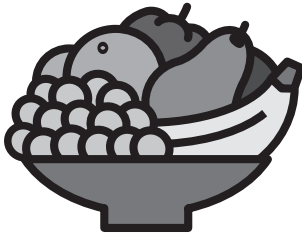


HEALTHY BODY, HEALTHY MIND

When you are

- well nourished
- fit and alert
- relaxed and well rested

your mind is sharp and you study at your best.



The secret is to stimulate both the body and the mind

- they must be in harmony.

Exercise is vital because it

- allows both adrenalin and endorphins to be released which enhance concentration
- improves sleeping patterns
- breaks the study routine and reduces tension
- improves bodily functioning.

Light exercise between Study Sessions assists concentration.

Nutrition is vital because it

- supplies brain food
- provides the energy to operate effectively

- the best sources are fruit, wholegrain bread and cereals
- have light meals often
- glucose is beneficial to quality study
- a nutritious breakfast is essential to quality thinking.

Relaxation is vital because it

- encourages positive attitudes
- maintains a balance between body and mind
- is a reward for strong study efforts
- is a timeout from conscious thinking.

Be sensible with late nights and alcohol

- you can't afford to ruin the next day's study.

Avoid excessive coffee

- water is best for your brain, at least 2 litres per day will benefit you immensely.

You require a minimum of 9 hours sleep per night. Reading a book in bed is a good way to nod off.

A well balanced lifestyle contributes significantly to your progress and success.

HEALTH STOCKTAKE AND GOALS

The state of your Health is essential to your study performance. As the great inventor, Thomas Edison, so aptly put it, "The chief purpose of the body is to carry the brain around."

An exercise that will benefit you immensely, is to do a searching stocktake of your all-round Health. Then, after reflection, set goals that will enhance your Health. Set weekly Health goals to strive for.

CURRENT

Diet:- _____

Exercise:- _____

Sleeping Patterns:- _____

Self Esteem:- _____

Friendships:- _____

Other:- _____

TARGET

Target:- _____

Target:- _____

Target:- _____

Target:- _____

Target:- _____

Target:- _____

"What the mind can conceive, the heart can believe and the body can achieve." Anon.