



University of
South Australia

Bupa Wellbeing Competition

Journey to a Healthy Lifestyle

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'An international student's journey to a happy and healthy lifestyle'

As an international student, it's so difficult to look after your health and body, right? I love working out, within my busy schedule I make sure to dedicate 30 minutes to an hour each day to move my body. Working a day job, pursuing a full-time MBA, and living alone while discovering and pursuing your passions demand a lot of time and focus, but there are equally fundamental human needs. Yes, working out and lifting weights is my passion, something that makes me feel good and happy.

Workout is not a chore that I tick off from my to-do list, I think of it as 'a luxury to move my body and do this for me'. For you, it might be different – taking a walk, swimming, or going for a run, there are so many ways to move your body and make you feel good. Be kind to the parts of you that are still learning, be kind to yourself. Fill your body with nutrients so that you feel good because believe me, food plays a major role. This is where I struggle the most. Work, studies and other chores don't allow me to cook food every single day. So, I decided to meal prep (which completely changed my life). I prep my meals a week before in order to make my life easier and get my nutrients and protein intakes right. I try to keep it simple yet try out different recipes. I focus on mindful eating as diets are not sustainable. There are days I include cheat meals because we all deserve to let go of guilt and enjoy a table of yummy foods once in a while.

There are days when I am overloaded with emotions and feelings. Feeling lost, grateful, happy, and confused – duh lots of confusion. But I realised, these are part of growing up. I need to find peace in my own body and mind. For me, it is about building a lifestyle that ensures my physical, mental, emotional, and spiritual wellness. A lifestyle with a fusion of discipline, determination, and consistency, because I think we all know that how we look on the outside is only a small fraction of who we really are. Having a mindset of living that lifestyle is what pushes me every single day.



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Here are a few things that will help you on your health journey:

- » *Prioritise mindful eating rather than cutting out on your favourite foods*
- » *Move your body for at least 30 minutes*
- » *Cook your own food (meal prep – this will change your life)*
- » *Celebrate your small wins*
- » *Read a book*
- » *Ensure 7-8 hours of sound sleep*

Remember, if today was difficult for you, I hope you know that tomorrow can be better.

JOURNEY

TO A HEALTHY

LIFESTYLE

