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UNIV 101: Unit 3

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**Healthy Eating and Sleep Reflection**

Since I was already involved in sports in high school I have learned a lot about the importance of eating right and sleeping well in order to maintain my energy. However, I know that there is still a lot I can learn. When my UNIV class visited the recreation center and had an appointment with the nutrition coaches I realized that I am not eating as healthily as I thought. It was nice to be able to bring in a food log to really visualize what I was eating. Throughout the day it does not usually seem like I am eating unhealthily but on paper I understand where I can do better. The nutrition coach helped me make a healthy eating plan and also talked to me about the importance of sleep along with my diet.

One of my favorite pieces of advice that the nutrition coach gave me was about how to look for the balance between protein and sugars in my meals. Sugars should be low and protein should be high at main meals. It is nice to know what to look for now when I am staring at those confusing food labels. I can be more proactive about my food choices if I can understand what the words and numbers on the can mean.

I am really excited because this assignment also connected me and some of my fellow classmates as well. We decided to help each other out and form a gym buddies group to help hold each other accountable for our healthy food, sleep, and exercise goals. It is great to make new friends who will help me better myself.