



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

RU Fueled for Fitness?

As busy college students, it is easy to put physical activity on the back burner. Eating a balanced diet is a great start to a healthy lifestyle, but it is only part of the equation. Staying active is just as important! Current guidelines suggest aiming for at least *two and a half hours* of physical activity per week—that’s about 20 minutes a day. Staying active may help you manage stress, sleep better, and improve your mood, energy, and heart health. Read below to find out how to fuel your body, crush your workouts, and feel great doing it!

Pre-Workout

Fuel your workouts by eating 1-4 hours beforehand to give your body the energy it needs. Be sure to include carbohydrates—they are your body’s go-to fuel source. Here are a few easy pre-workout snack ideas:

- A banana and half of a bagel with low-fat cream cheese
- Plain, low-fat Greek yogurt with berries and granola
- Oatmeal with low-fat milk and fruit

Participation in all four key types of exercise is recommended: endurance, strength, balance, and flexibility. Busy schedule? No problem! Even small bursts of activity throughout the day can add up. Discover fun and easy ways to get active below, and don’t forget to visit the on-campus rec centers for free workout classes!

Endurance

Endurance exercises get your heart pumping and build stamina. Try:

- Getting off the bus one stop early
- Going for a brisk walk or jog
- Dancing
- Swimming
- Biking



Strength

Strength training builds muscle, improves posture, and supports bone health. Try:

- Pushups
- Sit-ups
- Lifting weights
- Squats



Balance

Practicing balance improves coordination and sports performance. It can help prevent falls or injuries. Try:

- Walking backward
- Standing on one leg
- Walking heel-to-toe
- Pilates



Flexibility

Flexibility helps to prevent injury, improve mobility, and aids in post-workout recovery. Try:

- Touching your toes
- Side stretches
- Yoga exercises
- Lunges



Post Workout

Aim to refuel within an hour of completing an intense workout. Focus on combining carbohydrates and protein to help your tired muscles repair and recover. Try:

- Low-fat chocolate milk
- Turkey on a whole grain wrap with vegetables
- PB&J on whole wheat bread

Don’t let the buses be the only things moving on campus!

Revised By: Melanie Soto

Exercise for Mental Health Available at: <https://pmc.ncbi.nlm.nih.gov/articles/PMC1470658/> Accessed on November 11, 2024.

Four Types of Exercise Can Improve Your Health and Physical Ability Available at: <https://www.nia.nih.gov/health/exercise-and-physical-activity/four-types-exercise-can-improve-your-health-and-physical#:~:text=Research%20has%20shown%20that%20it's,boredom%20and%20risk%20of%20injury>

Accessed on November 11, 2024. Adult Activity: An Overview Available at: <https://www.cdc.gov/physical-activity-basics/guidelines/adults.html> Accessed on November 11, 2024.

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