

LIVE WELL LEARN WELL

YOUR HEALTH & WELLNESS IS A
CRITICAL ASPECT TO ACADEMIC
SUCCESS!

Why wait until an illness stops you in your tracks? Here are a few tips and resources to prevent the germs from getting you down (and for a speedier recovery if you do get sick)!

Move it!

Regular physical activity increases memory & energy, improves sleep & focus, and can help regulate mood and stress. Start with whatever seems manageable - - even a 10-minute walk can be helpful! In time, try to work up to 20-30 minutes three times a week.

Eat Well

Eating a balanced diet gives your brain and your body the vitamins and minerals needed to stay well. Start your day with breakfast and try adding a piece of fruit or colorful veggie to each meal.

Did You Know?

Research has shown that eating in the a.m. increases academic performance (memory and attention)!

Get Your Zzz's

Aim for 7-8 hours of sleep per night. Getting enough quality sleep can help protect your mental health, physical health, & quality of life. Trouble sleeping? Blitz StudentWellnessCenter@dartmouth.edu to schedule a wellness check-in.

Did You Know?

Research has shown that a good night of sleep is more beneficial for learning than staying up late cramming!

Meet with your PCP

Connecting with a **Dick's House Primary Care Provider** is a great way to stay on top of your health. PCP appointments are FREE & CONFIDENTIAL for enrolled students. Go to <https://students.dartmouth.edu/health-service/> for more info or to make an appointment.

Dick's House offers the following services:

Get your flu shot! Increase your chances for avoiding the flu by scheduling your **Free Flu Shot @ Dick's House!** - Oct 25, 29, & 30

Medi Quick a two-hour open booth from **12:00-2:00 pm** at **'53 Commons**, every **Thursday**. Refill prescriptions, have a Q&A with a provider, or get help scheduling appointments.

Labs and X-Rays a wide range of x-ray & laboratory services, including routine blood testing

Happy Hours STI screenings where you live & play! Bring providers from Dick's House & Sexperts to your group for an in-house testing event. Get all your sexual health questions answered! Blitz sexperts@dartmouth.edu for more info.

Allergy Clinics support in managing your allergy symptoms and/or medications.

Did You Know?

The average Dartmouth student visit's Dick's House about 5 times during their time at Dartmouth.

