



October 2023
NEWSLETTER

Healthy Hacks

College life is hectic, and there does not seem to be enough hours in the day to always be thinking of ways to be healthy. Here are some quick healthy hacks you can add into your schedule to ensure you are being your healthiest self:

GETTING MORE MOVEMENT: Take the stairs more often than taking the elevator. Get more movement by biking, walking, or parking further away from your classes/dorm. Wear comfortable shoes throughout the day (it is easier to get more movement when your feet are comfortable!). Do squats or lunges while brushing your teeth.

GENTLE AND BALANCED NUTRITION: Keep fruit or fruity snacks on or near your desk while you study such as apples + peanut butter, grapes, dried fruit, or fruit leathers. Set a reminder on your phone or smartwatch to drink water or carry a reusable water bottle with you. Choose whole wheat bread instead of white. Not a fan of whole wheat? Try Sara Lee's white bread made with whole grains or have one slice of white bread and one slice of whole wheat bread for your sandwich. Toss veggies into a blender for added nutrients in your smoothies.

STUDYING/SLEEPING: Take breaks to stretch and breathe to help reset your focus. Take a walk around campus or sign up for a rejuvenating yoga class to refresh. Set a time limit for social media use. Social media can take up time and even become a distraction; set boundaries for social media so you can free up more time for healthy activities. Power down at night. Light from our devices delays the release of melatonin, the hormone responsible for regulating our sleep-wake cycle; try reading a book or listening to some calming music if you do not feel sleepy right away.

FOR MORE INFORMATION PLEASE CONTACT:



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Apple Pie Overnight Oats



PREP TIME: 12 hours and 4 minutes
YIELD: 4 servings

INGREDIENTS

- 2 cups old-fashioned oats
- 1 2/3 cups unsweetened almond milk
- 2/3 cup apple pie filling, chopped into small pieces
- 1/3 cup nonfat plain Greek yogurt
- 3/4 teaspoon ground cinnamon
- 1/4 cup low-fat granola cereal

INSTRUCTIONS

1. Combine oats and almond milk until well-mixed. Cover and place in refrigerator for at least 12 hours or overnight.
2. Add apple pie filling, yogurt, and cinnamon to oat mixture. Stir to combine.
3. Place 1 cup apple pie oats into a bowl or glass.
4. Top with 1 tablespoon granola.

NOTE: Parfaits can be prepared up to 48 hours ahead if desired.

NUTRITION FACTS: 1 Cup

Cal.	Cal. Fat	Tot. Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
240	45	5g	0.5g	0g	0mg	100mg	42g	5g	12g	8g

2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutritional information available upon request.



This product contains:
MILK
TREE NUTS
SOY
GLUTEN