

11 Health gamers-eat well, play well, study well

Hi everyone,

Today we're looking at how to keep yourself healthy while balancing gaming and studying. This isn't about giving up your favourite snacks or energy drinks - it's about making small changes that help you perform better at everything you do.

Let's be honest - when you're caught up in a gaming session or deep in assignment work, it's easy to forget about looking after yourself. But just like you maintain your equipment, you need to maintain yourself too.

Let's look at some practical ways to stay healthy:

First up - energy levels. Living on energy drinks and quick sugary snacks might feel like it helps, but that sugar crash hits hard. Try keeping a water bottle at your desk and having some proper meals - your concentration will thank you for it.

Sleep matters more than you think. Yes, those late night gaming sessions with your squad might be part of academic life, but if you've got lectures the next day, you're just making things harder for yourself. Try to get some decent sleep most nights - you'll play better and study better.

Here's something really useful - movement helps your brain work better. You don't need to hit the gym - even a walk to Timber Lodge between lectures helps, or take a break in the games room - just get moving. Sitting for hours, whether gaming or studying, isn't great for you. Regular breaks help your focus too.

Your eyes need a break too. Use the 20-20-20 rule - every 20 minutes, look at something 20 feet away for 20 seconds. And make sure your screen setup isn't straining your neck, whether you're gaming or studying.

Quick tip about food - either grab something proper from Timber Lodge cafe or upstairs at the VeloPark, or better still, learn to bring your own food from home. It'll be cheaper and keep you going much better than just snacking all day.

Let's talk about stress. Both gaming and studying can get intense. Learn what helps you unwind - maybe it's some casual gaming, maybe it's something completely different.

Just find what works for you.

Remember - small changes make a big difference. You don't need to transform your lifestyle overnight. Start with one or two things, like drinking more water or taking regular breaks, and build from there.