Fitness & Nutrition

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Why it Matters

● The myth of the “Freshman 15” continues in the media and on college campuses while numerous studies show average freshman weight gain is actually less than 3 pounds.

● Regular exercise has many proven benefits:
  • It improves energy and decreases fatigue.
  • It helps fight depression, anxiety, and stress.
  • It improves mood, self-esteem, and quality of sleep.
  • It helps you to meet and connect with new people.

What MSU students say and do

Days per week students participate in 20 min. of vigorous exercise or 30 min. of moderate exercise

- 70% of MSU students report being at their correct weight or slightly under.

- 35% of MSU students who were not overweight reported still trying to lose weight.

- 10% of MSU students did muscle strengthening or toning exercises 3 or more days in the last week.

What you can do

● Keep eating. Restricting calories and/or certain foods is likely to increase your chances of developing disordered eating or inappropriate weight gain.

● Keep active. Moving your body has many benefits including stress relief, increased metabolism, and increased energy.

● There are 10-12 intramural sports each semester, 60+ exercise classes each week, and 25+ club sports that you can join. Check it all out at recsports.msu.edu.

● Recognize that weight gain is often normal in college as you reach your adult growth. Trust your body.

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.

Life:Rx: A comprehensive lifestyle and fitness assessment and exercise prescription service available to students, faculty, and staff by appointment. Call 517.353.4660 to schedule.

MSU Moves: A customized, online movement/fitness tracking system for personal, team, and campus challenge events! Find out more at msumoves.msu.edu.

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

LIBRA: A brief, confidential, interactive assessment tool that provides students with individualized feedback regarding their choices and beliefs in various health topics.