

Keeping your body healthy

One of the biggest challenges most college students come across is catching a sickness. Most students try to avoid this problem but it seems almost impossible, especially in your first 1-2 years of being a college student. The most common phrase said by students/student athletes is, "I have a cold". This can be a problem in many ways. Having a cold or symptoms of an infection in the body takes the body down. This interferes with busy schedules sometimes causing you to stay home, rest the body, and regenerate and fuel yourself to fight whatever is taking you down.

It is most important to get checked out and stay away from friends and family so germs are not spread. Taking medication may help but having a good balanced nutrition plan is extremely beneficial to help your body fight bad germs. Most students/student athletes have trouble staying home from classes or practice but when necessary, saying yes to a day home and rest can help recover more quickly than running your body too hard and going into a cycle of sickness. Take care of the thing that is most important and staying healthy is KEY.

