

Maintaining Good Health

Introduction (*What are you trying to say in this message?*)

For students, maintaining good health is especially important during the school year. Some ways include:

- Reducing stress
- Maintaining good sleeping habits
- Eating balance meals
- Exercising regularly

Body of Report (*Provide supporting facts, details, or evidences in support of your topic.*)

- 1) Stress
 - a) There are many sources of stress
 - Studies
 - Examinations
 - Work
 - Personal relationships
 - b) Effects and symptoms
 - Anxiety
 - Strong emotions
 - Insomnia
 - Sickness (headaches, diarrhea, etc.)
 - c) Solutions
 - Set personal goals
 - Relaxation techniques
 - Make time to exercise
 - Avoid or reduce: smoking, alcohol, caffeine
- 2) Good sleep habits
 - a) Make sure to sleep x hours each night
 - b) Comfortable mattress
 - c) Compatible roommate(s)

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- 3) Eating balanced meals
 - a) Proper diet includes:
 - Fruits and vegetables
 - Meat and fish
 - Fiber – bread/cereal
 - Dairy – milk, eggs, yogurt
 - Water
 - Vitamins
- 4) Exercising regularly
 - a) Maintains flexibility and weight
 - b) Reduces mental pressures
 - c) Improves tone and strength
 - d) Types include (after warm-up):
 - Aerobic: biking, running, etc.
 - Relaxation: yoga, pilates, meditation, etc.

Conclusion *(Briefly highlight again the facts/information described in the body. Offer any other closing remarks.)*

There are many ways students can maintain good health. This includes trying to understand sources of personal stress. Other ways include: having good sleeping habits, eating balanced meals, and exercising regularly.

If a student still feels less than ideal, do not hesitate to seek advice from a trained professional such as a doctor or dietician.