Healthy Lifestyle

According to World Health Organization (WHO), health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. It is essential to maintain a healthy lifestyle in order to gain a balanced university life.
Healthy Diet

- Consumes the **right amount of calories**, without too much fat, sugar, salt, or alcohol.

- Set **regular eating time** and proportion for the daily three meals. When eating, chew slowly and enjoy the mealtime.

- If hungry in between meals or staying up for study, have **healthy light snacks** to boost blood sugar level.

- Base the meals on **starchy food** including potatoes, cereals, pasta, rice and bread, preferably wholegrain.

- Reduce consumption of saturated fat, trans fats, and preserved food, *e.g.*, red meat, sausages and luncheon meat, baked, fried or barbecued food, and whole milk dairy products.

### Basic food groups and the suggested servings

- **Fats, Oils and Sweets** use Sparingly
- **Milk, Yogurt and Cheese Group** 3 Servings
- **Vegetable Group** 3 Servings
- **Fortified - Cereal, Bread**
- **Meat, Poultry, Fish Dry Beans and Nut Group** 2 Servings
- **Fruit Group** 2 Servings
- **Rice and Pasta** 6 Servings
- **Water** 8 Servings

- **+ Calcium, Vitamin D, Vitamin B-12 Supplements**
Healthy Exercise

Regular physical activity is important to physical and mental health. While you may know about the importance and benefits of regular exercise, you may find it hard to carry out in your daily life. Here are some tips on how to start and maintain doing exercise.

- Look for **small ways** to add activity to the day and choose a **convenient time period**, like taking the stairs instead of the elevator, going on a short walk during study break, or stretching the body before and after sleep.

- Setting up a schedule for exercise with **at least three times every week**. Highlight the exercise plan and mark down our goal for exercise. Share with friends or join in a club or team.

- Choose activities that are **fun and diverse**.

Healthy Sleep

- Most adults need **seven to eight hours** of sleep each night, in order to wake up feeling refreshed, energetic, and free from tiredness and tension.

- Go to bed at the **same time every night** and get up at the **same time next morning**. Establish a **bedtime “ritual”** by doing the same things every night for an hour or two.

- Take a warm bath or shower before going to bed. A **quiet, dark, and cool environment** can promote sound sleep. Exercise daily, but avoid strenuous activity before bed.

- Eat on a regular schedule and avoid a heavy meal before bedtime. **Avoid caffeine, nicotine, and alcohol**. Try a small snack before sleep or if awaken in the night.

- **Don’t worry** about being unable to fall asleep or the duration of sleep, especially when trying to fall asleep. Do NOT rely on sleeping pills. Avoid “sleeping in”.
Healthy Leisure

- Leisure activities help to **gain sense of control, reduce stress, and protect wellness.**

- We can create our own list, *e.g.*, music, movies, social activities, sports, meditation and outdoor activities.

- **No more guilt.** It is necessary to take time out for yourself. Keep in mind that it enhances your body and mind.

- **Dare to try.** Stay curious!

- **Just for fun, not for tasks.** When we enjoy the leisure time, do NOT turn the activity into a task or competition.

- Start from now, count for enough. Find some activities in your mind for long, take action to start or continue. Allow yourself **at least four hours every week** to enjoy the time.

![Let's have fun](image)

Online Self-help References:

World Health Organization  [http://www.who.int](http://www.who.int)
Health Zone - Central Health Education Unit, Department of Health, HKSAR  [http://www.cheu.gov.hk](http://www.cheu.gov.hk)

Professional Help-seeking

The University provides professional counseling services for undergraduate and postgraduate students. You may check out the profiles of our Student Counselors on our webpage and make an appointment with them online. Two weeks' advance booking is allowed. Please be reassured that all sharing and discussion during counseling sessions will be strictly confidential.

Counseling and Wellness Center

http://counsel.ust.hk  
Room 5003 (via lift 3)  
Email: counsel@ust.hk  
Tel: (852) 2358-6696