



# SLEEP, EAT & EXERCISE (SEE)

A majority of college students fall short of meeting the recommendations for physical activity, nutrition, and sleep (NCHA, Spring 2015). Sleep, Eat & Exercise gives students permission to spend some time taking care of their bodies, encourages them to set personally relevant and reasonable behavioral goals, and helps them understand how doing so supports their mental health, academic success, and overall wellbeing.

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## COURSE OBJECTIVES

- Evaluate perceptions of what is healthy and the factors that influence your ability to be healthy.
- Assess current eating, sleeping, and exercising patterns.
- Identify key barriers that prevent you from meeting physical activity, nutrition, and sleep recommendations.
- Evaluate the pros and cons of making behavioral and/or environmental changes in order to modify your current physical activity, nutrition, and sleep patterns.
- Assess one's readiness to change physical activity, nutrition, and sleep patterns.
- Work toward improved physical activity, nutrition, and sleep according to your current stage of change.

## COURSE THEMES

### Understanding health & wellness

What is healthy, anyway? Health information is all around us, but it can be hard to decipher fact from fiction. Students are encouraged to be critical consumers and to view health from a holistic perspective that promotes overall well-being.

- Defining health through eight dimensions of wellness
- Understanding internal and external factors affecting health, with emphasis on lifestyle choices
- Encouraging healthy body image and self-compassion
- Identifying credible sources of health information

### Making behavior changes

Behavior change can be challenging. Students not only learn about the change process and strategies for creating effective, long-lasting change, but also have the opportunity to apply their learning through experiential assignments that build their self-awareness and self-efficacy.

- Understanding the Stages of Change
- Assessing personal behaviors and readiness to change
- Effective goal-setting
- Tips for overcoming common barriers
- Relapse prevention

### Time management

A commonly cited barrier to getting adequate sleep, eating healthfully, and exercising is perceived lack of time, and many students struggle to manage their time effectively.

- Clarifying values and priorities
- Tips for effective time management
- Understanding procrastination and strategies for addressing it
- Mindfulness

### Nutrition

Students learn about the function of key nutrients and how good nutrition fuels our bodies and affects our health.

- Healthy eating patterns and recommendations
- Cultivating a healthy relationship with food
- Mindful eating

- Tips for making healthy food choices
- Cooking demonstration videos

### Physical activity and exercise

Students are encouraged to move more by trying new things to find activities they enjoy and doing things they already do in more active ways.

- Benefits of physical activity and risks associated with a sedentary lifestyle
- Physical activity recommendations
- Components of physical fitness
- Principles of exercise training
- Demonstration videos

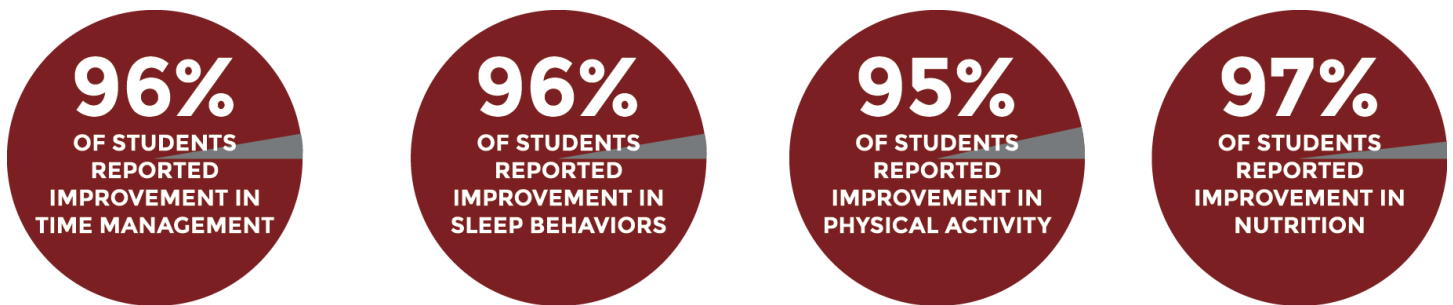
### Sleep

Sleep matters! It's not indispensable. Students learn about what happens during sleep and its impact on many dimensions of wellness.

- Sleep recommendations
- Factors that affect sleep and strategies for getting good sleep
- Short and long-term outcomes of poor sleep
- Common signs of a sleep disorder

## COURSE DATA<sup>1</sup>

After taking the course,



<sup>1</sup> 2014 course evaluation data from the U of MN's Office of Measurement Services

### STUDENT QUOTES

*"The main strength was how the topics in this course all tie together and directly affect your life."*

*"The course was a very helpful way for me to get motivated to make some positive changes in my life."*

*"Even though this course is coming to an end, my motivation to continue to live a healthier lifestyle will continue on."*

*"I have a better understanding of the necessity of effective sleep. This is the first semester I did not pull an all-nighter. My improved sleeping pattern allowed me to concentrate better in classes."*

*"I feel like the course provided me with many ways to be overall happier and healthier."*

*"I have gained a lot of valuable knowledge about how I can implement successful changes into my life to improve my health."*

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