

CREACTIVE STUDENT

COGNITIVELY CREATIVE PHYSICALLY ACTIVE
SRIWIJAYA UNIVERSITY HEALTHY CAMPUS

KEEP THE BALANCE WITH B.R.E.A.K

- B**alance your schedule
- R**egular exercise
- E**mbrace Effort
- A**llocate time wisely
- K**eep a Healthy Routine

Healthy body,
smart mind is
KEY FACTOR
maintain balance to
carve out unforgettable
achievements

ADVERSE EFFECTS IMBALANCE

-  Increases Stress
-  Significant reduction in Quality of Life
-  Decreased Productivity
-  Increases the risk of heart disease, stroke

STUDENTS MUST BE SMART

S

STAY PHYSICALLY
ACTIVE

M

MENTALLY SHARP

A

ACADEMICALLY
DEDICATED

R

RESILIENT

T

TENACIOUS

BENEFITS OF BALANCE

-  Increase concentration during lectures
-  Develop Time Management Discipline
-  Increased Energy and Productivity
-  Improve Academic Performance