15 Ways to Avoid the Freshman 15

While the freshman 15 is something that many students worry about, staying healthy doesn’t have to be difficult. Use these 15 tips to help you stay on track and avoid weight gain. It really can be as easy as having a smaller lunch when you have a big dinner date planned or avoiding the dessert line to resist temptation.

- EXERCISE REGULARLY
  - Whether you’re in gym or not, take a walk after dinner or make time for a pre-meal warm-up.

- PLAN YOUR MEALS
  - You should try to plan your meals for the whole week so you can portion properly.

- FIND A WORKOUT BUDDY
  - Inviting a friend to your gym or workout can help you hold yourself accountable for your health. And bonus: it’s always more fun to workout with you or join you in the gym.

- CUT DOWN ON SUGAR AND ALCOHOL
  - While caffeine and alcohol may help you lose weight for many college students, they generally high in calories, and the cause of weight gain.

- TRACK CALORIES
  - Consider using a calorie tracking app or using MyFitnessPal, because it will assist you in keeping track of your eating, drinking, and exercising.

- SHARE TAKEOUT ORDERS
  - Consider splitting takeout orders with friends, or ordering meals and eating the leftovers the next day.

- CONTROL YOUR PORTIONS
  - Each time you make a trip to the dining hall or cafeteria, try to的目的 determine how much you will eat.

- RESIST TEMPTATION
  - Even if you’re not ready to eat, try to avoid impulsive eating.

- SLEEP ENOUGH
  - The most important parts of your day are your sleep, and to get a good night’s rest.

- EAT BREAKFAST
  - While people often skip breakfast in the morning, try to start your day with a healthy meal.

- DRINK WATER
  - This should be the main thing drinking water to stay hydrated, and it’s so important for your health.

- ASK EXPERTS
  - If you don’t know how to begin a healthy lifestyle, go to your doctor, nurse, or dietitian for an appointment. These experts can help you gain an overview of your health and improve your health on track.

HOW TO GET INVOLVED ON CAMPUS:

1. Attend campus social events.
2. Join a fraternity or sorority.
3. Find an on-campus job.
4. Participate in research.
5. Join an intramural or club sports team.

For more health and wellness information visit: www.ndsu.edu/studenthealthservice

“Courage is not the absence of fear, but the mastery of it.”
- Mark Twain

September Observances and Events:
- Sep 3rd
  - Labor Day, No classes
- Sep 9 - 15th
  - Suicide Prevention Week
- Sep 17 - 22nd
  - NDSU Homecoming Week
- Sep 17
  - Jackson Katz
- Sep 25
  - Ag and Business career expo

ON A ROLL SEPTEMBER 2018

IN REMEMBRANCE SEPTEMBER 11 2001

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255) suicidepreventionlifeline.org

HOW TO GET INVOLVED ON CAMPUS: