

Health and Wellness – lecture outline

Preparation:

Ask students to come prepared to answer the following questions.

- What are some things you can do to stay healthy? Come up with a list of at least 10 things.
- Why do students often have a hard time doing these things?
- What can happen if you don't do these things?

Discussion:

Ask students to make a list of things they thought of. Write them on the board. Add the following if students don't think of them:

Things to do:

- Get enough sleep.
- Get adequate exercise.
- Get enough water to drink.
- Eat whole grain foods.
- Eat breakfast.
- Eat healthy snacks.
- Eat lots of fruits and veggies.
- Eat foods with calcium (milk, yogurt, cheese).

Things to limit or avoid:

- tobacco, drugs and alcohol
- soda
- salt
- artificial sweeteners
- sugar
- foods high in fat, especially saturated fat or trans fat
- fried foods
- caffeine
- unsafe sex

Notice the big three: eating well, getting enough sleep, getting enough exercise

Why do college students often have a hard time doing these things?

on your own for the first time
in a hurry
lack of discipline
peer pressure

How can you overcome these negative influences?

Set goals, plan ahead, take responsibility for yourself, make your own choices

What can happen if you don't do these things?

hard time concentrating in class
get sick easily
feel more stressed
get depressed
sudden lack of energy
feel grumpy and irritable
can't get motivated to do homework
difficulty remembering what you have learned
feel sleepy in class or while doing homework

Handout:

Pass out Tips for Staying Healthy. Go over it briefly with students.

Assignment:

1. Choose one thing that you can change that you feel will make a positive difference in your health. Make a commitment to yourself to do that thing for one week. Think ahead of what challenges you might have, and make a plan to overcome them. Then put your plan into action. Tell roommates, family, or friends about your goal and enlist their help. Notice how it affects your health that week.

Examples? (brainstorm and write on the board)

no soda for a week; drink milk instead
eat a good breakfast every day
eat a healthy snack every afternoon
carry water around and drink it
take a 20 minute walk every afternoon
replace white bread with whole wheat bread
no french fries for a week
go to bed at 10:30 every night

2. At the end of the week, write an entry in your journal about what you chose to do, what challenges you had and how you overcame them, and what effects you were able to observe.