

“Having a weekly routine doesn’t mean you have to eat the same thing every day. Eating healthy is best for you.”

It is so important to stay healthy and have a balanced diet at University it helps brain stimulation and just overall wellness of the body and the mind.

I interviewed fitness influencer Claudia Mirallegro “Eating healthy and having a balanced diet is so important for anyone but especially students, having breakfast starts the day off for you and gets your brain and body working. A lot of young people tend to forget breakfast or skip it because it’s convenient but it is crucial to keep you going in a busy student day.” Getting your metabolism started is important to keeping fit and gets your digestive system flowing. It is challenging for students to keep in routine with busy academic schedules, jobs and keeping up with a social life.

Claudia didn’t attend university but moved out to Los Angeles after college and fell in love with yoga and attended a yoga teaching school. “Before I moved out to L.A. I was acting and I had such busy schedules especially when I was younger I really struggled to feel motivated and energised because I was eating poorly and had no set routine.” “When I realised I wanted change I found planning meals and doing regular exercise gave me a new sense of life and I turned my life around and noticed how much I was missing out on mentally and physically by eating the wrong things and having no structure in my day to day life, now I have found a whole new career in yoga and I couldn’t be happier.”

Eating healthily doesn’t mean just eating fruit and veg its about having a balanced diet and regular meals. It is hard to keep up with 3 meals a day as a student because it can be very expensive. As long as you eat lots of fresh fruit, drink plenty of water and get at least 8 hours of sleep it is a step in the right direction.

to set yourself hard expectations. do what you feel
for you.”



“I found a new
sense of life”

Claudia also touched based on not being too hard on yourself and by setting yourself a schedule doesn't mean if you don't stick to it that it is the end of the world. “Having a routine doesn't mean you have to be harsh on yourself and set goals that aren't realistic.” Students are already faced with a huge amount of pressure with their studies. Setting up a routine for yourself doesn't mean you need to pressure yourself to stick to it. It is just there to make your day easier and if that's even just routine for cooking and meal prepping it helps to take away stress.