



JACQUES F. LIWANPO

CHARTERED ACCOUNTANT
CERTIFIED FINANCIAL PLANNER



Choose with confidence, get the CA and CFP advantage

EATING GOOD FOOD FOR THOUGHT

Written by: Martin Smith

Marty's Mobile Personal Training Service

I was a lousy student in high school. I could rationalize this in many ways, but a large part of it was that I didn't take care of myself.

Some mornings it didn't take me more than fifteen minutes to get from my bed to the classroom. I didn't eat breakfast. And often I wasn't awake until after brunch and a hectic coffee run. My grades for the first two periods usually reflected my mental absence and my self-esteem plummeted because I knew I could've done a lot better.

This changed in college. And it's because I learned to take care of myself and I learned how to prepare myself for studying. That made all the difference.

To begin with, don't skip breakfast. And don't eat a bunch of junk. Breakfast is the most important meal of the day, and not just because I said so, which, incidentally, was my Dad's favorite line when I was a teen-ager. When you sleep your body consumes the stored carbohydrates you need in the morning, so when you wake up you have little or none left. Unfortunately for students who like to skip breakfast, your brain uses carbohydrates for thinking energy. You can't think well without them. And I've noticed that when I can't think, I have a harder time following even the exciting lectures, or breezing through tests. Like it or not, this is true of you too.

So eat breakfast everyday and eat foods high in complex carbohydrates. Foods with carbs include cereals, bagels, and fruit. Froot Loops, Trix, and Lucky Charms, tasty as they are, are loaded with simple sugars. Eating simple sugars will wire you for a short time, but you'll crash by second period and go brain dead.

Besides eating breakfast, there are a lot of things you can do to make the next school year easier on yourself.

Prepare your head for receiving information. After a long day of lectures, going home and hitting the books immediately is silly. Go running. Go for a bike ride. Go to practice. Go surfing. Go exercise in some mode. It will help you study better. Exercise has been shown to increase short term mental acuity. It makes you mentally fresh and puts you into a more favorable mental state. Being alert and motivated is very important in learning. And exercising will make you alert, and make it easier to become motivated.

During college I was often stumped by my physics problems. I found that if I went for a run and pondered it in the hills, I could often solve it. This didn't work for Organic Chemistry, but at least the run made me feel better and I threw things less often.

Long term aerobic exercise will change your body in ways that make studying easier as well. It gives you greater vagal dominance. That means that your heart rate will slow and your blood pressure will be reduced. You will be

The Shops on Steeles & 404, 2900 Steeles Avenue E., Suite 207, Thornhill, Ontario. L3T 4X1

Phone: 905.881-6257 . Fax: 416.352.1501 . Email: jacques@liwanpo.com



JACQUES F. LIWANPO

CHARTERED ACCOUNTANT
CERTIFIED FINANCIAL PLANNER



Choose with confidence, get the CA and CFP advantage

better able to deal with stress and what happens inside of you during stress, because you go there everyday during your workout. Studying can be stressful, especially when it's midnight and you don't know any of the chemistry you're being tested on tomorrow. Dealing with stress well will make you a better student. So will sleep.

Get as much as you need, between seven and nine hours whenever possible. I know it's hard sometimes. I didn't sleep much during finals or homecoming week as I recall, but sleeping enough will make you a better student, too. It's important to know when you're too tired to process more information. Then you should go to bed. If you're not too tired, and you ate a good breakfast, you might be able to think some things through that were impossible to learn at midnight in a coffee- induced stupor.

Part of testing well is showing up with working goods and staying calm. Exercise can give you an increased ability to remain calm, make you sleep better, and help you deal with stress. Combined with eating properly, it can be a tool in helping you become the kind of student that you want to be. Have a good year. And be cool if I'm your substitute.