

6 Tips for College Students to Get Through Final Crunch Time—



Cramming for final exams can turn an otherwise holiday-happy student into a real Scrooge. The Online Health and Fitness Network, says a few healthy habits can maximize your studying efficiency, help you to get better grades and get you back into the holiday spirit. Follow the diet and exercise tips below and you'll have the key to a successful and stress-free finals week.

1. **Stay away from high-fat foods.** They can make you sluggish. High-protein foods, such as fish and chicken, promote alertness. High-carbohydrate foods (such as pasta, bread, and potatoes) will soothe you right to sleep.
2. **Consume foods that are high in antioxidants (vitamins C and E, and beta-carotene), which increases the blood flow to the brain.** Antioxidant-rich snacks include Baked Lays and salsa, whole-grain cereals (such as Cheerios), peanut butter on whole-grain crackers, baby carrots with low-fat salad dressing, and frozen fruit bars.
3. **Avoid candy and sugar-sweetened sodas,** they provide a temporary boost, but don't be deceived-every super sugar rush is followed by a nasty sugar crash!
4. **Go easy on the caffeine,** especially if your body isn't used to it. Too much caffeine will make your heart race and your body sweat, and can make you so jittery you become sick to your stomach.
5. **Take an exercise break and go for a run or to the gym.** If you don't have a lot of time, take a 10-minutes break every hour. Getting the oxygen flowing will help your body fight fatigue and put your mind at ease.
6. **Don't buy big bags of food.** When you are studying you can easily eat the entire bag without even noticing and when your body is busy digesting enormous quantities of food, your brain won't work efficiently.

Ed Burke from eFit adds, "The best advice I have for students is to not wait until the last minute and cram for final exams. Just like a marathon runner who trains regularly for months, students should hit the books on a daily, or at least weekly basis. Exercise, healthy eating and studying should be a way of life for a college student."

For more information on this topic or other health related topics go to the eFit web site.

<http://www.efit.com/page.html>