Purpose:

The purpose of this guide is to help you learn more about your physical vibrancy, and how you can make small choices in how you eat, move, and sleep in order to make a big change in how you feel and the energy you have in completing your academic and career goals.

Description:

Your physical wellbeing is less about how you look, and more about how you feel. We make seemingly small, but eventually significant, choices about our physical wellbeing every day, including the foods we eat (or don’t eat), the exercise we do (or don’t do), the sleep we get (or don’t get). The decisions we make each day about how we eat, move, and sleep, have sizeable impacts on our ability to get things done and perform up to our expectations. You don’t have to be a health guru to feel the benefits of these positive choices, and this guide will help you make small choices that will lead to big changes in the way you feel.

Directions:

Part 1

Go to [Eat Move Sleep](http://plan.eatmovesleep.org) and follow the instructions to complete the self-assessment.

After you complete the self-assessment, you will receive a personalized Eat Move Sleep 30 day plan.

1) From the list of suggestions you received, what are three changes you plan to make, one in the next seven days? One in the next two weeks (14 days)? And one in the next month (30 days)?

2) Who do you know that can help hold you accountable for those changes, or maybe even make those changes with you? On the page with your personalized Eat Move Sleep plan, click “Share Your Plan” and email your plan to that person.

3) The University Recreation & Wellness Center has a [personal online wellness account](http://www.recwell.umn.edu/healthyu/) you can use to track your fitness and nutrition, as well as receive motivation, prizes, and tips for staying active. If you have an electronic fitness tracking device, it may connect to your device. Check out this tool, and decide if it will help you achieve your goals.
Part 2

The University of Minnesota-Twin Cities has some of the best resources available to help you make positive choices to support your physical wellbeing.

- The University Recreation & Wellness Center\(^3\) offers exercise classes and equipment. What are the hours of the Rec & Wellness Center and which of those hours work best for you?

- Physical Education courses are available each semester. Find them by using the “Class Schedule” from OneStop\(^4\), searching “Physical Education –PE”. Which course sounds the most interesting to you?

- Take a free yoga, pilates, or tai chi class through Boynton Health Services\(^5\). What times are these classes offered?

- Discounted massage therapy\(^6\) is available through Boynton Health Services. How much does a 60 minute massage cost?

- Biking can be great exercise. Parking and Transportation Services has biking resources\(^7\), including Nice Ride rental bikes. How much does it cost for an annual pass?

Reflection Prompts:

- Based on your personalized Eat Move Sleep plan, what 2-3 action steps are you most likely to follow through with? What are 2-3 reasons these action steps are important to you? What is one thing you will do in the next week to support your physical wellbeing?

- Of the campus resources available to support your physical wellbeing (Part 2), which action step are you most likely to follow through with? How will you keep yourself motivated? What could prevent you from following through?

- In what ways do you think improving your physical wellbeing will support your decision-making process as you choose a major?

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\(^3\) [http://recwell.umn.edu](http://recwell.umn.edu)
\(^4\) [http://onestop.umn.edu/](http://onestop.umn.edu/)
\(^6\) [http://www.bhs.umn.edu/services/massage.htm](http://www.bhs.umn.edu/services/massage.htm)
\(^7\) [http://www1.umn.edu/pts/bikers/index.html](http://www1.umn.edu/pts/bikers/index.html)