

Healthy HPESS Habits

**Academic Expo Presentation
by
HPES 1013-003
Making Connections/
Intro to HPESS**



Mission Statement

As HPESS majors, WE BELIEVE, that incorporating daily routines that include healthy meal choices and incorporating physical activity can drastically improve one's college experience in avoidance of the "freshman fifteen" but mainly to keep a healthy lifestyle all around.



It has been proven that the most drastic weight change in a college student's experience is during the first semester due to the change in environment. As well as the weight gain in college being the beginning of continuous weight gain throughout that student's life.

Project Rationale

To bring awareness to available campus resources to promote healthy lifestyle behaviors.



Healthy Sleep Habits

- The recommended hours of sleep per night: 8 hours
- Getting the recommended amount of sleep per night can improve overall physical health, for example ↓
- it can improve your immune system, helps to maintain a healthy weight, lowers risk for serious health problems (diabetes and heart disease), can reduce stress, and improve your mood
- Tips for making sure you get up to 8 hours of sleep include ↓
- Time management, do NOT procrastinate, have a schedule, and do not take on too many tasks at once



As a busy college student it is especially important to be aware of healthy sleeping patterns and how it can affect your **physical health**.

Lower Body Free Weight Workout

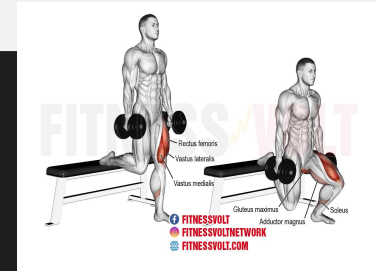
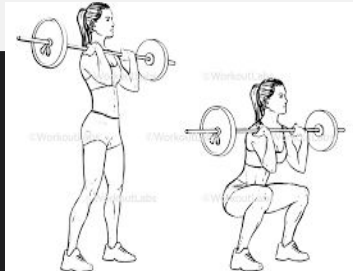
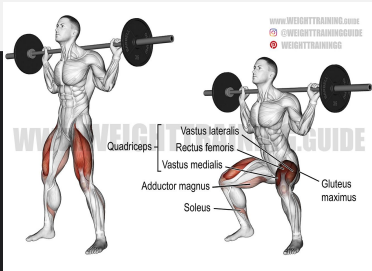
Workouts:

- Back squat- glute and quad focused
- Front squat- quad focused
- Deadlifts- hamstring and glute focused
- Hip Thrust- glute focused
- Bulgarian split squats- glute and quad focused



Why it is important to train legs:

- Prevent injuries
- Manage chronic diseases such as diabetes and heart conditions
- Improve athletic performance
- Achieve a proportionally muscled physique
- Be able to perform daily tasks more efficiently



Upper Body Free Weight Workout

The Red Wolf Center on campus has a variety of free weight workouts available for student access!

Importance of good form:

- Lowers the risk of injury
- See results quicker
- Allows one to move more effectively
- Increases performance
- Enable full range of motion

Upper Body Workouts:

- Curls (with dumbbells)
- Bench press
- Incline
- Bent over rows
- Pull ups



RWC SEMESTER HOURS

Monday - Thursday

6:00 a.m. - 11:00 p.m.

Friday

6:00 a.m. - 10:00 p.m.

Saturday - Sunday

12:00 p.m. - 10:00 p.m.

Cardio

Cardio is important because it:

- Reduces the risk for several diseases
- Aids in weight loss
- Strengthen your heart & improves lung capacity
- & it is greatly beneficial for your mental health

It is recommended to get your heart rate elevated for at least 30 minutes a day.

Some common ways to achieve your daily goal is:

- Walking, running, jogging
- Weight lifting
- Bicycling
- Dancing, jump roping, etc



Why should you eat healthy?

- College students on average eat fast food 1-3 times per week, consuming around 12,000 calories per month.
- Poor eating habits might have an impact on students' overall health, as well as their energy and ability to focus.
- A study found that eating fast food might have a negative impact on grades. Students who ate fast food a minimum of seven times in the past week had a lower GPA compared to those who ate it fewer than four times or who didn't eat it at all.



Healthy Foods Available on Campus

- The average college student should intake around 1800-3000 calories per day and should get about 150-300 minutes of moderate intensity workouts.
- Some of the **healthier food choices on campus** include: freshens, simply to go, Sushi with Gusto, and Einstein Bagels



Location: First Floor of Student Union

Monday - Thursday
10:30 AM - 7:00 PM
Friday
10:30 AM - 4:00 PM

Freshens is a healthy "fresh casual" concept, which offers prepared-to-order food inspired by fresh ingredients, as well as our signature fresh blended smoothies. Freshens was founded in 1989 and has 350 locations, including 200 at universities. Grilled flatbreads, salads, rice bowls, and smoothies are just some of the delicious options we offer at Freshens. Stop by the Student Union to give it a try!



Location: Second Floor Lobby of the Dean B. Ellis Library

Monday - Thursday
7:00 AM - 7:00 PM
Friday
7:00 AM - 2:00 PM

Simply To Go features fresh "grab-n-go" items including breakfast sandwiches, salads, sandwiches, beverages, Starbucks coffee, cookies and muffins.

Sushi with Gusto/Deli

Location: Second Floor of Student Union

Monday - Friday
10:00 AM - 7:00 PM

Sushi with Gusto is a superior line of sushi items made with time-tested techniques, a one-of-a-kind recipe and the highest quality seafood to ensure food safety, ideal freshness and delicious taste. The deli provides an opportunity for students to build their own sandwiches that include all of their favorite ingredients. Both of these locations can be found inside the Campus Store.



Location: First Floor of the Humanities & Social Sciences Building

Monday - Thursday
7:30 AM - 4:00 PM
Friday
7:30 AM - 3:00 PM

Einstein Bros. Bagels is a counter-service chain offering coffee, bagels, egg sandwiches, salads and baked goods.

Unhealthy Habits and what to avoid on Campus

Avoid foods such as:

- High-carbohydrate foods
- Empty calorie or super-sugary drinks (sodas, energy drinks, etc...)
- Fast food
- Highly-processed foods
- Fried foods



POPEYES

Classes at the Red Wolf Center:

Spin and Zumba

Spin: “Ride your way through rolling hills, steep climbs, flats, and sprints to make this cardio workout fly by. Bring water and a towel and be ready to sweat!”

Times- Monday: 6:00 p.m., Tuesday: 7:30 p.m., and Wednesday: 6:00 p.m.

Zumba: “Designed to take the “work” out of working out. This class mixes low-intensity and high intensity moves for an interval-style, calorie burning fitness hour.”

Times- Monday: 5:00 p.m., Wednesday: 5:00 p.m., and Thursday: 5:30



Location: Second floor of the RWC



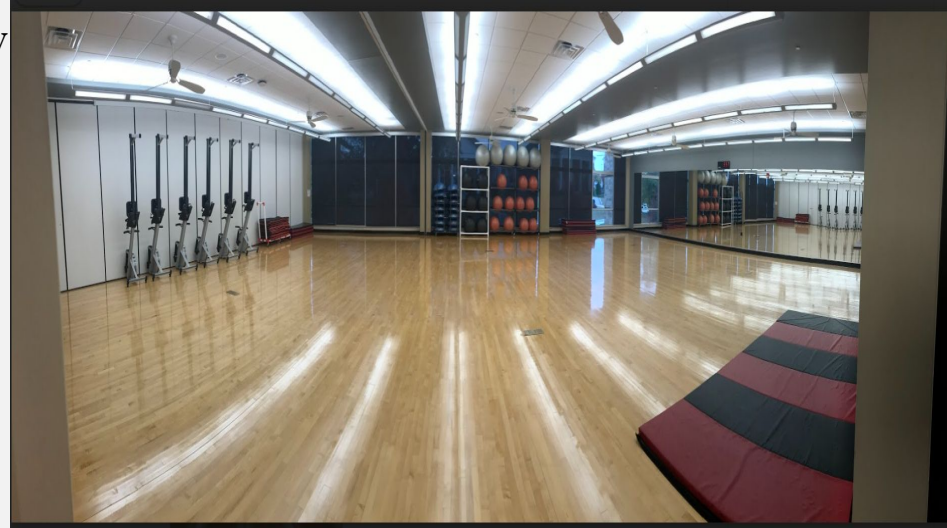
Classes at the Red Wolf Center: Yoga and Body Burn

Yoga: “Learn fundamental techniques and actions necessary to create a safe, balanced, and challenging practice.”

Times: Tuesday @6:30pm

Body Burn: “This class uses a mixture of dance fitness plus body weight movements to create a low intensity, but high calorie burning exercise.”

Times: Tuesday @5:30pm



Location: Second Floor of the RWC



Conclusion

Arkansas State University offers several unique ways to stay healthy as a busy student.

Exercise opportunities on campus include:

- Red Wolf Center
- Zumba Classes
- Spin Classes
- Yoga Classes
- Body Burn Classes

Healthy eating opportunities on campus include:

- Freshens
- Salad Bar in the Caf
- Grilled foods over fried



These combined opportunities will allow for students to engage in healthy habits that promote overall health and wellness during their transition to college.

References

- <https://health.gov/myhealthfinder/topics/everyday-healthy-living/mental-health-and-relationships/get-enough-sleep>
- <https://www.astate.edu/a/campus-recreation/group-fitness-wellness/groupfitnessclasses/>
- <https://www.abecsw.org/college-student-diet-statistics/>

