Physical wellness is about making positive choices to maintain a healthy body: from engaging in regular physical activity, sleep, eating nutritious foods, drinking responsibly, and routinely visiting your healthcare providers for regular check-ups.

- Move your body 3 times a week
- Use the stairs whenever possible
- Get consistent and adequate sleep
- Cut smoking and vaping out
- Reduce alcohol intake
- Balance your activities to avoid unnecessary physical stress
- Practice safe sex

**SPRING CLEANING CAN LOOK LIKE...**
- Unfollowing negative accounts
- Putting down your phone
- Turning off notifications
- Deleting old contacts
- Unsubscribing from junk mail
- Posting less

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**ON A ROLL**

April Notices and Events:

**Sexual Assault Prevention Month**
Check out @ndsuvpes on Instagram to learn and support survivors on campus.

**April 2nd-5th**
- Spring Recess | No Classes

**April 7th**
- Think...#BudgetBoss
  12:00-12:45 pm CST
  (Zoom link sent via listserv)

**April 13th**
- unThink...Mindfulness & Gentle Stretching
  12:30-1:00pm CST
  (Zoom link sent via listserv)

**April 14th**
- Think...Dealing with Debt
  12:00-12:45 pm CST
  (Zoom link sent via listserv)

**April 27th**
- unThink...Mindfulness & Gentle Stretching
  12:30-1:00pm CST
  (Zoom link sent via listserv)