

SEVEN HABITS OF HEART-HEALTHY STUDENTS

UCDAVIS



1 WORK OUT

Get 30 minutes (all at once or broken up throughout the day) **of moderate or vigorous intensity physical activity** most days of the week. **Campus recreation or the ARC** can help you find your fitness passion.

2 THINK COLOR

Eat a wide variety of colorful fruits and vegetables every day and stick with whole fruit rather than fruit juice. Find out where you can **get fresh produce for free** through Student Health & Counseling Services.

3 KNOW YOUR FATS

Replace saturated fat (like meat and dairy) and trans fat (like partially hydrogenated oils) with polyunsaturated fat (like fish and sunflower oil) and monosaturated fat (like olive and canola oil). **Review “Fats 101” from the American Heart Association** for more examples.

4 ENERGIZE WITHOUT CAFFEINE

Try energy-boosting bananas, oranges, broccoli and dark green vegetables instead of coffee or energy drinks. **Read up on alternatives to coffee** through the Student Health & Counseling Center.

5 RELAX

Relax Find a way to help **keep stress below unhealthy levels** and practice it at least once a day.

6 BE TOBACCO FREE

This includes tobacco from e-cigs and hookahs. For help quitting, visit **breathefree.ucdavis.edu**.

7 LIMIT ALCOHOL

If you are of legal drinking age and choose to drink, do so in moderation. This means **no more than one to two alcoholic beverages per day for men and one per day for women**. Educate yourself on the risks through the **American Heart Association**.

More information on living heart healthy for students is at **shcs.ucdavis.edu**.