**Great Falls College MSU**

**Physical Activity & Nutrition**

**for Academic Wellness**

* Physical activity enhances brain function and academic performance1
* A healthy diet improves academic success such as earning a higher GPA2

**Incorporate physical activity into your day**:

* Park your vehicle further from the school’s entrance
* Walk for 10 minutes after 50 minutes of study/schoolwork
* Find fun YouTube videos that get your body moving: Heart Alchemy Yoga, POPSUGAR Fitness, Yoga with Adriene, Fitness Blender
* Stretch at your desk: see the ‘Movement Break’ handout

**Make eating nutritious food easy:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Food group** | **Servings per day: women** | **Servings per day: men** | **Example** |
| Fruit | 1.5 to 2 cups | 2 to 2.5 cups  | 1 small apple = 1 cup |
| Vegetable  | 2.5 to 3 cups | 3 to 4 cups | 2 medium carrots; 1 large bell pepper; 1 large sweet potato = 1 cup |
| Grains  | 6 to 8 oz | 8 to 10 oz | 2” mini bagel; 1 slice of bread; 1, 6” flour or corn tortilla = 1 oz equivalent  |
| Protein | 5 to 6.5 oz | 6.5 to 7 oz | 1 egg; 1 oz cooked lean beef, goat, ham, or pork; 1 ¼cups cooked beans = 1 oz equivalent  |
| Dairy  | 3 cups | 3 cups | 1 cup milk; 1 ½ oz hard cheese= 1 cup; 1 ¼ cups cottage cheese  |

https://www.myplate.gov/

* Visit myplate.gov (https://www.myplate.gov/)
	+ What is on your plate? Learn more by completing

the ‘myplate quiz’

* + Find nutritious, easy meals (click on the ‘myplate kitchen’ tab then ‘recipes’)
	+ Learn how to eat healthy on a budget (click on ‘eat healthy’ tab then ‘Healthy Eating on a Budget’)
* Quick nutrition tips:
	+ Plan snacks and meals, Remember the food groups, Try new foods,

Drink more water, Try fruit for dessert

1Haverkamp, B. F., Wiersma, R., Vertessen, K., Ewijk, H., Oosterlaan, J., & Harman, E. (2020). Effects of physical activity interventions on cognitive outcomes and academic performance in adolescents and young adults: A meta-analysis. *Journal of Sports Sciences*, 38(23), 2637-2660. doi:10.1080/02640414.2020.1794763

2Whatnall, M. C., Patterson, A. J. Burrows, T. L., & Hutchesson, M. J. (2019). Higher diet quality in university students is associated with higher academic achievement. Journal of Human Nutrition and Dietetics, 32, 321-328. Retrieved from: https://doi.org/10.1111/jhn.12632