A healthy body maintained by good nutrition, regular exercise, the avoidance of harmful habits, informed and responsible decisions about health, and medical assistance when necessary.

Physical wellness requires a well-balanced diet, plenty of physical activity and exercise, proper weight maintenance, sleep, avoidance of risky sexual behavior, limited exposure to environmental contaminants, and restricted intake of harmful substances.

National Sleep Foundation Sleep Recommendations

- Children (age 6-13): 9-11 hours
- Teenagers (age 14-17): 8-10 hours
- Adults (age 18-64): 7-9 hours
- Older Adults (age 65+): 7-8 hours

Benefits of Regular Physical Activity:
- Improve mental health and mood
- Reduce risk of cardiovascular disease
- Strengthen bones and muscles
- Help maintain healthy weight

Fruits:
Focus on fruits.
- Eat a variety of fruit.
- Chose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices.

Vegetables:
Vary your veggies.
- Eat more green dark veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

Physical Activity
Find your balance between food & physical activity.
- Be physically active for 30 minutes most days of the week.
- Children and teenagers should be physically active for 60 minutes everyday or most days of the week.

Milk:
Get your calcium-rich foods.
- Go low-fat or fat-free
- If you don’t or can’t consume milk, chose lactose-free products or other calcium sources.

Grains:
Make at least half your grains whole.
- Eat at least 3 ounces of whole grain bread, cereal, rice, or pasta everyday.
- Look for the word “whole” before the grain name on the list of ingredients.

Oils:
Know your fats.
- Make most of your fat sources from fish, nuts and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard.

Meats & Beans
Go lean on protein.
- Choose low-fat or lean meats and poultry.
- Bake it, broil it or grill it.
- Vary your choices with more fish, beans, peas, nuts, and seeds.

For more health and wellness information visit: www.ndsu.edu/studenthealthservice

Source: ChooseMyPlate.gov