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# Keep a Healthy Lifestyle on a College Student's Budget

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### About the Topic

This video and corresponding pamphlet was created to bring awareness, make suggestions, and provide implications regarding a healthy college lifestyle. This could impact the emotional, physical and mental well-being of today's college student.

To insure a healthy college lifestyle a student could include:

- ❖ Regular Exercise Routine
- ❖ Positive Relationship with Social Media
- ❖ Utilize Free Campus Resources
- ❖ Visit Campus Counseling Services



### Works Cited

\*All images used are available on Microsoft Clip Art

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### KEEP A HEALTHY LIFESTYLE ON A COLLEGE STUDENTS BUDGET

Western Kentucky University  
Student Affairs  
Video Pamphlet Project  
CNS: 577



**KEEP A HEALTHY LIFESTYLE ON A COLLEGE STUDENTS BUDGET**

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### Exercise 101

College students and stress go hand in hand, but an alternative method to combat stress is by maintaining an active lifestyle via exercise. Gaining weight is common for college students and attributed to poor eating habits and lack of exercise. However, by maintaining a healthy diet and a regime of regular exercise, weight gain can be avoided. Regular exercise is generally defined as exercising for 20 minutes or longer three times per week. With regular exercise, students can decrease anxiety and depression, test anxiety and improve their self-esteem.

### Signs and Symptoms of an Unhealthy College Lifestyle:

- ❖ Severe Weight Gain
- ❖ Stress
- ❖ Ongoing illness
- ❖ Lack of Support Systems
- ❖ Failing Grades

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*“Many college students are living away from home for the first time and are challenged with the responsibility of their personal health on a limited budget.”*

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Stay alert to stress, anxiety, and all ranges of emotions. Demanding academics, too many social activities, failure to make friends, homesickness, and money problems can easily lead to stress, depression, or worse. Most college campuses offer Counseling Services which are paid for through a student’s tuition. It’s easy to make an appointment with a certified counselor and discuss the issues which could be hindering success. The college years are an opportune time to develop healthy and positive lifestyle.



### Social Media & College

There are more than a dozen social networking platforms available to the public, all with the intent of connecting users. Social networking sites allow students to stay connected with family and friends during their transition to college. In addition, social networking can aid in a positive and healthy lifestyle. Via these sites, students can share positive and motivating pictures or quotes, as well as work out plans like 30 day body challenges. Social media also allows for an easier transition onto campus. University’s social media accounts allow students to connect with one another before coming to campus. In addition, the University’s social media accounts help students stay connected with what is happening on campus and in town.