



The State of Spartan Health 2016

Fitness & Nutrition

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Why it Matters

- Studies show that average weight gain for a college freshman is **less than 4 pounds**, debunking the myth of the “Freshman 15”.
- Regular exercise has many proven benefits:
 - It improves mental and physical health.
 - It helps fight depression, anxiety, and stress.
 - It improves mood, self-esteem, energy, and quality of sleep.
 - It helps you to meet and connect with new people.

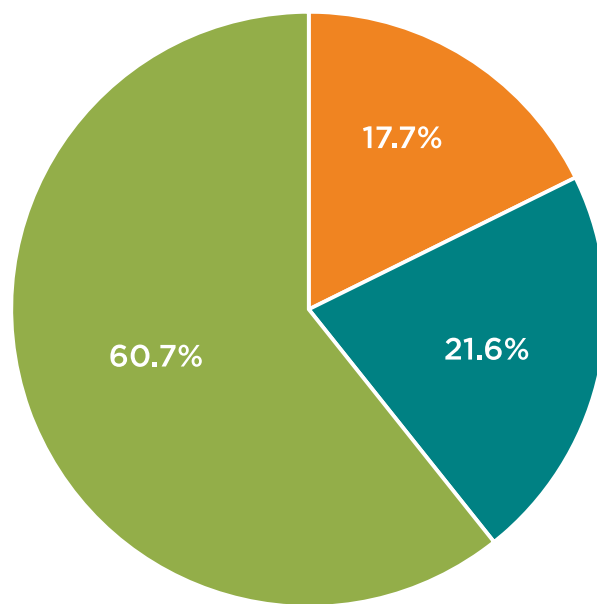
What MSU students say and do

Days per week students participated in 20 minutes of vigorous exercise or 30 minutes of moderate exercise - 2016

66% Of MSU students report being at their correct weight or slightly under.

33% Of MSU students who were not overweight reported still trying to lose weight

39% Of MSU students did muscle strengthening or toning exercises 2 or more days in the last week.



0 Days
1-2 Days
3+ Days

What you can do

- Eat for good nutrition. That means choosing to eat a variety of foods, including those that you enjoy.
- Choose to stay active! Join the IMSPARTANfit program, or take advantage of the many other physical activity opportunities like group exercise classes, intramural sports or club sports that the Rec Sports Department has to offer. See more at recsports.msu.edu.
- Make use of the many green and outdoor spaces as well as fitness centers located on campus and/or around East Lansing.
- Trust your body. By eating well and being physically active, your body will settle at a weight that is most natural for you.

Nutrition & Fitness Resources

Nutrition Counseling: To find out more information or if you have nutrition concerns, call **517.353.4660** to schedule a free individual appointment with a nutritionist.

SPARTANfit Fitness Assessment: A comprehensive fitness assessment that includes a tailored 3-month, goal-oriented fitness plan. Available to students, faculty, and staff by appointment. Call **517.353.7868** to schedule your assessment. olin.msu.edu/healthpromo

Spartan Body Pride: Spartan Body Pride is a registered student organization that promotes positive body image across campus and throughout the MSU community.

Wellness Coaching: A collaborative process that helps you to achieve your goals and thrive by helping you to discover your values and desires, transform them into action, and maintain lasting change over time. Call **517.353.7868** to schedule your free session.