

avoid gaining the FRESHMAN

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Keep your metabolism fired up by eating regularly throughout the day – especially breakfast.

Smaller meals more often is the name of the game when it comes to weight gain management. Instead of 2-3 square meals, have 4-6 mini meals throughout the day.

Focus on the things that are good for you and fuel you in the healthiest way: fresh vegetables (5-7 servings a day), Fruits (1-2 servings daily), whole grain breads and cereals, beans, lean meats.

Watch the "ings": overeating, overdrinking, underdoing, underexercising

Strive for at least 30 minutes of aerobic activity each day.

Don't forget strength training; it is a very important piece to a healthy lifestyle and weight.

Get enough sleep; it's linked to a healthy metabolism.

If you're not hungry, don't eat. Food isn't the answer to stress, loneliness, boredom, or fatigue.

You don't have to be perfect. Follow the 80/20 rule: 80% of the time do the right thing when it comes to eating and the other 20% of the time, enjoy yourself and don't feel guilty.

Avoid the liquid calories: fruit juices, power drinks, energy drinks, coffee drinks, sodas, and alcohol.

For further tips and strategies, please contact our nutritionist at 631-0106.

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