Campus Safety Walk
Sponsored by University Police and Intercultural Affairs
September 14, 2011 — 8:00 p.m.
Intercultural Center, 3rd Floor UC

Staying Healthy

Probably one of the most important things to your success this year, that you could potentially overlook, is staying healthy. Being healthy and active not only will improve your life personally but it will also improve your life academically. This concept of staying healthy means a huge variety of things that some of you may have never even thought of. There is always the going to the University Recreation Center (http://www.wcu.edu/26214.asp) to exercise in order to stay healthy, but staying healthy also means making healthy choices. Some of those choices could be going to bed at a reasonable time and getting your 8 hours of sleep every night, or getting your homework done long before it’s due so that you don’t stress yourself and have to pull all nighters, or it could mean creating a calendar for yourself that has allotted time for academics and social activities. So staying healthy is more than just working our body out, it is also relaxing your mind and staying stress free, which also goes back to enjoying your time here at Western. This University is an amazing place and I guarantee that if you stay healthy in all facets of the meaning, then you will have an amazing experience here and you will fall in love with this institution!

My Best,
Scott Lundgren
Graduate Assistant for First Year Experiences

For more information about resources, networks, academics, and more – visit the First Year Experience Website – and also be a be a regular on the FYE News page!