Avoiding the Freshman 15

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

Choices

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. Watermelon
9. Butternut Squash
10. Leafy Greens

Source: Center for Science in the Public Interest