Maintaining a Healthy Lifestyle for Peak Academic Performance

There are several extremely important lifestyle elements that are important to aiding and improving overall well being:

**Sleep:** Almost everyone requires no less than 7, but preferably 8 or 9 hours of sleep on a regular schedule every night. This includes weekends.

**Exercise:** There is mounting evidence of the great benefits of exercise to concentration and attention, in addition to general mental health and cognitive function. You should exercise 30 minutes per day, five times per week.

**Diet:** Your brain needs food and cannot be expected to function adequately without it. You should be eating a healthy diet, heavy in fruits and vegetables with at least 3 meals per day – and breakfast is essential.

**Alcohol:** Excessive alcohol consumption, particularly binge drinking is not compatible with being a good student and having good concentration / attention needed as a student. It is recommended that if you can legally drink, you drink no more than the equivalent of 3 beers over the course of a week and that you never binge. The impacts of binge drinking continue for several days after the binging occurs.

**Drugs:** Use of any nonprescription drugs is not compatible with being a good student. Specifically, use of marijuana actually exacerbates attention and concentration difficulties as well as anxiety and mood/sleep disturbances. These problems persist after use.

Special thanks to Laura Knowles and Dr. Carver Nebbe, from the Thielan Student Health Center, for contributing this article.

Leadership & Service Center

This semester, we opened the Leadership & Service Center within the Student Activities Center. The center is a one-stop shop for all of your leadership and service needs. The center staff provide advice and consultation to help individuals and organizations to improve their leadership skills, plan retreats, create a vision and set goals, etc. We also house the leadership library and host staff from the Volunteer Center of Story County each Tuesday from 11am-2pm.

The Leadership & Service Center is located in the East Student Office Space, Office H inside the Student Activities Center on the first floor of the Memorial Union. It is open from 11am-2pm Monday -Friday. Students can set up an appointment at lscenter@iastate.edu or chat with us on our website at www.sac.iastate.edu/lscenter. Also, feel free to stop by during our open hours.

Announcement submitted by: Jamison Arends, Consultant Leadership & Service Center