

HEALTHY BODY, HEALTHY MIND

When you are

- well nourished
- fit and alert
- relaxed and well rested your mind is sharp and you study at your best.

The secret is to stimulate both the body and the mind

- they must be in harmony.

Exercise is vital because it

- allows both adrenaline and endorphins to be released which help concentration
- improves sleeping patterns
- breaks the study routine and reduces tension
- improves bodily functioning.

Light exercise between Study Sessions assists concentration.

Nutrition is vital because it

- supplies brain food
- provides the energy to operate effectively
- the best sources are fruit, wholegrain bread and cereals



- have light meals often
- glucose is beneficial to quality study
- a nutritious breakfast is essential to quality thinking.



Relaxation is vital because it

- encourages positive attitudes
- maintains a balance between body and mind
- view it as a reward for strong study efforts
- it's a timeout from thinking.

Be sensible with late nights

- you can't afford to ruin the next day.

Avoid excessive coffee

- water is best for your brain, at least 2 litres per day will benefit you immensely.

You require a minimum of 9 hours sleep per night.

Reading a book in bed is a good way to nod off.

A well balanced lifestyle contributes significantly to your progress and success.

MY HEALTH REVIEW

The state of your Health is vital. As the great inventor, Thomas Edison, so aptly put it, "The chief purpose of the body is to carry the brain around."

An exercise that will benefit you greatly, is to do a searching stocktake of your all-round Health. Then, after reflection, set goals that will improve your Health. Set weekly Health goals to strive for.

CURRENT	TARGET:
Diet:	
Exercise:	
Sleeping Patterns:	
Self Esteem:	
Friendships:	
Other:	

"What the mind can conceive, the heart can believe and the body can achieve." Anon.