



Many New students fear gaining weight the first year of college. It is known as the Freshman 15 meaning that you will gain 15 pounds during your freshman year. Below are some tips on how not to become a victim of the freshman 15:

1. Don't let emotions and stress be the cause for binge eating. Binge eating will not solve your problems and will create a unhealthy eating habit.
2. Eating does not take care of depression. If you feel homesick do not be tempted by comfort food. It is a good idea to keep in touch as much as possible with your family back home, so make an effort to call home every week.
3. Cut back on snacking and eating food late at night. Stay away from tempting fast foods when studying late nights or coming back from the bars.
4. When partying take into account that one beer has 100 calories and drinking a lot could add extra weight to your hips. Also as hard as it might be say no to those mouth watering drunk snacks.
5. Socialize as much as possible. Once you create new friendships and relationships you are less likely to get emotional about missing home or your old friends wicth can lead to emotional snacking.



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