

“Fighting The Freshman 15”

Why does weight gain happen to college students?

Going off to college comes with many changes and freedoms. What you do with these freedoms can play a role in whether or not you experience weight gain throughout your college career. It is important to keep in mind that for some students, gaining 4-5 pounds is a normal amount of weight gain as they move from late adolescence to young adults.

Freedoms of going to college:

- Choosing what we eat in the dining halls
- Attending group exercise classes, joining small group training, UFit, or personal training classes, learning to swim, participating in Club Sports or Intramural Sports, or simply utilizing the Rec Center on your own
- Setting our own bedtimes
- Managing time and stress

Live healthy, and live happy.

Some helpful tips to live a healthy, happy life as a college student:

- Practice mindful eating habits – become aware of your thoughts, emotions, and responses surrounding the experience of food.
- Manage your stress levels – seek out the University Counseling Center as needed
- Take advantage of the recreation center and UFIT (both free for students!)
OR participate in group fitness classes and/or club sports
- Prioritize good sleep habits
- Monitor your use of alcohol

BE in CHARGE

Try to manage these common risk factors college students struggle with to combat excessive weight gain

