



# WELLEAVATION

Loyola University Maryland  
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## FITNESS

Get a head start on staying healthy through the holidays!

Faculty/staff/Administration memberships are available through the end of the year at a prorated price for less than \$30.00.

Membership also includes access to the Baltimore area Merritt Clubs from December 22nd- January 6th.

Stop by the Fitness and Aquatic center for more details, or call x5453 for further details

## HEALTH

Tips for Staying Healthy Through Final Exams:

1. SLEEP: Getting good sleep is important for overall health as well as academic performance. For more on sleep: <https://www.loyola.edu/department/counseling-center/students/concerns/sleep>
2. EAT HEALTHY: While junk food & fast food might be tempting while studying for finals, healthy snacks such as fruits, veggies, and nuts are good brain food. Go easy on caffeine too, as that can interfere with good sleep.
3. EXERCISE: Exercise can not only keep you healthy but improve your mood and motivation. Take a breather from studying by going for a walk or visiting the FAC.

## NUTRITION

As you prepare for finals, eating the right foods can give your brain the nutritional support it needs to perform at the highest level. Brain Fuel Foods include

Fatty Fish like Salmon, as well as other Green Vegetables like Kale, some Berries and Cherries, and a variety of Nuts and Seeds are crafted to fuel your brain with the nutrients it needs to help you function at your best.

Check out our video for a great Brain Fuel Recipe <https://tinyurl.com/yaoec4z9>

Good luck on Finals from Loyola Dining!

## "WELLEAVATOR OF THE MONTH"

The holiday season includes our annual Presence for Christmas program.

Presence for Christmas is a holiday gift giving program that has become one of Loyola's best traditions! For over 20 years, the Loyola community has joined together to provide Christmas gifts to children, women, and men from our partner organizations around Baltimore. This year, we have already matched all 560 gifts with donors.

For those who are still interested in sharing generosity this holiday season, we welcome you to donate hats and gloves to support the Village Mentality's annual holiday drive to support individuals and families from our York Road community. Hat and glove donations can be dropped off at CCSJ before Friday, December 7th.

"Let there be peace on earth".



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