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Newsletter
Freshman 15... Not for Me!

Exercising on a regular basis can help students avoid gaining the freshman 15. So what exactly is exercise? 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 extremely important to students and has both short-term and long-term effects on the body.

Working out on a regular basis can be beneficial not only for yourself but for others around you. Here are 11 ways exercising can help you avoid the freshman 15:

1. Maintains rest and sleep
2. Builds and maintains healthy muscles, bones and joints
3. Improves your overall self-confidence
4. Increases sexual performance
5. Decreases stress levels
6. Boost mood and energy levels
7. Prevents diseases like cancer and diabetes
8. Improves psychological well-being
9. Maintains a healthy weight
10. Inspires family and friends
11. Increases productivity

It is important to know how these 11 benefits of exercising can help students maintain or lose weight during college. Which brings me to my next point, how much exercise do students actually need? Every student across the country has exercise standards depending on their age. Most students on campus fall into the adult category. According to the [Center for Disease Control and Prevention](#), people should meet these basic exercise standards in order to help avoid gaining unwanted fat:

Children & Adolescents (6-17): Need 60 minutes or more of physical activity each day

Adults (18-64): Need 150 minutes of moderate intensity activities and two or more days of muscle strength activities in their workouts

In today's world, college students live busy lives, but with the ongoing research on the benefits of exercise and healthier eating habits, it is important to find ways to eat right and exercise. With a little effort, these 11 tips could help students avoid the dreaded freshman 15 and maintain a healthy lifestyle throughout their college career.