



HEALTH PROMOTION AND
WELLNESS SERVICES

TIPS ON A HEALTHY TRANSITION TO COLLEGE

SLEEP

Every other part of your schedule will be easier when you're well rested.

EAT RIGHT

Balanced meals not only keep your body fit, but a healthy diet can help resist sickness too. Who wants to be sick when there's so much to do?

STRIKE A BALANCE

Overloading on either fun or work will wear your body and mind out. Find a balance that works for you.

GET INVOLVED

Clubs, organizations, sports . . . they're all here for you to enjoy! Extracurricular activities are wonderful network opportunities and can be great outlets from school-related stress!

MAKE TIME FOR YOURSELF

There's a lot going on, but don't forget to set aside time just for you.

USE YOUR RESOURCES

Auburn University has a plethora of resources for you—from the Medical Clinic and Student Counseling Services to Safe Harbor and Peer Health Educators— so use them!

EATING HEALTHY IN COLLEGE!

HEALTHY SNACK OPTIONS

Pretzels	Fruit Yogurt	Fig Bars
Dry Cereal	Granola Bars	Fruits and Vegetables
Graham Crackers	P. B. Or Cheese & Crackers	Protein Bars
Smoothies	Half Of A Sandwich	English Muffin Or Pita Pizza
Unsalted Nuts	Gingersnaps	Vanilla Wafers
Snack Size Tuna	Sunflower Seeds	Low Sugar Pudding/Jello
Peanut Butter And Jelly	Low Sugar Fruit Popsicles	Carrot Sticks
Celery With P.B.	Gatorade/Powerade	Bottled Water
100 Calorie Frozen Yogurt	Peanut Butter And Jelly	Low Fat Popcorn

DORM ROOM ESSENTIALS

Whole Grain Bread, English Muffins, Bagels	Fresh Fruits, Fruit Cups, Applesauce	Microwavable Potatoes Or Sweet Potatoes
Tuna Fish	Cheese	Low Fat Yogurt
Hard-Boiled Eggs	Soups	Lunch Meats
Dried Fruits	Skim Milk	Nuts
Whole Grain Cereal	Canned Vegetables	Peanut Butter & Jelly
Whole Grain Crackers	Low Fat Popcorn	Bottled Water

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