

TEN TIPS FOR STAYING HEALTHY AND FIT

Weight gain is a result of consuming more calories than you need for your activity level. To avoid gaining weight involves awareness of what you eat and how active you are.

STEP 1

Develop a plan and think about what you're eating.

There are so many selections available through Drake Dining that the temptation may be to throw caution to the wind. One way to avoid that is to use the new guidelines from the USDA at www.choosemyplate.gov. In addition to the plate guideline, you can enter your age, sex, height, weight, and activity level at that site and it will give you an estimate of the calories you need to maintain your weight.



Another tool, at Hubbell, is the "Better Tomorrow Starts Today for Your Health" plate which is designed to provide:

- ≤ 600 calories
- ≤ 35% of calories from fat
- ≤ 10% of calories from saturated fat
- ≤ 800mg sodium
- ≥ 3g fiber

offer group fitness classes including Boot Camp, Yoga, Power Yoga, H2O Aerobics, Core Conditioning, Muscle Mix, Step & Sculpt, Step Interval Plus, Cardio Kick, Pilates, Awesome Abs, Zumba (dance).

You can also sign up for Drake Intramurals such as Basketball, Floor Hockey, Racquetball, Tennis, Indoor and/or Outdoor Soccer, Softball. Or join a Drake Sports Club: Triathlon, Men's or Women's Volleyball, Men's Basketball, Women's Soccer, Coed Tennis, Men's Ultimate Frisbee, and Lacrosse.

If none of those appeal to you, you might want to purchase a pedometer, and plan on walking at least 10,000 steps a day. Plan on moving when you take a study break instead of eating, watching TV, checking email or Facebook, or texting.

Your activity level may also change as you progress from a freshman to a senior. A recent study done by Indiana's University of Health, Physical Health and Recreation showed that the freshman they studied walked an average of 684 minutes a week and seniors walked an average of 436 minutes a week.



<http://cics.uc.edu.ph/file.php/1/balls.JPG>

STEP 2

Watch your portions.

Are your eyes bigger than your stomach? Don't ask for a large portion; instead go back if you're still hungry and think about what you're going to get. Fruits and vegetables can fill you up and are much lower in calories than other selections. So head for the salad bar or pick up some fresh fruit.

STEP 3

Consider how your activity level may have changed and what you can do to maintain or increase if needed.

Did you regularly exercise or play a sport in high school?

The Bell Center offers a wide variety of activities and equipment. Additionally they

STEP 4

Eat breakfast.

Put yourself on an eating schedule. Eat within one hour of waking (whether it's 7 or 11) and then refuel every 3-4 hours. This will help you to control hunger and avoid snacking between times or overeating at meal times.

Additionally, a Tufts University Study in 1989 and a Hebrew

University Study in 1996 showed that eating breakfast helps you to be more alert, have better concentration and memory, and have



<http://www.thedailygreen.com/cm/thedailygreen/images/6z/breakfast-cereal-desk-lg.jpg>

better test grades.

For a healthy breakfast, include lean protein (eggs, skim milk, yogurt), whole grains (whole wheat breads and whole grain cereals), and fruit.

STEP 5

Watch your snacks and beverages.

Moderation is the key. It's okay to have your favorite sweets/treats in moderation; however, try to include healthy snacks more often. A bowl of cereal, half a sandwich, cheese and crackers, light popcorn, and cottage cheese and fruit are all more healthful and sustaining choices than candy bars or caffeinated beverages.

If you choose a "fancy" caffeinated beverage, ask that it be made with skim milk and sugar free syrup to reduce the calories. A regular 16 oz vanilla latte has 280 calories; a "skinny" vanilla latte has 130 calories. That's 150 calorie difference which if consumed everyday, represents 15.6 lbs a year! Not adding whipped cream can save 70 calories on a 16 oz beverage.

STEP 6

Avoid using food to relieve stress or as a reward.

Substitute a new behavior for an old one. Try taking a walk, listening to music, deep breathing, meditation, reading a book, doing push-ups or jumping jacks, or working on the task you've been avoiding (starting is often the hardest part). Changing these habits will benefit you the rest of your life because you'll stop using food to cope.

STEP 7

Limit desserts.

Enjoying a dessert with friends is one of the pleasures of life and isn't bad if consumed in moderation after your nutrient needs are met. To reduce the caloric impact, watch the portions size and frequency of consumption.



Think about sharing with a friend, or when you're away from Drake, ask for the petite option if available.

STEP 8

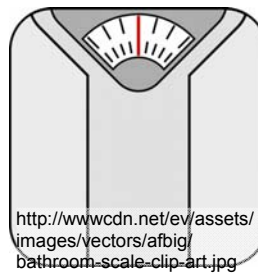
Plan ahead.

Wondering what's on the menu? Go to <http://www.drakeudining.com/> and check us out. If you're interested in obtaining nutrition information for items served in Hubbell Dining Hall, follow the following directions.

- Click "Locations & Menu"
- Scroll down and Click "Hubbell Dining Hall Menu"
- Check food items you're planning to or have consumed
- Click on "Selected Items Report" for total
- You may also "hover" over an item and click to see Nutrition Label for that item.

STEP 9

Weigh yourself weekly, not daily, and make moderate adjustments in your food intake and activity level if needed.



activity.

It is much easier to make adjustments weekly based on your weight than after you have gained 15 pounds. Reduce your intake of desserts, high fat and high sugar snacks, calorie laden beverages, and increase your activity.

STEP 10

Avoid extreme dieting. They are very difficult to adhere to and don't help you to learn new eating patterns.

They don't work in the long run. Instead make gradual changes you can sustain over the long run.

"Probably nothing in the world arouses more false hopes than the first four hours of a diet."

--Samuel Beckett Irish writer, dramatist and poet