Promoting Personal Health as a College Student

Name

Institution

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**Introduction**

Students in colleges are charged with numerous tasks and situations that they must undergo to become complete graduates. College students must study and perform well in their education, interact with others and participate in various activities like sports, music, and arts. All these things require the students to be healthy and well for them to perform well and maximize the learning experience. However, it does not work with most students in campuses as most of them live unhealthy and unbalanced lifestyles. Many of them do not have the complete set of healthy lifestyles, and as such always lack a certain aspect of their lives while in college (Seppälä, 2012). It is imperative for students to promote personal health in college if they are to achieve their goals and succeed in school.

What is health and who is healthy? Well, according to Donatelle (2013), health is the state of one being in a good mental, physical, and emotional condition that emanates from proper diet, exercise routine, and other relevant lifestyle modifications. A healthy person is one that has the above set of things. Personal health is important because it helps one progress towards a higher functioning level and achieves an optimum balance between their external and internal environments (Seppälä, 2012). Personal health is paramount to college students because it makes it easier for them to have academic success (Donatelle, 2013). As earlier mentioned, academic success forms a part of the core responsibilities of a college student and hardly is an easy task. One must take care of their bodies if they are to perform at their highest potential. Taking care of one’s body, hence one’s health, involves many components such as nutrition, exercise routines, sleep hygiene, prevention and cure of diseases, management of stress, mental health, and social relationships. It further entails proper living space, recreational activities, safety precautions, spirituality, and choices (Seppälä, 2012). Therefore, it is paramount that a student in college proceeds in various possible ways to achieve personal health.

**Nutrition**

As a student, it is perfect when one consumes good food that comprises of a balanced diet. Proper food intake consists of whole grains, lean protein, fruits and vegetables, healthy fats and dairy products. Most college students often eat bites and fast foods that are not healthy at all. Most of their meals consist of fats and many sugars that are not good for the body. Making healthy choices regarding the foods that one eats is a massive step in promoting personal health in campus. According to Donatelle (2013), many students are used to their parents picking out foods for them when they visit supermarkets and grocery shops. However, when they get to college they are left with the freedom to choose what they want to eat, and many students choose the unhealthy meals (Seppälä, 2012). Therefore, it is imperative that one selects healthy meals consisting of the components mentioned above. How one makes the selection matters greatly, and thus it is advisable that the student read diet and health magazine or journals to get insight on which foods they should eat (Donatelle, 2013). Whole grains are important because they give the brain and muscles sufficient energy and are an excellent source of vitamin B- as well as iron. Fruits and vegetables, on the other hand, benefit the eyes, boost the immune system, and strengthen the hair. Dairy products such as milk help maintain strong bones and teeth. Proteins help build muscles and fight infections, thus healing wounds.

**Exercise Routines**

A healthy life entails regular exercises, and thus it remains paramount that a student fits in their schedule at least thirty minutes for routine exercises daily. Students may select the type of exercise they feel comfortable with from a wide range of options such as walking, running, cycling, swimming or playing sports. Varying the activities that one engages in helps the students avoid getting injured, thus staying motivated and passionate for a long time. Students further get motivation from their training partners or instructors. Exercising is essential but it is difficult to maintain an exercising regime (Donatelle, 2013). Therefore, students in college must plan well their exercising routines, implement the plans, and stick the routine they have chosen. The exercises performed must include the building of strength and endurance. It remains of utter importance that students find time to exercise, stay encouraged, and avoid injuries as they partake in these activities (Seppälä, 2012).

**Sleep Hygiene**

The daily routines that face college students are far from what they had to experience when in high school. As a result, many college students struggle to have a proper sleep or maintain a functional schedule for it. The doctors insist that one must get a good sleep of eight hours. While this may not be possible for students in college, it is imperative that one sets an exact time for bedtime and stick to it as well as for getting up (Seppälä, 2012). Preparing in advance for tests and projects helps one avoid the late night stay-ups that bring worse effects than one does not study at all. Students must also be in a position to refuse social engagements and prioritize their sleep as such commitments easily make a student nocturnal (Donatelle, 2013). Sleep is crucial because it helps the body to repair and restore itself, and is very important for the college student because its deprivation causes a decrease in memory and efficiency in learning.

**Stress Management**

As stated in the preamble of the discussion, college involves many things and charges the students with numerous tasks. Therefore, students are subjected to inevitable stress, and they must acknowledge that for a fact and embrace it as part of their college lives. It often happens that the students wear down themselves because of stressful situations and allow these situations to pull them down completely (Seppälä, 2013). However, an individual must acknowledge stress as a part of life and take it positively (Donatelle, 2013). In fact, one must avoid being stressful over other things. It hardly means that one will fail or become less successful if they are faced with stressful situations. Therefore, one must avoid negative thoughts and destructive behaviors. Avoiding stress compliments mental health that is imperative as a component of personal health. Avoidance of the same helps keep a proper state of mind by avoiding mental illnesses such as depression, substance abuse, and anxiety as well as bipolar adjustments (Seppälä, 2012).

**Social Relationships**

A college is unity because it has many people from various backgrounds. A student needs to maintain healthily and vitalized relationships with others by interacting with the vast, diverse people (Seppälä, 2012). The development of quality social relationships is an essential compartment of personal health and the wellness of one. In as much as academics is the core of one being in college, it is equally well for one to have social interactions and learn from the same (Donatelle, 2013). It is healthy to learn people and share moments with them as it brings joy and happiness, which is good for the entire body.

**Conclusion**

College students must study and perform well in their education, interact with others and participate in various activities like sports, music, and arts. All these things require the student to be healthy and perform well to maximize the learning experience. Students are subjected to many things that may make it hard for them to keep healthy lifestyles. However, that should not be the excuse for one leading an unhealthy way of life, and thus the student should partake to have a proper diet, maintain social interactions, and maintain spiritual health and exercise to live a healthy life in college. A healthy lifestyle makes the students easily perform all the functions and tasks that they are engaged in at college.

References

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