

Mayo Clinic Minute

4 ideas for avoiding the 'freshman 15'

	AUDIO
	In this season of packing up for college, a warning about packing on the "freshman 15."
Title: Denise Millstine, M.D. Women's Health Center Mayo Clinic	"It's usually not actually 15. It's more often seven or eight."
	Still, it's extra weight that Dr. Denise Millstine says is often caused by a change in activity and eating habits from high school to college.
Dr. Millstine	"You're going to be eating at a cafeteria or eating out more. Stop and think: How am I going to manage this?"
Graphic: Avoiding the "Freshman 15" Eat plants	Dr. Millstine offers four daily goals for every freshman. No. 1: Eat plants.
Dr. Millstine	"Ideally, at least five fruits and vegetables every day."
Graphic: Don't drink calories	No. 2: Don't drink a lot of calories.
Dr. Millstine	"If you're going to class and you're grabbing a coffee drink or a smoothie, it can have a lot of calories in it."
Graphic: Find ways to move	No. 3: Find ways to move.
Dr. Millstine	"Take the stairs instead of the elevator. Always make sure you're walking to class."
Graphic: Get decent sleep	And No. 4: Get decent sleep.
Dr. Millstine	"Trying to get that seven to nine hours of sleep consistently, whatever your body requires, can help you to manage your weight."

	For the Mayo Clinic News Network, I'm Jeff Olsen.
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