



« [11/1: Pet blog: Expect dogs to eat weird things, like golf balls](#)
[11/4: Relationship blog: Long distance relationships can work](#) »

11/3: Health blog: Healthy steps to a healthy lifestyle



By Jennifer Brown/Online Reporter

Students living on campus may find it easier to exercise than those which commute to their classes. A healthy diet and fitness are two important items for each person to include on a daily or weekly basis. This will keep the heart strong and ensure a healthy lifestyle.

On EIU's campus, there are many ways to take advantage of this.

Step One:

One is simply to walk to class. From one end of the campus to the other is about 30 minutes.

Step Two:

Another good place to go is the [Rec Center](#) located in Lantz Arena. The gym is there for you to use, and all you have to do is show your Panther card.

Step Three:

Third, if you have a good bike lock, bring your bike to campus. Charleston isn't that big and your bike could help you get around town. There are, of course, other options that you can do such as roller blades, skate boards, and the list goes on.

Step Four:

So how do you eat healthy on Eastern's campus? The [dining halls](#) offer foods that are fried or don't seem very healthy. Some dining halls do offer salad bars, such as Thomas, Carman and Taylor. The Union Food Court has Subway, and if you want to avoid fried foods, then they also have salads in the cooler. You'll also find fruit and yogurt in the Union.

Step Five:

If you take the shuttle to Walmart, some [healthy snacks](#) might be quaker snacks, animal crackers, or even yogurt. Also, bananas and cheese will give you energy to get things done. Baked chips are healthier than fried chips, and pretzels are healthier than Pringles. Granola bars are another healthy snack over fruit rollups or pop-tarts. The sugar in these two items are really high, and with granola bars you can buy them with less sugar in it.

Step Six:

Finally, sleep is essential to eating healthy and getting enough exercise. It's recommended to get eight hours, but we're all college students. How many of us get a full eight hours each night? Each morning, wake up and eat a good breakfast, followed by a healthy lunch and dinner. If you follow each of these steps, then you're on your way to living a healthy lifestyle.

This entry was posted on Monday, November 2nd, 2009 at 5:29 pm and is filed under [Health](#). You can follow any responses to this entry through the [RSS 2.0](#) feed. You can [leave a response](#), or [trackback](#) from your own site.

2 Responses to "11/3: Health blog: Healthy steps to a healthy lifestyle"

Anonymous Says:
[March 25th, 2010 at 7:32 pm](#)

If you wrote this article urselfe, it's pretty well written.

Latisha Says:

April 7th, 2010 at 2:03 pm

GREAT site , never thought of it like that[SEO Melbourne](#)Seo Melbourne

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