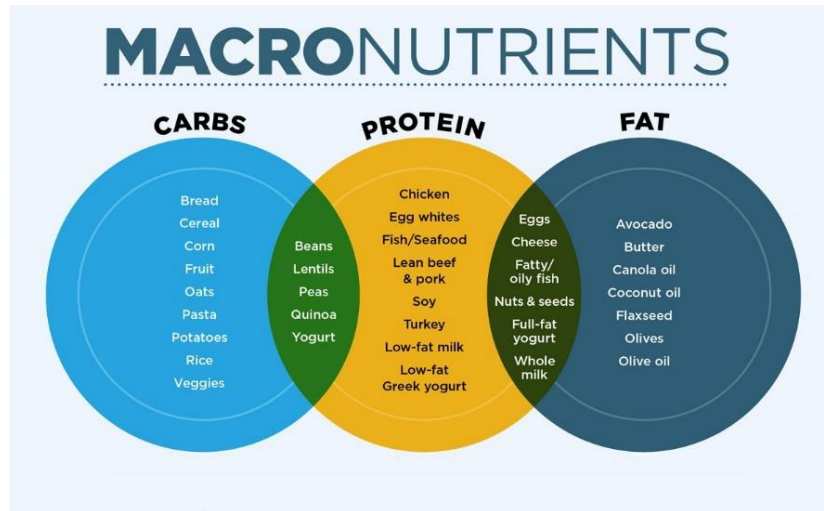


HEALTH & WELLNESS FOR THE COLLEGE STUDENT

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NUTRITION



Benefits of each Macronutrient:

Carbohydrate: main source of energy for several body tissues and the brain. 50-60% of daily calories

Protein: Help with growth, development, repair, and maintenance of body tissues. 15-30% of daily calories

Fat: Help with hormone production, cell growth, energy storage, and absorption of important vitamins. 20-30% of daily calories



Physical Activity

Types of Physical Activity

Aerobic - light to vigorous-intensity physical activity that requires more oxygen than sedentary behavior and thus promotes cardiovascular fitness and other health benefits (e.g., jumping rope, biking, swimming, running; playing soccer, basketball, or volleyball).

Anaerobic – intense physical activity that is short in duration and requires a breakdown of energy sources in the absence of sufficient oxygen. Energy sources are replenished as an individual recovers from the activity. Anaerobic activity (e.g., sprinting during running, swimming, or biking) requires maximal performance during the brief period.

Benefits of Physical Activity:

Regular physical activity reduces your risk of: dementia by 30%, depression by up to 30%, cardiovascular disease by up to 35%, and all-cause mortality by 30%.

Physical activity also helps with maintaining a healthy weight, strengthens bones and soft tissues in the body, improves heart and lung function, helps with sleep and mental energy.

