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# Avoiding the Freshman 15

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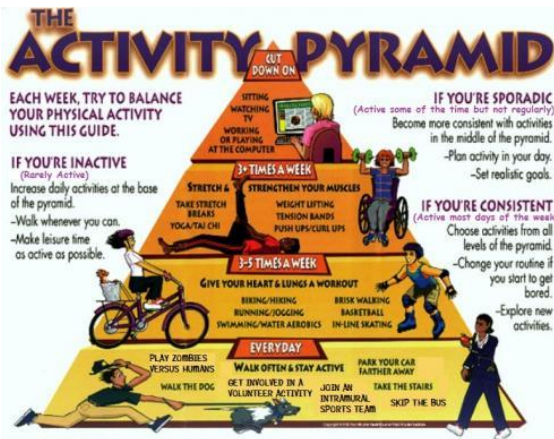
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## Recommended Citation

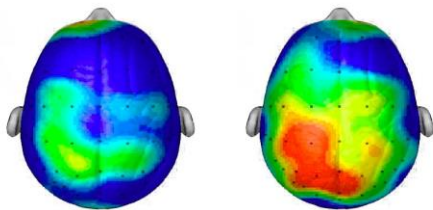
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## How and Why Should I Exercise?



Composite of 20 student brains taking the same test



After sitting quietly      After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois

Photo Credits: (top) The State University of New York (bottom) James Madison University

## References

<http://www.freshmanfitness.wordpress.com/2011/04/03/freshman-fifteen/>

<http://www.choosemyplate.gov>

[http://www.cspinet.org/nah/10foods\\_bad.html](http://www.cspinet.org/nah/10foods_bad.html)

<http://www.cookiesncrunches.com/tag/documentaries/>

<http://www.webmd.com/men/features/exercise-benefits>

<http://www.geneseo.edu/health/exercise-medicine>

<http://www.jmu.edu/recreation/about/why/spark.shtml>

<http://www.coehp.uark.edu/>

## AVOIDING THE "FRESHMAN FIFTEEN"



Photo Credit: Freshman Fitness

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## Benefits of Exercising

1. Exercise Boosts Brainpower
2. Movement Melts Away Stress
3. Exercise Gives You Energy
4. Fitness Can Help Build Relationships
5. Exercise Helps Ward Off Disease
6. Fitness Pumps Up Your Heart
7. Exercise Lets You Eat More
8. Exercise Boosts Performance



Source: (Santaro, n.d.)  
Photo Credit: University of Arkansas

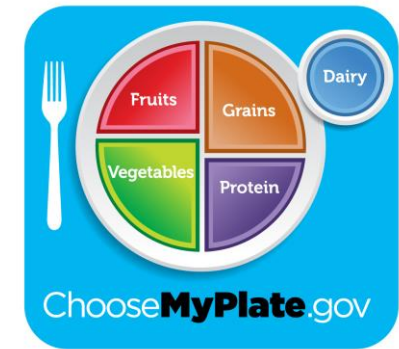
## Choices

The pictures below show a 100-calorie portion for some healthy vs. traditional snack options.



Photo Credit: Cookies & Crunches

What does a healthy plate look like?



## Healthy Foods

1. Sweet Potatoes
2. Mangoes
3. Unsweetened Greek Yogurt
4. Broccoli
5. Wild Salmon
6. Whole Grains
7. Beans
8. Watmelon
9. Butternut Squash
10. Leafy Greens

Source: Center for Science in the Public Interest