

# TIPS TO STAY HEALTHY

The end of the school year can be hectic!  
Be your best self by taking care of your health during this time



**Incorporate physical activity into your daily routine. Students have access to the fitness center for FREE. Or check out HSC Yoga Classes via our [YouTube Page](#)**



**Get enough sleep each night to improve mood, memory, and overall health. Need tips? Check out these [Sleep Basics Videos](#) with Dr. Roane**



**The end of the school year can be stressful. Make sure you have a good support system around you and find resources that help you feel successful. Check out this recent HSC [panel discussion](#) about burnout**