

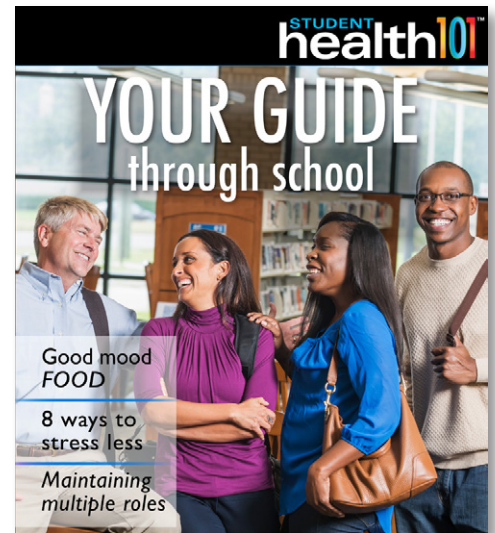
Parents, guardians,  
and supporters

# STUDENT HEALTH 101

monthly, interactive, evidence-based, surprising

## 6 student tips from our health & wellness magazine

- 1 Get active with friends and family: Accountability (not those neon sneakers) is what gets you to the gym.
- 2 Let go of the library...sort of. To remember what you're learning, switch up your study location from time to time.
- 3 Protein pancakes, protein bars, protein pizza? Americans eat twice as much protein as we actually need.
- 4 Suspect she isn't into that persistent colleague? Give her an easy out: "Your boss is looking for you."
- 5 Ask yourself, "Will I complete this assignment?" Musing on it for a minute is more effective than saying, "I'll do it."
- 6 For self-transformation, think 2% change: Small steps lead to big results.



## wellness survey



Your student is requested to complete the wellness survey in the Orientation issue of *Student Health 101*.

**They will be entered to win \$1,000!**



For tips that make the difference, your student can text the code below.

BEREA COLLEGE **STUDENT health101™**

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TEXT **BEREA** TO **40691**



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