

NEED FUEL FOR FINALS?

There's an apple for that.



**Skip the candy and satisfy your sweet tooth
with an apple!**

Not only will this fiber packed snack provide you with more steady energy than a candy bar, it also contains high levels of quercetin, an antioxidant that can help support memory!



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THINK STRAIGHT WITH 8!

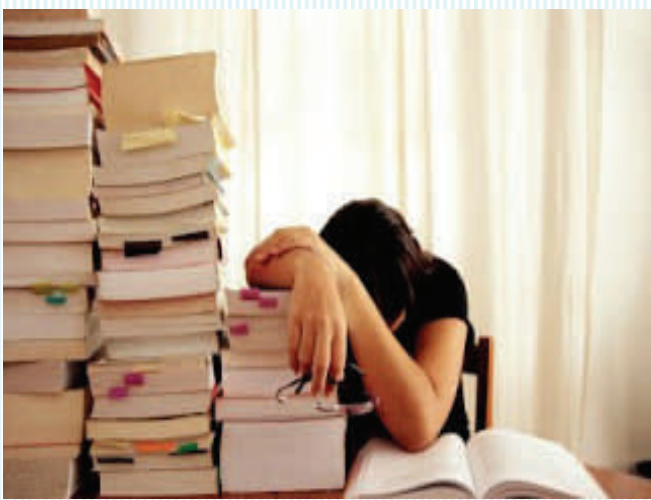
Getting 8 hours of sleep a night can:

help you stay focused and alert

make you less irritable

boost your immune system

make study sessions more productive



Staying up all night to cram can:
-interfere with focus & attention-
-diminish functioning & performance-
-block new info from being stored as
long-term memory-

Tips to get more sleep:

1. Skip the caffeine after 2pm
2. Make a detailed study schedule
3. Set an alarm, when it goes off start getting ready for bed
4. Reduce screen time one hour before bed
5. Cut back on long naps during the day



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FINALS DRIVING YOU CRAZY? GO NUTS!



Nuts provide the brain with healthy fats, protein and antioxidants.

Grab a handful to snack on during study sessions to keep you focused and alert!

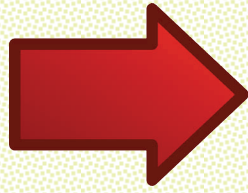


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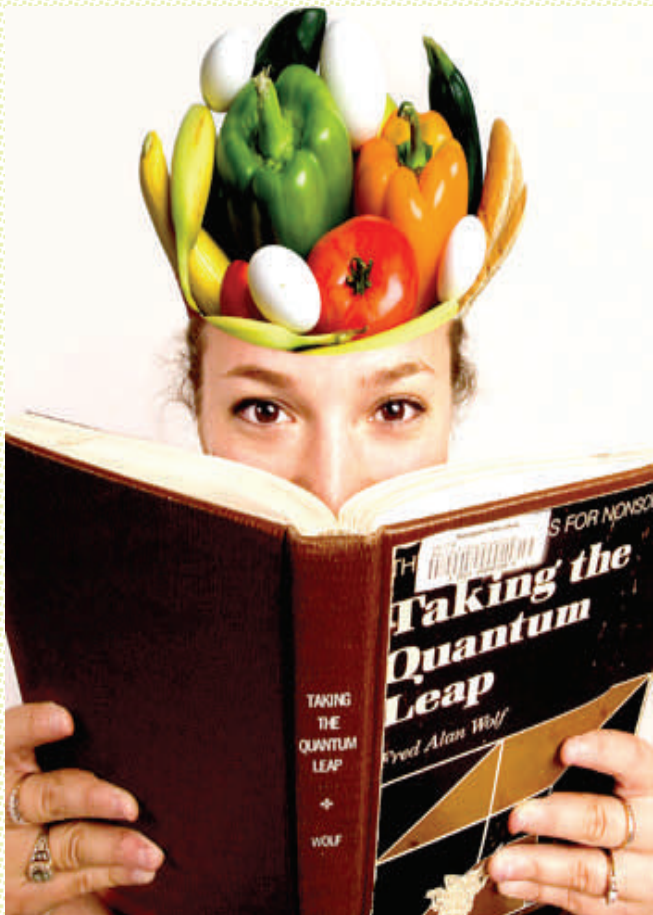
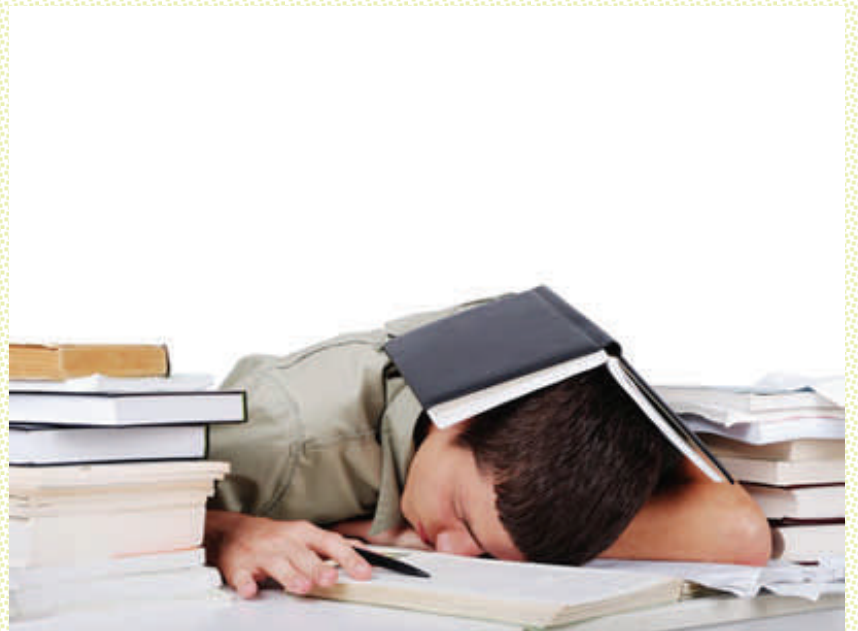
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*FRIED
FOOD*



*FRIED
FOCUS*

Fried foods, high in saturated or trans fat, can leave you feeling sluggish & tired!



Get the energy you need: swap chips, fries, cheese and chicken tenders for fruit, veggies, hummus or grilled chicken.



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QUICK EXERCISE FIXES

**Don't have time for the gym during finals?
Follow some of these tips to stay active,
reduce stress, and rejuvenate your brain!**

- When you're stuck in the library or campus center take a walk--and use the stairs
- Do wall sits while reading
- Stretch during study breaks
- If it's nice out, take a 10 minute walk or jog outside
- YOUTUBE—find a 10 minute cardio, yoga, or pilates video (most can be done in your room)
- Use your heaviest textbook as a weight for strengthening exercises



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CANDY CRAVING?

BEAT THE SWEET!

Sugar from candy or soda spikes your blood sugar, leaving you feeling tired and hungry for more.



Snack on grapes, baby carrots & salsa, or apples/ celery & natural peanut butter.

These snacks contain fiber, which will provide you with steady energy to keep you focused throughout the day!



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1. Which is great fuel for your brain?

- A) Salmon
- B) Blueberries
- C) Leafy Greens
- D) Oatmeal
- E) All the above**



Boost your brain power by incorporating these nutrients into your daily diet!

- A) Omega-3 fatty acids → help with memory and brain functioning
Food Sources: salmon, almonds, walnuts, pumpkin seeds
- B) Antioxidants → support brain cell communication
Food Sources: salmon, walnuts, blueberries, carrots, oranges, strawberries, cranberries, sweet potatoes, 60% dark chocolate
- C) B-vitamins → involved in cognitive functioning & energy metabolism
Food Sources: leafy green vegetables, eggs, kidney beans
- D) Whole grains → the brain's primary food source
Food Sources: whole grain pasta, bread, brown rice, oatmeal



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