MAINTAINING A HEALTHY LIFESTYLE

As a college student, maintaining a healthy lifestyle can be challenging. Here are some tips to help you:

1. Prioritize Exercise
   - Regular physical activity can improve mental clarity and overall health.
   - Reduce excess noise that can disrupt your concentration.

2. Eat a Balanced Diet
   - Incorporate seasonal cleaning into your routine to reduce stress.
   - Reduce unnecessary clutter in your life.

3. Get Enough Sleep
   - The start of Spring is a great time to adopt healthier habits.
   - Maintain a healthy diet, exercise regularly, and get enough sleep.

4. Manage Stress
   - Visualization techniques can help you stay calm.
   - Learn mindfulness and stress-reduction techniques.

5. Stay Connected
   - Join the conversation on Club Sports Instagram for updates.
   - Follow us on Instagram to keep in touch with us!

UPCOMING EVENTS

- Mocktail Recipes with the Health Outreach Team
  - Register now to get your zoom link, and the top three winners will receive a prize.
  - Join the HPS Health Outreach Team on Thursday, April 22nd from 12-1pm PDT.
  - Test your alcohol awareness with OSCRR and CAPS.

- Spring Clean: Virtual Workshop
  - Join the VarCity Workshop for practice! DM us on Instagram for the Zoom link.

- Club Women's Rugby Live Sessions
  - Join Women's Rugby for practice! DM us on Instagram for the Zoom link.

- Club Baseball Live Sessions
  - Join Club Baseball for practice! DM us on Instagram for the Zoom link.

OFFICER REMINDERS

- Officer Elections
  - Officer Elections are happening now! Elections are the Club's responsibility, but if any Clubs need assistance please reach out to Jess. The core four Officers [President, Vice President, Treasurer, and Safety Officer] need to be elected.
  - If your Officer Elections have occurred, please email Jess a day and time in which all current and new Officers can meet the week of April 26th for a 1-hour Officer Transition Meeting.

- Meeting
  - After your Officer Elections have occurred, please email Jess a day and time in which all current and new Officers can meet the week of April 26th for a 1-hour Officer Transition Meeting.

-upcoming events

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