

# How to Promote a Healthy Campus Culture

If you are in a leadership position on campus, you have a unique opportunity to help other students *eat well, be active, and feel good about their bodies*. Through programs or outreach events, individual peer interactions, group meetings, written materials, and role modeling, you can help deliver positive messages about food, eating, exercise, stress management, and body



talk. Even if you're not in a leadership position, what you do and what you say around your friends and peers can have a powerful impact on how they relate to food and their bodies.

To help promote a healthy campus culture and reduce the negative impact of eating disorders, disordered eating, obesity, and size prejudice, try to communicate the key messages below.

In addition, consider getting involved in **International No Dieting Day** on May 6<sup>th</sup> of each year. Email the **Bruin Resource Center** for more information.

## *Key Messages:*

- Healthy and fit Bruins come in all shapes and sizes. Challenge size prejudice.
- Enjoy your food. Food is fuel for optimal mental and physical performance. Take time to eat regularly, typically three meals every day with snacks in between if needed.
- Respond to your body's internal signals of hunger and fullness—eat when you are physically hungry and stop when you are physically full. Be conscious of eating when you are not hungry and identify alternative outlets other than food.
- Avoid labeling foods as "good" or "bad" and view them as fuel for your body. Your favorite foods can fit into a balanced, healthy eating plan.
- Live actively, in your own way, each day. Focus on the pleasure of movement and its health and energy benefits.
- Don't overdo it. Too much exercise, like too much of anything, can hurt rather than improve your health and performance.
- Moderate, fun physical activity can fit into busy college life.
- Take time in your busy day to relax and relieve stress.
- Check your attitude. Give yourself the positive messages you deserve.