

# Ways to Be Healthy

Drink a pint  
of water

Try and get 8  
hours of  
sleep a night

Cook a  
healthy meal  
with friends

Try and get  
your 5 a day

Meal plan with  
your  
flatmates

Try a new  
healthy  
snack

Try a healthy  
recipe from a  
different  
country

Make a  
breakfast  
smoothie

Check out the  
healthy snacks  
on campus

Stay away  
from screens  
an hour  
before sleep

Set yourself  
realistic  
goals

Try and  
establish a  
good routine