Check out EDCEP 103: Healthful & Safe College Life  
3 hr. credit course for UGE  
100% online  
This course addresses pertinent health topics that impact college students and explores the effects of lifestyle choices on academic achievement.

• 100% online — requires Internet access
• No textbook required
• Session starts on October 15—8 weeks
• 3 hours K-State 8 or UGE credit

More info at: www.dce.ksu.edu/courses/collegelife
Enroll: Search iSIS
Course Subject EDCEP; Course Number 103

Lafene Health Center’s 24th Annual Health Fair  
Wednesday, October 15, 2014  
10:30 a.m. to 1:30 p.m.  
Student Union Courtyard  

Come learn what Lafene Health Center is all about while groovin’ to the music of the 70’s!

• Meet the staff
• Find the answers to our Trivial Pursuit game and be entered in our Raffle!
• Spin the BIG WHEEL for prizes!
• Get a flu shot — open to all K-State students and faculty, $17/student, $22/non-student — often covered by health insurance.

For more info: www.k-state.edu/lafene

The Freshman 15: Fact or Fiction?  
It is a widely accepted belief that as a freshman, you may be 15 pounds heavier by sophomore year. However, before you let this be an excuse for mindless munching and late night pizza binges, check out the facts:

• Recent studies show an average gain between 2.5 to 3.5 pounds during the first year of college.
• Less than 10% of all college freshmen actually gained 15 pounds or more their freshman year.
• 25% actually lose weight during the first year.
• The ‘Big 3’ weight gain culprits: excessive snacking; larger meal portions, and decreased activity.
• Some freshmen are still growing into their adult weights and would gain weight regardless.
• Dorm living did not add to weight gain (vs- living off campus).
• Weight gain tends to accumulate from freshman to senior year; an average of 7-9 pounds for campus females and 12-13 pounds for males.

(Zagorsky & Smith, 2011)

Healthy Way to Manage Weight  
Habits you develop during your college years are likely to stick with you well beyond graduation. Rather than obsessing over weight and the latest diet trend, focus on developing a long term healthy lifestyle to prevent weight gain and chronic disease throughout your adult years. Healthy weight management is something that is best individualized for each person’s lifestyle & food preferences rather than a ‘one size fits all’ approach. In general:

• Avoid diet and exercise extremes and social media hype. (No more than 1-2 pounds/week for a safe rate of loss.)
• Steer clear of a ‘good food/bad food’ mentality. All foods can fit in a healthy diet. The key is moderation and balance. Focus on nutrient-rich foods you enjoy, but don’t totally deprive yourself either.
• Fuel your body regularly. Eat when you are hungry, stop when you are full. This fuels metabolism, gives you adequate energy to exercise, and helps prevent binge-eating. Be aware of portion sizes.
• Avoid the ‘all-you-can’ eat’ mindset if you eat at the residence hall cafeterias. There are plenty of healthy options available in the campus cafeteria, but it’s up to you to control the portions!

Visit Lafene RD on Facebook or follow @LafeneRD on Twitter to stay in the know about sensible nutrition and body image choices for K-State