Health Benefits of Being Outside

- Less stress and anxiety
- Improved focus
- More energy
- Stronger immune system
- Increases overall mood

Summer Safety Tips

- Stay hydrated
- Use sunscreen
- Use bug spray
- Don't drink and drive
- Wear sunglasses
- Limit sun exposure
- Know the signs and symptoms of heat exhaustion

Outdoor Activities

- Picnic
- Go on a hike
- Water balloon fight
- Read
- Bike ride
- Swimming
- Yoga
- Walk in the park

ON A ROLL

Promoting well-being at NDSU

Studying Tips For Finals

- Quiz yourself
- Take breaks
- Stay well-rested
- Create your own study guide
- Prioritize your study time
- Study for the style of the exam

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