

The Freshman 15: It Is Real or Just a Myth?



5 Tips to Stay Healthy

1. **Eat a Balanced Diet:** Being sure to incorporate all major food groups will not only help you to more adequately manage your weight but it will ensure that you have all essential nutrients to keep you powering through your day
2. **Get Active:** Sign up for fitness classes or take advantage of the fitness centers on campus They are FREE and open at flexible hours. Plus, exercising is a great way to take your mind off your busy schedule.
3. **Mind Your P's and Q's:** Watch out for liquid calories. Yes, that includes alcoholic beverages as well. Be mindful of drinking to excess. Not only will your waistline thank you, but so will your liver
4. **Eat on a Schedule:** Planning your meals and being prepared is a great way to avoid turning to fast (and not so nutritious!) food options when on the go. Have food handy for when you get those cravings.
5. **Relax!** Stress has been shown to negatively effect sleeping patterns as well as mess with hormones which may cause weight fluctuations. Exercise, manage your time effectively, and always try to incorporate "me" time into your day to ensure you stay relaxed and refreshed.

References: Delinsky, S. S., & Wilson, G. T. (2008). Weight gain, dietary restraint, and disordered eating in the freshman year of college. *Eating Behaviors*, 82-90.
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What is the "Freshman 15?"

"Freshman 15" is a term that has been used to describe the weight gain that may occur in the first year of college. However, studies have shown that this term may be inaccurate. In fact, not all students gain weight during the freshman year of college. Those who do gain do not gain much more than a few pounds .

What causes this weight gain?

Many researchers attribute this weight gain to the transition period from life at home during high school to being away from home and learning to live as an adult on your own. Because of this, many students face challenges with eating regularly and on a schedule as well as making the most healthy, nutritional choices. In addition, many students are continuing to grow during the first few years of college, which may cause weight gain as well.

What resources are available?

Nutrition counseling is available in the Health Promotion office at the Health and Wellness Center where you can meet with either a Registered dietitian or a nutrition educator can help you to be the healthiest YOU. In addition, The Leach Center and the FMC offer personal training as well as fitness classes for your enjoyment.



<http://www.bing.com/images/search?&freshman+15&FORM=HDRSC2#view=detail&id=2DC335A045104C39CC56A3D5889B8>