

# ON CAMPUS

## Simple Changes make Freshman 15 Avoidable

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Reporter

Many of us see the second term as a chance to start over. It's our chance to stay on top of the reading we may have lost control of before the break. Some may try to stay organized this semester. It's a New Year after all. There are some, on the other hand, who want to get control of the phenomenon called the "freshman fifteen."

The freshman fifteen, as many know, is the amount of weight in pounds the average freshman student gains during their first year. What many don't realize though, is that the freshman fifteen is an issue with all students, not just freshman. It stems from overeating and under exercising, and the change from our pre-university lifestyle. But what exactly are the 'triggers' that cause it to happen? It's actually more straightforward than you think.

Factors that cause the freshman fifteen are clearly visible. First off, if you're on a meal plan, you can get unlimited meal access, and a larger variety of food than you are probably used to at home. Unlimited breakfasts and lunches may seem like heaven, but too much food will make a difference to your waistline.

Another problem is skipping meals. You may think that skipping meals would help to lose weight. In reality though, skipping meals throws off your metabolism, and can generally cause binge eating when you do eat.

"Study Snacking" is also a culprit of the freshman fifteen. When late nights ensue, many students indulge in snacks that are high in fat, calories, and carbohydrates, without thinking about what they're doing to their bodies.

And finally, there's drinking. As parties present themselves (daily if sought), students head out with liquor, yet many don't consider the calories at the time. The amount of calories in a six-pack of beer accounts for over half a loaf of bread. At the same time, three mixed drinks add up to the amount of calories of a hot fudge sundae, with all the trimmings. And to think, this is before you consider the snacks you eat when you go out, such as pizza, chips, or other foods high in fat.

Do you see yourself committing any of these innocent crimes? Well, here are a few steps you can take to help prevent, or reverse,

the freshman fifteen.

1. *Get some sleep!* Late night snacking and our need for extra energy comes from our bodies need to rest. Getting 7-8 hours a night really helps your body, and your mental state.

2. *Snacking is okay*, but choose choices that are lower in fat and sugar. Some low fat and tasty snacks include popcorn (without too much butter), pretzels, crackers, yogurt, fruits, granola bars, or toast and jelly. Also, don't over snack. Something small between meals and a snack at night are ok, but don't make a meal of them.

3. *Eat all three meals*, and eat them at roughly the same time daily. This helps to maintain a steady metabolism. Missing meals actually causes excess fat to be stored because your body wants to maintain its strength.

4. *Think about what you drink.* Drinking can be okay in moderation. Overdrinking causes not only a nasty hangover, but can really add up in calories as well. Limit snacking and high calorie drinks while under the influence.

5. *Head over to the Gym.* Exercise not only helps to stay fit, but it also helps reduce stress and stress related eating. Be careful though: overdoing your workout at the gym in an effort to lose weight has little benefit, and can be counterproductive. Heading over to the gym every couple days and working at your own pace will do the most good.

6. *Gym not your thing?* Then *try a fitness class.* Charlottetown has a wide variety of reasonably priced classes in dance, yoga, and pilates, which are weekly at the same time, so you can work it into a busy schedule.

So essentially, to beat the scary monster called the freshman fifteen, you have to stay well rested, get off your butt, and stay away from high fat snack foods. It seems pretty straightforward, and most of us know these things. But most of us also know we *should* stay organized, and that we *should* do our readings.

For more information, check [www.avoidthefreshmanfifteen.com](http://www.avoidthefreshmanfifteen.com), or [www2.Davidson.edu/administration/auxil/aux\\_nutrition-15ways.asp](http://www2.Davidson.edu/administration/auxil/aux_nutrition-15ways.asp). You can also visit the sports center for information about fitness programs such as UFIT, or to receive a fitness consultation.

## UPEI STORM WATCH

### Information about campus closures or delays in opening

If a decision is made to close or delay opening the UPEI campus, details will be available as follows:

**Radio Stations:** Radio announcements by 7:00 am if possible, and throughout the day when required: CFCY/CHTN/Magic 93, CBC Radio and C102 (Summerside)

**UPEI Hotline:** A recorded message, by 7:00 am if possible, on the UPEI Hotline with updates as necessary throughout the day at 894-2882

**UPEI Web site:** An urgent notice, in red, at the top of the news and events bar of the UPEI website, [www.upei.ca](http://www.upei.ca)

## Brown Bag Lunches at the Seniors Active Living Centre



The Seniors' Active Living Centre, located on campus in the CARI complex, is hosting the following events:

On Wednesday, January 11 at noon, Joan Cumming will talk about avoiding falls at home and outside.

On Wednesday, January 25 at noon, Joan Philpott will give a talk about the trip she made down the River Dneiper in Eastern Europe.

All are welcome to bring along a lunch and enjoy these sessions and meet new people. (Storm dates are - the Wednesdays a week later.)

For more information, e-mail Joan Cumming at [justjoanpei@hotmail.com](mailto:justjoanpei@hotmail.com).

## Paul Martin's Liberals

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On January 23rd re-elect Shawn Murphy, Joe McGuire, Wayne Easter and Lawrence MacAulay. For more information on voting (including how to vote any day of the campaign) or the candidates visit [www.youngliberalsofpei.ca](http://www.youngliberalsofpei.ca).



Authorized by the official agents for Shawn Murphy, Lawrence MacAulay, Wayne Easter & Joe McGuire

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