

With the motherload of tests fast approaching, LeighDeux has teamed up with Hilliard Studio Method of Charlotte, NC, to share a few tips to get your brain and body in shape for final exams.

Get Moving!

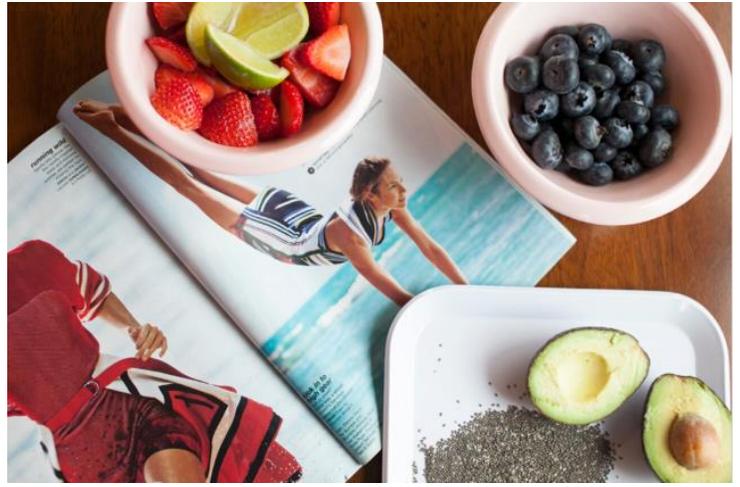


Did you know when you exercise, not only are you sculpting muscles and getting your heart pumping, but you're also stimulating your brain? It's true! John Ratey, an expert from Harvard University, states, "Exercise affects how primed our brain is to take on this new information and create these new connections." Even though you might be short on time during exam week, take some time to exercise!

We have an exclusive sneak peak of one of our workouts that you can do anywhere- in your dorm room or at the gym! Follow this link, [-Work Out-](#), and enter the code LEIGHDEUX to access a six-minute signature Hilliard Studio Method workout video, "Rock Hard Abs". The link is good for one week, so try it today!



Fuel Your Body...Say YES to Superfoods!
Start your day with the Hilliard Studio Method Signature Smoothie. This delicious combination is full of antioxidants, greens, protein, fiber and good fatty acids which are brain food. Click [HERE](#) to get the recipe!



Snack Smart

Avoid the chips, candy and fast food during exam week (and all the time!). Snack on items that are full of protein, low in sugar, and taste yummy, Here are our suggestions:

- Plain Greek Yogurt with Chia Seeds and Fresh Berries
- Celery and Almond Butter
- Hummus and Veggies



What Else?

Create a Study Plan- Create, manage and track the tasks you need to get ready. They will give you serious motivation and build confidence!

Establish a Routine- Start early. Cramming will get you nowhere and cause anxiety. Study in intervals of 20-50 minutes. Take breaks. Distribute the learning, reduce the stress.

Make Practice Tests- If you are old school, use flashcards. Tech savvy peeps can go to goconqr.com, quizlet.com or studyblue.com for digital study tools. You know what you need. You 'Deux' you.



Tune In... Literally!

Yes! Music to your ears... You read that correctly. Because research shows that ambient beats, like those found in classical music, are proven to help you study and retain more information. With so many apps available, like Spotify, Pandora and iTunes, we have a never-ending library of music. So, plug in your headphones and get to work! Benjamin Franklin once said, "By failing to prepare, you are preparing to fail." Ben Franklin was a pretty smart guy. So...

