

Healthy Habits Increase Academic Success



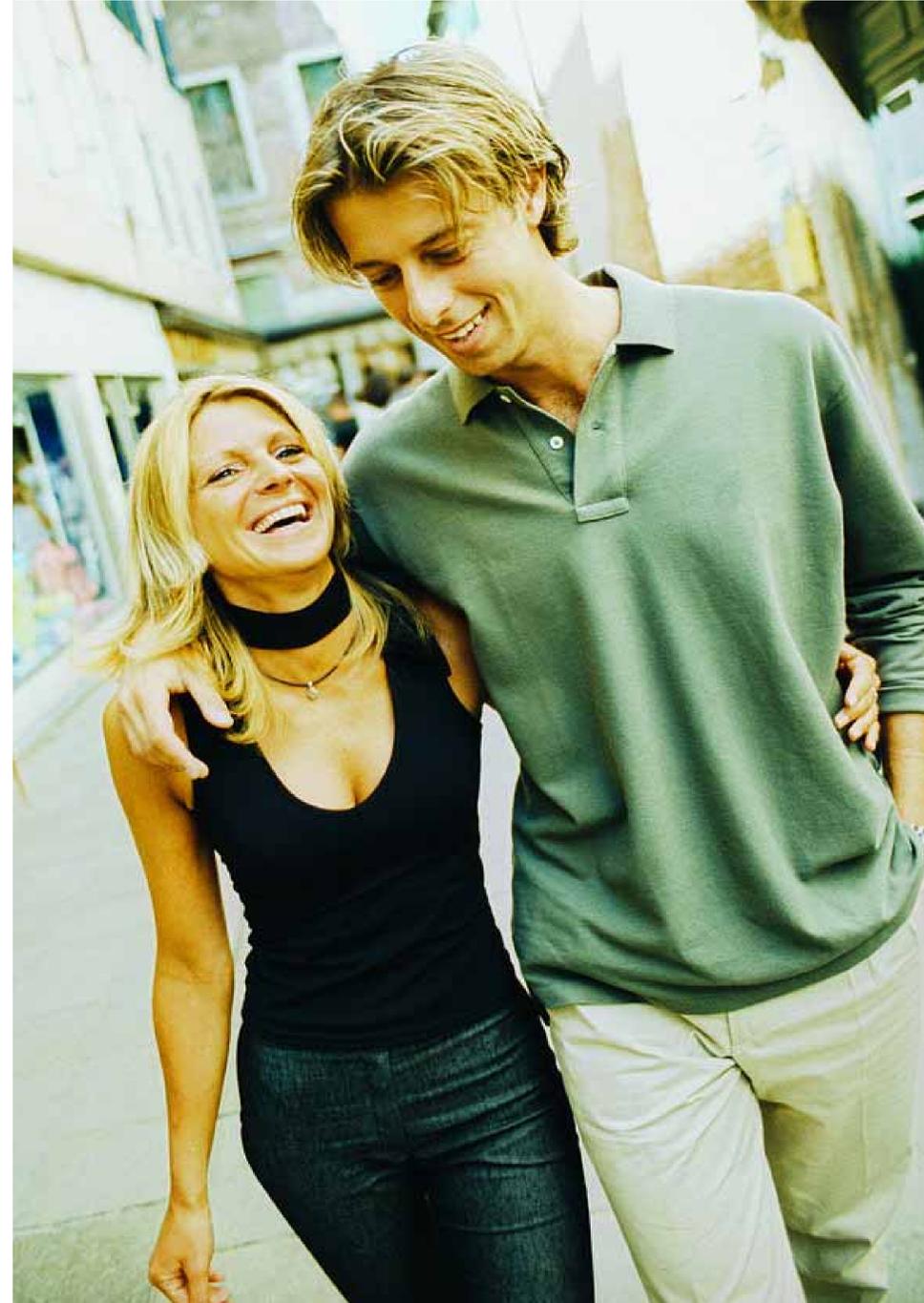
Eat a healthy diet of fruits, vegetables, and whole grains.



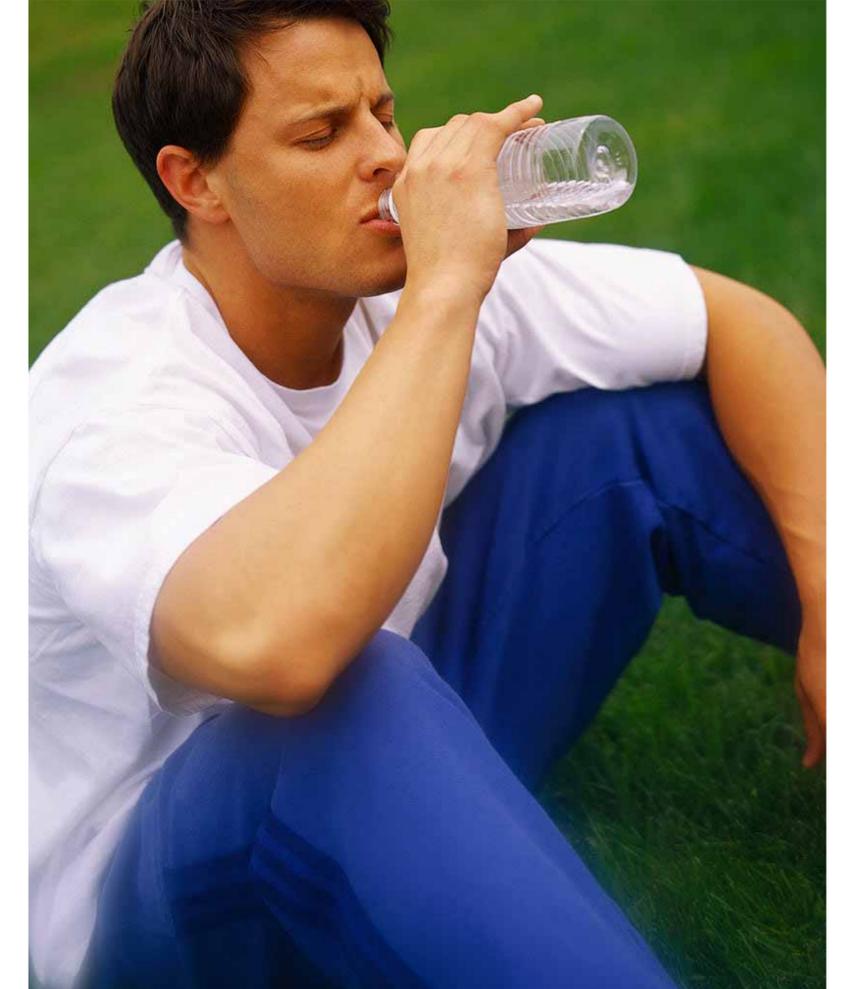
Get enough sleep.

"The common recommendation is 8 hrs. per night, but individual needs vary greatly".

Michael Breus, PhD, D, ABSM



Build at least 60 min. of moderate physical activity, like walking, into your daily routine.



Drink plenty of water.

The Institute of Medicine advises that men consume about 13 cups and women consume about 9 cups of total beverages a day.