



"DON'T BE THAT GUY"

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When it comes to staying healthy, college student do not necessarily care about it. A regular student would eat a donut from Dunkin Donuts for breakfast, a greasy burger from Burger King for lunch, and then probably more burgers from White Castle or McDonalds for dinner.



Also, many students do drugs such as marijuana, and then they go to house parties where all they do is drink. Then the next day, they do not want to come to school because they have a bad hangover.



Students do not realize how important college life is. College is not like high school, where you can fool around and still get good grades. The professors do care about you, they will try to help you but they expect you to act like mature adults rather than acting like you're still in high school. But if you miss a lot of days, then you are already failing those classes.



UCC has joined with the YMCA to help student stay in shape. For example, they help students meditate if they have any problems with work or even at home. They also help by having exercise programs, so that students can stay fit and healthy.



The YMCA can be anywhere near the three campuses of UCC. You can find the directions by going to the student admissions and asking them about the YMCA program. They will tell you where it is located or give you a sheet of the programs they have. The YMCA can help students focus more by helping them concentrate better on their studies they also can help them better manage their time for school and other activities.



Being in school doesn't just mean studying hard and getting good grades. It also means staying healthy and eating right. For example, you should sleep the full 8hours, but some people need probably only 7 and some other people need 9 hours. Also eating healthy too such as:



Breakfast

Cereal

Waffles



Lunch

Ham & Cheese

Sub from Subway



Dinner

Chicken

Burgers, fries, hot dogs and candy are NOT good foods to eat. Also, eat some fruits in between to give you a little more energy. Eating healthy plays a HUGE role in everybody's life. For example, you should eat something in the morning. Studies show that students who do not eat breakfast will lack in participation. Eating something like a fruit, drinking juice, or even having a bowl of cereal can really help you start the day.

One good idea to do is to bring healthful snacks with you just in case you get hungry while you are trying to study. Also you should eat a lot of foods that are high in calcium. You as a student need to eat right and stay fit. That means eating something besides Burger King or McDonald's every day. Also, sleep the full eight hours, because trying to pull an all nighter will mess you up in class when you are trying to stay awake and trying to pay attention. Do not be that guy and party all night and try to do your work at the same time.