

## FEATURE STORY

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### Freshman 15... Not for You!?

EDWARDSVILLE, Ill. – Exercising on a regular basis can help students avoid the dreaded “freshman 15.” So what constitutes exercise? Walking to class? Taking the stairs instead of the elevator? According to The Free Dictionary, exercise is an activity that requires physical or mental exertion, especially when performed to develop or maintain fitness.

Exercise is important to students and has both short-term and long-term effects on the body. Working out on a regular basis certainly has its benefits, but for students, finding the time can be the challenge. Bri Wheatley, a junior at SIUE states, “I work 50-60 hours a week and manage to go to the gym one or two times per week and have substituted lunch for a small snack on the go or Starbucks.”

If exercising is a challenge to fit into freshman schedules, students might want to consider healthier eating habits. According to [fitbie](#), here are 15 ways students can avoid the freshman 15:

During the first week:

- Set ground rules about care packages. Let your parents know the type of healthier snacks you want.
- Make time for breakfast. Early morning classes can make breakfast a struggle; grab a banana or something on the go.
- Pencil in your workout. Look at your class schedule and work around your schedule to fit it in.

In the dining hall:

- Pour your cereal in a coffee cup. Portion control is key; know the approximate size for one cup.
- Make salad the main course. Avoid high calorie foods by getting a salad but avoid using too much dressing.

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- Snag some fruit. Students can never have too much fruit.

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- Drink plenty of water. Your body needs constant water in order to stay hydrated.

### At a tailgate:

- Sit with a different group of friends. Avoid sitting down the whole time and walk around with some friends.
- Go pot-luck style. It's always easier to control what you're eating if you provide part of the meal yourself.
- Skip the bun. Avoid the little carbs while you can.

### At a party:

- Start slow. Start the night off with a little or no-calorie drink.
- Cut your drinks in half. Limit your drinks to avoid the calorie intake or even a beer belly.

### During Finals:

- Snack smarter. Always carry fruit with you for late night study sessions to avoid temptation.
- Eat an orange. Oranges have shown to give calming properties which can help when studying.
- Prioritize sleep. Sleep deprived people are more likely to eat more during the day than people who get more sleep.

These are 15 useful tips to avoid the freshman 15. With resisting temptation and exercising on a regular basis, students should have no problem avoiding the freshman 15.

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