



NEWS RELEASE

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15 Ways to Avoid the Freshman 15

EDWARDSVILLE, Ill. – Exercising on a regular basis can help college students avoid the dreaded “freshman 15.” You hear about the freshman 15 all the time among students across the nation. 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 beneficial ways students can avoid gaining the freshman 15:

During the first week:

- Set ground rules about care packages.

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- Make time for breakfast.
- Pencil in your workouts.

In the dining hall:

- Pour your cereal in a coffee cup.
- Make salad the main course.
- Snag some fruit.
- Drink plenty of water.
- Prioritize sleep.

At a tailgate:

- Sit with a different group of friends.
- Go pot-luck style.
- Skip the bun.

At a social gathering:

- Start slow.
- Cut your drinks in half.
- Snack smarter.

There will always be social settings in college where students need to resist temptation in order to avoid the dreaded freshman 15. With resisting temptation and exercising on a regular basis, students should have no problem avoiding the freshman 15.

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