Regular activity and mindful eating habits help you feel and function at your best. Sustaining a healthy lifestyle looks different for everyone. Nourish your body in a way that makes you feel good. Physical appearance does not define health!

Treat yourself and others with respect. Build a body-positive space:

• Avoid body shaming yourself or others.

• Be a supportive, trustworthy friend.

• Focus your compliments on someone’s character, instead of looks. Comments – positive or negative – that call attention to others’ appearance and eating and exercise habits imply that looking a certain way is “better” or “healthier” than another.

NUTRITION TIPS

Fuel yourself with regular meals, nourishing snacks, and water throughout the day.

Prioritize sitting down for meals and take a mental break from screens and schoolwork. Use this time for socializing with friends, reflecting, or listening to a podcast.

Pay attention to your body’s signals: eat when hungry and stop when full and satisfied.

Aim for a balanced plate of nutritious foods that make you feel energized. Try for a colorful mix of protein, carbs, and fats.

ACTIVE LIFESTYLE

Moving your body releases endorphins and can help you feel strong and confident. Being active looks different for everyone – find what you like to do and what makes you feel good.

You can get your heart rate up by walking with a friend or joining an intramural sports team.

RESOURCES

UVA Office of Health Promotion
For nutrition counseling with a dietitian or education with a trained Peer Health Educator (PHE), call (434) 924-1509.

Maxine Platzer Lynn Women’s Center
For body positive education, advocacy, and support services, including eating disorder screenings, call (434) 982-2252 and follow @UVABodyPositive on Instagram.

Teaching Kitchen
Hoo’s Cooking offers nutrition education and culinary classes to build skills and knowledge in food preparation, budgeting, and nutrition. Check it out here:

TimelyCare
TimelyCare offers free, 24/7 virtual counseling and mental health support sessions. Download the TimelyCare app or visit timelycare.com/UVA.

78% of UVA undergraduates exercise or do physical activity to feel better during challenging times.*

*From the March 2021 Spring Health Survey with responses from 607 UVA undergraduates.