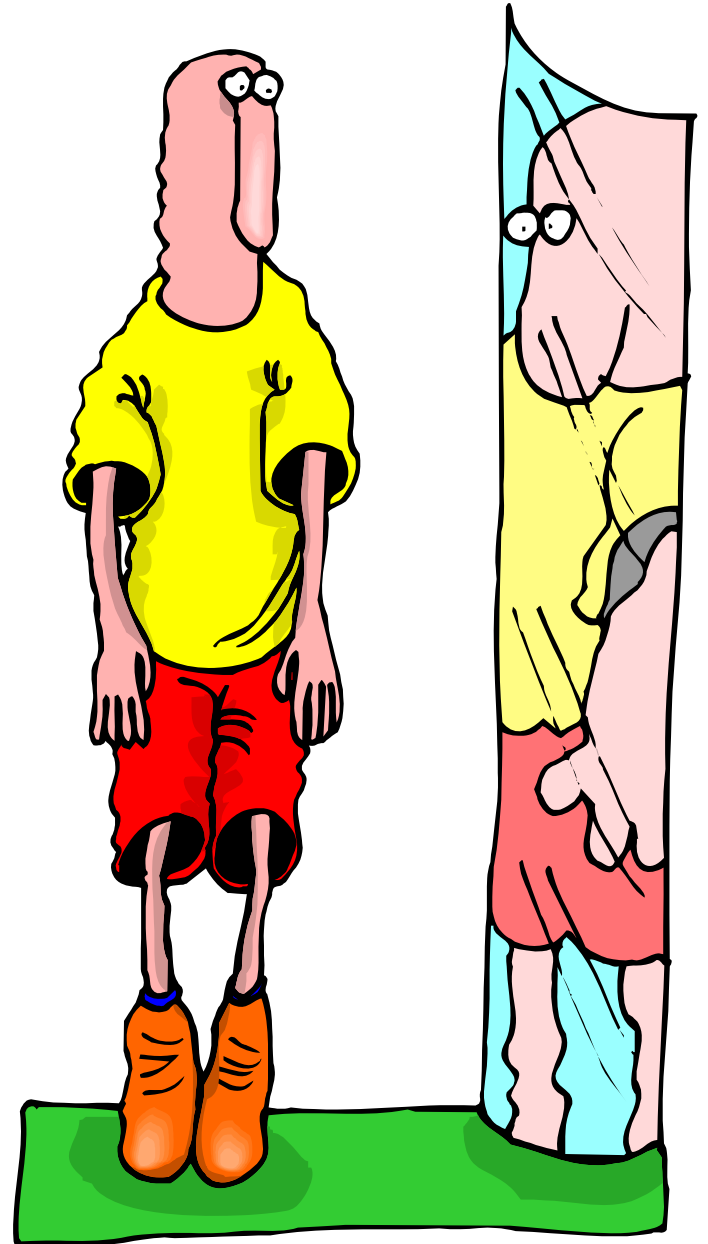


Beating The Freshmen

15



FACT:

- Recent studies find that some first-year students are indeed likely to gain weight.
- One study found that students gained an average of 4 pounds during the first 12 weeks of their freshman year.
- Although not everyone's destined to gain the full 15, many college students do gain some weight.
- Different studies have shown that students on average gain 2 to 10 pounds during their first 2 years of college. And experts believe that most of this weight gain occurs during the first semester of freshman year.

What's Behind First-Year Weight Gain?

- College offers many temptations.
- You're on your own and free to eat what you want, when you want it.
- You can pile on the portions in the dining hall,
- You can eat dinners of French-fries and ice cream, and indulge in sugary and salty snacks to fuel late-night study sessions.
- In addition, you may not get as much exercise as you did in high school.





What's Behind First-Year Weight Gain?

- College is also a time of change, and the stress of acclimating to school can trigger overeating.
- People sometimes eat in response to anxiety, homesickness, sadness, or stress, and all of these can be part of adapting to being away at school.



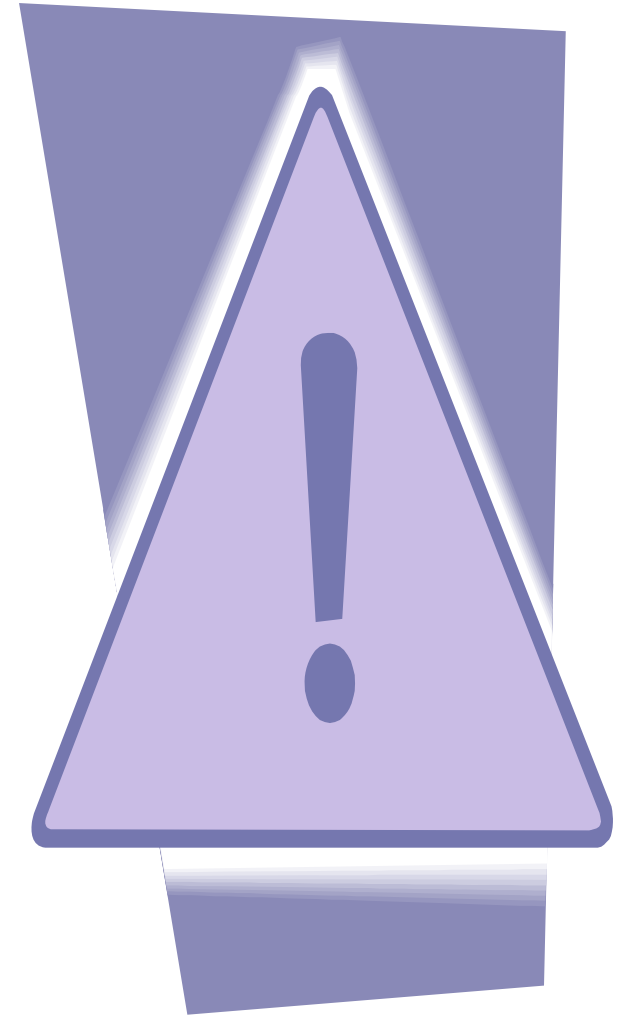
Should I Worry About the Weight?

- Some weight gain is normal as an adolescent body grows and metabolism shifts. But pronounced or rapid weight gain may become a problem.
- Weight gain that pushes you above your body's normal range carries health risks

What If I Gain Weight?

If you do gain weight, don't freak out!

Take a look at your eating and exercise habits and make adjustments.



How Can I Avoid Gaining Weight?

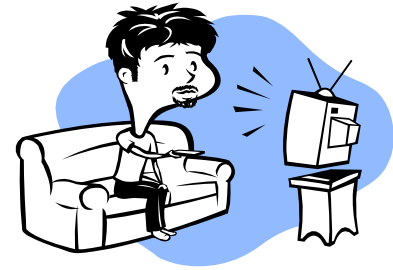
The best way to beat weight gain is to prevent it altogether.

Good habits like a balanced diet, regular exercise, and getting enough sleep can do more than keep the pounds off — they can also help you stay healthy and avoid problems down the line.

Adopting some simple practices can have a big impact today and years from now.

Adopt A Healthy Food Attitude

Avoid eating when stressed, while studying, or while watching TV



Eat Slowly



Eat at regular times and try not to skip meals

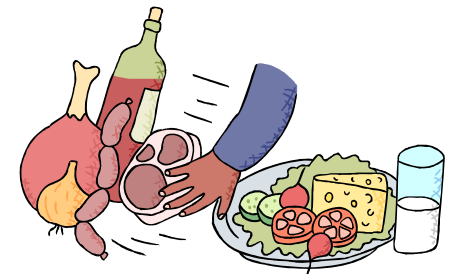


Adopt A Healthy Food Attitude

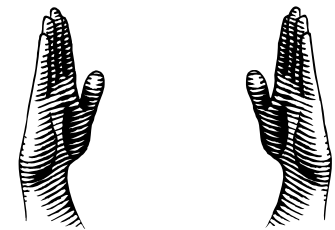
Keep unhealthy between-meal snacking to a minimum



Pick lower-fat options when you can, such as low-fat milk instead of whole milk or light salad dressing instead of full-fat dressing



Watch the size of your portions (not too much or too little)



Adopt A Healthy Food Attitude

Drink lots of water



Keep an eye on your alcohol consumption.

Not only can excess drinking lead to health problems, but beer and alcohol are high in calories!



Lifestyle Changes to Manage Weight

- Stop Smoking!
- Get enough exercise.
- Get enough sleep.