

SIGN UP FOR YOUR **FREE** ISSUES OF *STUDENT HEALTH 101*

YOUR NAME <i>(please print)</i>	EMAIL ADDRESS <i>(please print)</i>	MOBILE NUMBER <i>(optional, for updates via text)</i>
Lara Croft	LaraCroft@gmail.com	(123) 456-7890
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START READING TODAY
TEXT SAINTLEO TO 40691



“

Student Health 101 has changed the way I take on my challenges. You're reinforcing positive habits or looking at the same situation with a different attitude. All the articles add value and resources for when I need to rethink something.”

—Adam C.,
Student Health 101 reader

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@SH101atSaintLeo #spreadthehealth



“

Building self-esteem and confidence, tips for landing the job you set your mind to, fitness, healthy meals on a college budget, and even bouncing back from a setback! All awesome stuff and well worth the read.”

—Lindsay G.,
Student Health 101 reader

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Rethink your stress relief

#findyourdinosaur



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Still consider
french fries a
vegetable?



*Freshen up your plate with
Student Health 101.*

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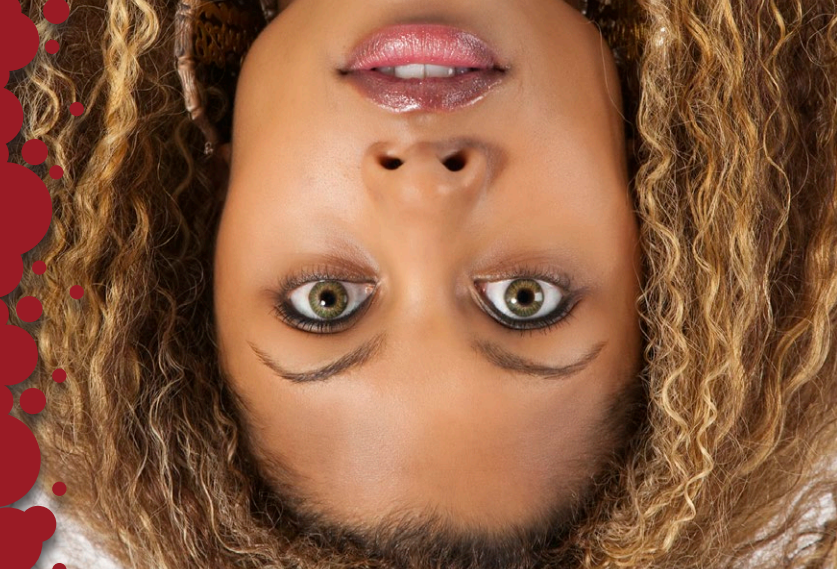
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Find out how in *Student Health 101*.

Get some sleep.
People will thank you.

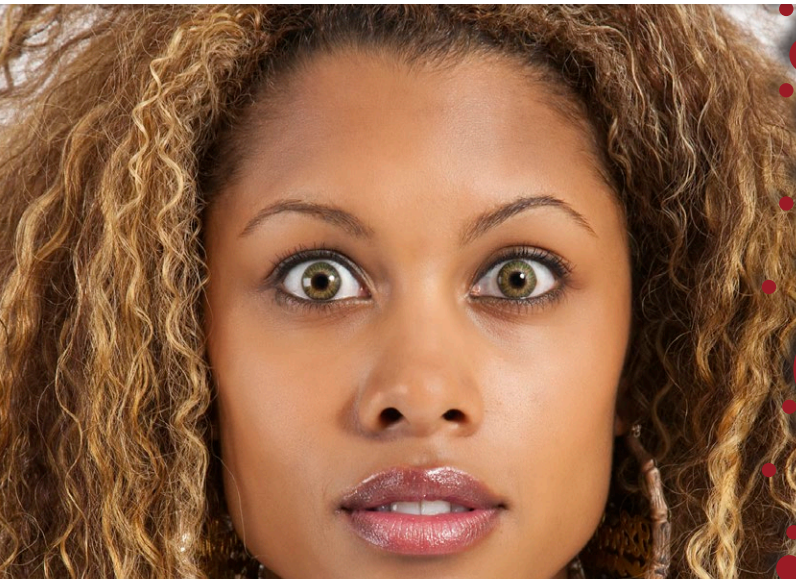
DON'T BE A ZOMBIE



DON'T BE A ZOMBIE

Get some sleep.
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*Find a better way.
Student Health 101.*

**Is this your idea
of stress relief?**

**Is this your idea
of stress relief?**

*Find a better way.
Student Health 101.*



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TURNIP FOR WHAT



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I feel good from my head tomatoes!



You can too

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 @SH101atSaintLeo #spreadthehealth

 @SH101atSaintLeo #spreadthehealth

lettuce be friends



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droppin' a beet
for health and wellness



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- ✓ You forgot about that 10 page essay. It's due today.
- ✓ Your mini-fridge has nothing but leftover pizza. Two weeks old.
- ✓ You just spent your last change on a coffee. After three hours of sleep.

DON'T FREAK OUT.
Student Health 101.
Your problems solved.

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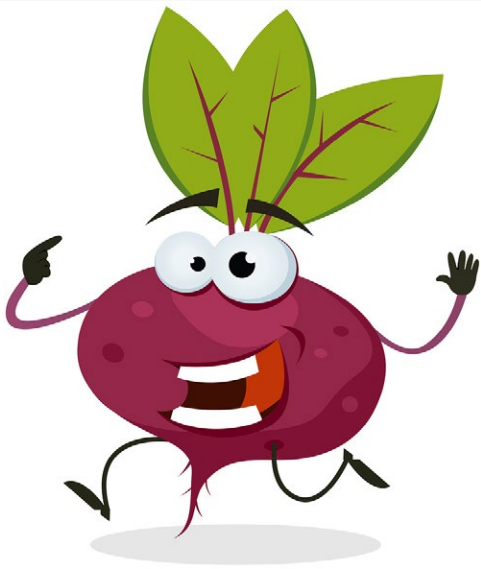
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droppin'
a beet
for health
and wellness

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lettuce
be friends



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Did you hear the news?!

Taking a study break is **vital** to retaining all that information.



Give your brain a breather.

Try going for a walk

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Did you know?!

Taking a study break is **vital** to retaining all that information.

Avoid a **cat**astrophe. Take a break.



Try a healthy snack

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—THE—
DIFFERENCE
BETWEEN

TRY



TRIUMPH

IS JUST
A LITTLE

UMPH

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Deck of cards workout

Take a study break.

Grab a deck.

Draw cards.

For each suit:

♥ = push-ups

♠ = squats

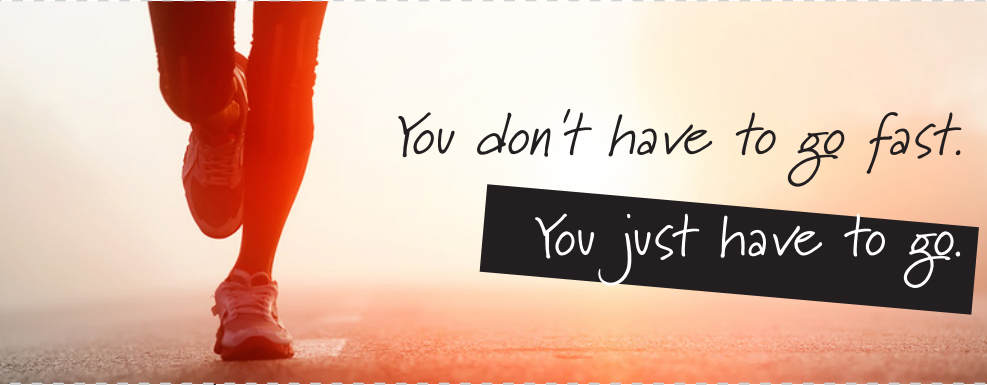
♦ = crunches

♣ = lunges

Number on card
= number of reps

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You don't have to go fast.
You just have to go.

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