Eat consciously! Buffet style at every meal can be tempting. Make sensible choices and stop eating when you are comfortably satisfied. Variety in foods helps increase satisfaction within a meal.

8. Drink adequate water. Hydration allows you to think more clearly.

9. Why drive when you can walk? Instead of driving downtown, walk and enjoy the fresh air.

10. If you choose to drink alcohol do so in moderation. Ask yourself, “Is it fun to wake up the next morning dehydrated and sick? Is it worth all the money and embarrassing moments? What does alcohol do for me? Moderation is one drink a day for women or two drinks a day for men.
If you're spending an excessive amount of time worrying about the above items or trying to do it “perfectly”, seek help.