

Get the word out on healthy lifestyle tips!

- **Establish an exercise routine.**
- **Before hitting the books, portion out a small amount of food instead of eating directly from the package.**
- **When eating out, consider sharing a meal with a friend, or box half of the meal and take it home for later.**
- **Limit the amount of beverages you drink (such as regular sodas) that add calories but no nutrients.**
- **Substitute a can of soda for a bottle or glass of water.**
- **Limit the number of times you have pizza for a meal.**
- **Eat plenty of fresh fruits and veggies.**
- **Limit the amount of fried foods you consume.**
- **Beware of “stress eating” during exam periods or when working on a paper.**
- **Eat slowly, even when you’re in a hurry. Give the food at least 20 minutes to fill you up.**

