

The more that you read  
the more that you know.  
The more that you learn  
the more places you'll go.

- Dr. Seuss

# Healthy Habits Post High School

## Make Connections

### Make connections.

#### Actively participate in your school and community.

- Meet your roommate before school starts.
- Join an intramural athletic group.
- Consider joining a club or organization to meet new people.
- Volunteer for a local agency: animal shelter, food bank, homeless shelter or Red Cross.

connect

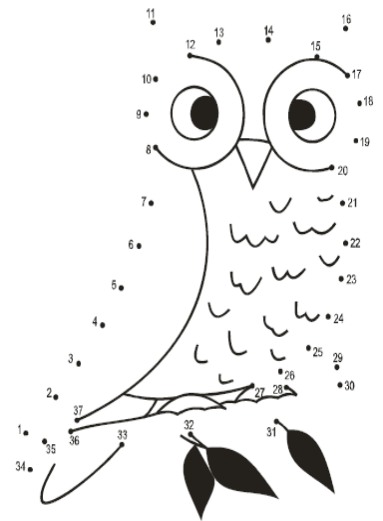


A few important connections to consider:

- Student Health Center  
Location  
Phone number  
Services/Cost  
Hours
- Resident Advisor
- Academic Advisor
- Professors
- Local hospital  
Location  
Phone number
- Police department  
Non emergency number  
Location
- Campus Security  
Location  
Services  
How to contact
- Religious organizations
- Grocery and drug stores
- Transportation Services

## Safety Awareness

**Be aware of your surroundings.** Texting/earphones can interfere with your awareness of approaching dangers. **△ Walk with a buddy, especially at night.** **△ Communicate daily with a trusted friend.** **△ Remember to lock your valuables.** Unlocked cars, garages and apartments are an open invitation to thieves. **△ Never stay at a party when your friends leave.** **△ Always have emergency contact information with you.** **△ Always be in charge of your own food and drink.** Don't be prey.



preventative care  
B  
M  
I  
regular check ups

Meditate

VISIT DENTIST  
REGULARLY

Keep Learning

blood pressure  
screening

daily shower

REDUCE  
STRESS

## Think Tank Top 10

1. Eat breakfast **every** day!
2. Eliminate junk food. Eat whole grain foods and make water a beverage of choice.
3. Get at least 7 hours of sleep per night.
4. Create a budget and stick to it.
5. Be selective with what you post to social network sites.
6. Find a workout buddy who will keep you accountable.
7. Wash your hands frequently to prevent the spread of contagious diseases.
8. Brush and floss your teeth at least twice a day.
9. Look forward to the future while enjoying the present.

10. Think of consequences before you act. Avoid risky Behaviors.

Life is full of choices. Avoid the "freshman 15 pound weight gain". Look for the nutrition facts label on the foods you eat. Make wise food choices by selecting foods low in fat, high in protein, low in sodium and high in fiber. Pay close attention to the serving size; packages can be deceiving and often contain several servings. Portion control is key during midnight study sessions. Avoid over eating by snacking on a variety of fruits and vegetables .



# Healthy Snack Baskets



Healthy snack baskets are a great idea to prevent unwanted weight gain from high calorie junk foods.

Baskets could include:

Apples	Oranges	Kiwi	Grapes	Bananas	Oatmeal	Whole grain crackers
Baked Chips	Pita Chips	Hummus	Granola Bars	Popcorn	Soup	Fat free pretzels

Great Grab and GO items to keep on hand are carrots, celery, edamame, broccoli, sugar snap peas, string cheese, yogurt and cucumbers!

Don't forget to check the refrigerator weekly!



**FIRST AID KIT**  
 Don't Leave Home Without It!  
 Take a picture of your immunization records with your phone!



Don't forget to pack the first aid kit!

- Thermometer
- Hand sanitizer
- Ibuprofen (Motrin, Advil)
- Acetaminophen (Tylenol)
- Lip balm
- Antacids (Tums)
- Tweezers
- Antihistamines (Benadryl)
- Caladryl
- Ace wraps
- Medical tape
- Band-aids
- Safety pins
- Q Tips
- Throat lozenges
- Sunscreen
- Eye glass kit
- Nail clippers
- Heating pad
- Gauze pads
- Ice packs
- Burn gel

