



University of  
South Australia

**Bupa Wellbeing Competition**

# Discovering wellness through postprandial walks

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New country, new university, new challenge. As an international student embarking on a PhD journey at UniSA, I face a long three-year trek. It may sound like a daunting odyssey, but let's not forget the importance of maintaining our wellbeing, especially when living alone in a foreign land.

I stumbled upon my old habit: walking. It's not just about giving my body a workout; it also fuels my mind with fresh air. Modern-era students are often glued to our computers for hours on end, indulging in junk food. Amidst all this, we tend to forget about our daily dose of exercise. What's our excuse? No time? Too busy with studies? I offer a suggestion: the postprandial walk.

Imagine this: You've just had a hearty meal, and suddenly you're hit by the notorious sleepy spell or a food coma. You could either succumb to the urge to nap or take a walk. I chose the latter. I started with 10-minute walks, which not only got me moving but also led me to discover many trails and shortcuts around the campus. Then, something amazing happened. As I wandered around like a lone wolf, I bumped into my colleague from Ethiopia who was doing the exact same thing! Two strangers-turned-walking-buddies on a mission to conquer post-lunch sleepiness.

But wait, it gets even better. We stumbled upon two more colleagues and increased our party to four. Talk about a serendipitous meeting of the minds. Now we've become the 'Fab Four of Walkdom', embarking on walking adventures that take us through the botanical garden, along the Torrens River trails, and even down the bustling streets of Adelaide.



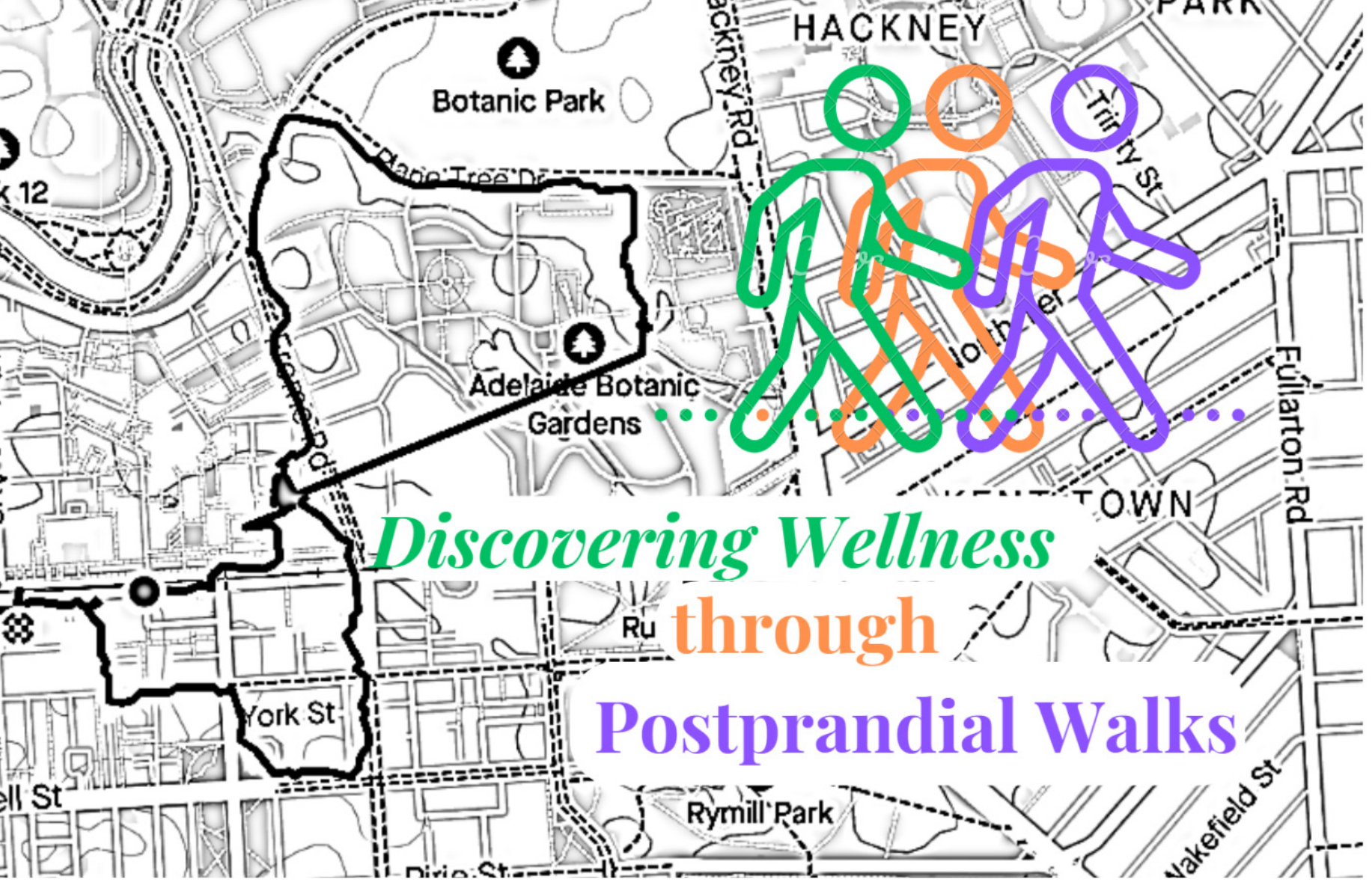
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It's become a daily ritual, and I can't believe how something as simple as a postprandial walk has brought us together.

Here's the beauty of it: our walks aren't just about shedding those extra calories; they're about bonding and making memories. We've laughed at seeing the invisible at the Adelaide Botanical Garden (if you still don't know this, then rush to the garden with your mobile phone to experience augmented reality), swapped cultural anecdotes, and even debated our local pronunciation of English.

So, dear fellow students, the next time you find yourself battling a post-meal siesta, remember the postprandial walk option. Not only will it save you from a sleepy spell, but it might also lead you to unexpected friendships and hilarious adventures.



Botanic Park

HACKNEY

Adelaide Botanic Gardens

Trinity St

Fularton Rd

TOWN

York St

Rymill Park

Wakefield St

*Discovering Wellness*

through

Postprandial Walks