



HEALTHY STUDY HABITS

DID YOU KNOW THAT STUDY HABITS CAN BE HEALTHY TOO?

**BEFORE YOU START
REST UP!**



9-11 TOTAL HOURS

OF SLEEP
A DAY

**A LACK OF SLEEP CAN
CAUSE:**

- POOR ACADEMIC PERFORMANCE
- BEHAVIORAL ISSUES
- FATIGUE AND HEADACHES
- DEPRESSION*

HYDRATE



IMPROVE CONCENTRATION
BY DRINKING A MINIMUM
OF **6 CUPS** OF WATER
PER DAY**.

MILD DEHYDRATION
(THE LOSS OF
WATER) CAN
LEAD TO
POOR
MEMORY
AND BRAIN
PERFORMANCE.



GIVE YOUR BRAIN A BREAK! "BRAIN BREAKS" ARE SHORT, ENERGIZING BURSTS OF ACTIVITY THAT BOOST BLOOD FLOW, SEND OXYGEN TO THE BRAIN AND HELP YOU RETAIN INFORMATION***.

BRAIN BREAKS: TAKE A 5-MINUTE WALK, COMPLETE 25 JUMPING JACKS OR PRACTICE YOGA.

FOOD IS FUEL

FOR ENERGY AND BRAINPOWER

BOTH THE BRAIN AND THE BODY NEED

GOOD NUTRITION TO STAY ALERT AND

FUNCTION WELL.

POWER SNACKS

APPLE SLICES WITH
PEANUT BUTTER,
MIXED FRUIT CUP
OR VEGGIES WITH
HUMMUS



*<http://prowellness.vhost.psu.edu/the-medical-minute-returning-to-school-year-sleep-routines>
**<https://www.eatright.org/fitness/sports-and-performance/hydrate-right/water-go-with-the-flow>

***<http://www.activeacademics.org/>

