MAINTAINING A HEALTH LIFESTYLE AS A COLLEGE STUDENT

With the start of Spring, it’s a great time to start fresh and rejuvenate your daily habits. Here are some tips to help you maintain a healthy lifestyle:

1. **Mental Clarity & Overall Health**
   - **Reduce noise**: Minimize distractions and reduce excess noise in your environment to promote mental clarity.
   - **Declutter your space**: Streamline your living and working spaces by minimizing physical clutter. This can be as simple as picking up a broom or using Windex to keep surfaces clean.

2. **Seasonal Cleaning**
   - **Spring cleaning**: Seasonal cleaning involves making things a little more simple and organized. It helps you manage messiness in your life and prepares you for future transitions.

3. **Stay Updated**
   - **Survey Feedback Form**: The form has already been emailed to all participants by Jess. If you have not received it, please check your spam folder.

4. **Upcoming Events**
   - **Alcohol Awareness Kahoot!**: Test your alcohol awareness with a fun Kahoot this Thursday, April 22nd from 12-1pm PDT. It’s a great opportunity to learn about the effects of alcohol and responsible drinking tips.
   - **VarCity Workshop**: VarCity will be presenting our awards virtually this year! The winners will be presented with OSCRR and CAPS for their achievements.

5. **Contact Us**
   - **USFCA**: For more information, visit our website at usfca.edu or call us at (415) 422-2942.

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- **Club Sports Event**: The next Tuesday, April 20th at 8pm PDT. They are bringing back a Rec Sports Nike Dri-Fit long sleeve!!
- **Club Women’s Rugby Live Session**: On Tuesdays and Thursdays from 3-4pm PDT. Email the Club at cimendoza@dons.usfca.edu or DM them on IG @usfca.womensrugby for the Zoom link.
- **Club Jiu-Jitsu Live Session**: Come check out Club Brazilian Jiu-Jitsu on Mondays & Fridays from 3-4pm PDT! No experience is necessary! DM @usfca_jiujitsu on Instagram for the Zoom link! See you there!
- **Club Baseball Live Session**: Join Club Baseball Tuesdays @ 6:15pm PDT! No experience is necessary! DM @usfca_baseball on Instagram for the Zoom link!