**WEEK 2 TIPS**

**Tips to Fit in More Fruits and Vegetables**

- **Plan**
  - Think about when it’s easiest to fit fruits or vegetables into your day
  - Purchase your favorites in amounts you know you can eat
  - Convenience is OK if needed—buy fresh already cut up or frozen vegetables for quick snacks or meal add-ins
  - Save money by buying what’s on sale or in season (see Week 3 Tips)
  - Stock your room or kitchen with several of your favorite fruits and veggies

- **Keep Handy**
  - Prep ahead on weekends: cut up fresh veggies, make a large salad or try oven roasting large batches of veggies (can be eaten cold or reheated or added to other dishes)
  - Store produce in the most visible spot possible—middle shelf of refrigerator or on the counter
  - Place fresh fruit, baby carrots, sliced cucumber, grape tomatoes or other cut up veggies on your desk or table when studying; add some hummus or Greek yogurt dip to make them tastier!
  - Carry dried fruit or applesauce packets for a quick snack
  - Freeze grapes, berries, bananas and have as a refreshing snack on a hot day—or eat in place of ice cream!

- **Eat First**
  - Start your day with fruit or veggies at breakfast: energizing and delicious! Sweeten oatmeal, cereal, yogurt or toast with fruit. Make a fruit and veggie loaded smoothie. Add veggies to eggs, top eggs with salsa or toast with tomato
  - Eat a salad or other vegetable before your meal—or as you’re cooking

- **Add**
  - Identify where to find fruits and veggies in the dining halls—put them on your plate first!
  - Double the amount of veggies called for in a recipe—this works well for most casseroles, soups, pastas
  - Add veggies to your favorite meals—add extras to sandwiches or wraps, throw cooked vegetables into soup (canned or in dining hall), cook frozen vegetables with pasta/noodles top with sauce or cheese

More tips at: [Fruit & Veggies: More Matters](#) and [How to Eat More](#)

Check out the FIT In Four Recipes [HERE](#)!
Finding the Motivation to Exercise

- Exercise is for enjoyment; pick activities you like!
- Be flexible with yourself and try a variety of activities
- Feel the power; celebrate the strength and sense of well-being that comes from movement
- Prioritize it by scheduling it on your calendar/planner
- Wear or keep a pair of shoes for active activities
- Wear comfortable clothes suitable for your activities
- Maximize safety and comfort by finding the right equipment and environment

Ways to Move More

- Listen to a podcast, review class notes, or watch a favorite show while going for a walk or using cardio equipment at any of the on-campus rec facilities or residence hall fitness centers (Mayflower, Currier, Catlett and Hillcrest)
- Sit on an exercise ball or air disc or stand instead of sitting in a chair
- Schedule regular exercise breaks or set reminders to stand up or stretch (e.g. Stand App phone app)
- Stand/walk around while you talk on the phone or use a restroom on another floor
- Shop in a store instead of online; stand or walk in place while shopping online
- Plan a weekly meet-up with friends while doing some type of activity like walking, yoga or spin class
- Go to an exercise class at the Field House or CRWC
- When gaming, choose more active games like charades or active video games
- Take activity breaks while watching TV (stand up, march in place, perform body weight exercises, or perform a household chore like folding laundry)
- Stretch in the morning, before bed, to take a study break, or all three!
- Cook your meals at home instead of ordering out
- Grocery shop with a basket instead of a cart; bring in grocery bags one at a time
- Clean your house more frequently; wash dishes by hand instead of using the dishwasher
- Use a fitness phone app (like Sworkit, Workout Trainer, Nike Training Club) for exercise ideas you can do anywhere
- Walk/bike/board to class, work and meetings when possible
- Park and walk into a restaurant/coffee shop/store instead of using the drive-through or online pick-up