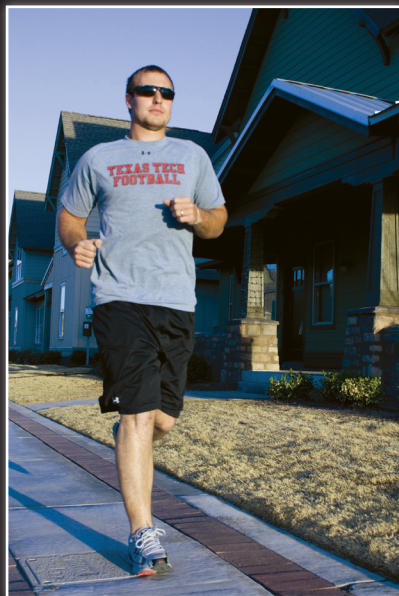


Avoiding the

“15”



College is a time for a fresh beginning and new independence. However, there are stresses that come with the newfound freedom present in the life of college freshman. One stress in particular is the dreaded “freshman 15”.

Allyson Joy, Texas Tech University alumna and registered dietitian, said many freshmen gain weight due to their new lifestyles.

“Students have to figure out what they want to do and if they want to live a healthy lifestyle or not,” Joy said.

Joy suggested three beneficial lifestyle tips to avoid unwanted weight gain. The lifestyle tips include establishing a plan, exercising, and having an accountability partner.

Living a healthy life does not happen accidently. Joy said that students develop a healthy eating plan. As a consumer, research your food before you eat it.

“College students go out and eat a lot; before going to a restaurant, you need to know ahead of time what they have to offer,” Joy said. “Look up the nutrition facts ahead of time online and plan what you are going to order.”

She also encourages students to take a healthy snack to consume between meal times. Granola bars, fruit, and nuts are all healthy and tasty snack options.

Joy said exercising regularly is always a component of a healthy lifestyle.

“It is important to develop a habit of working out daily,” Joy said, “even if it is just going outside and taking a 30 minute walk.”


Texas Tech also has a state-of-the-art student recreation facility and intramural sports. By participating in classes at the recreation center or being active on an intramural team, students not only receive a good workout, but also get to interact with other students. By being active with others students, accountability is formed and students are encouraged by their peers to continue working out.

Kaci Waller, senior in agricultural communications, agrees that accountability is key but also said she believes that living a healthy lifestyle requires self-motivation and drive.

“You go from being involved and active with sports in high school to not being required to do anything more strenuous than walking to class,” Waller said. “Without a coach, if you are not self-disciplined, it is very easy to avoid the gym.”

Waller said being conscious of her portions and the kinds of food she ate also contributed to staying in shape while in college.

“When I feel stressed, the first thing I want to do is go eat some chocolate,” Waller said, “but I have had to train myself to go workout to help relieve my stress.”

With planning, exercising and accountability, avoiding the “freshman 15” is possible. 

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