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## Freshman 15

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# Freshman 15



An expression that refers to an amount of weight gained during the freshman year of college.



## Stress

To relieve emotions, stress can lead to overreacting.

- manage time wisely
- get organized
- create a good study environment
- know your learning style
- practice visualizations
- develop optimism
- get enough sleep
- use stress management techniques
- learn study skills
- talk to family or friends

## Nutrition

The provision, to cells and organisms, of the materials necessary to support life.

- avoid eating when stressed, while studying, or while watching tv
- eat slowly
- eat at regular times and don't skip meals
- keep between-meal and late-night snacking to a minimum
- choose a mix of nutritious foods
- watch the size of your portions
- avoid vending machines and eat healthy snacks instead

Valenz Food Court - Weekly Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Pancakes & Eggs \$3.99	Breakfast Pancakes & Eggs \$3.99	Breakfast Pancakes & Eggs \$3.99	Breakfast Pancakes & Eggs \$3.99	Breakfast Pancakes & Eggs \$3.99	Breakfast Pancakes & Eggs \$3.99
Lunch Burger & Fries \$5.99	Lunch Burger & Fries \$5.99	Lunch Burger & Fries \$5.99	Lunch Burger & Fries \$5.99	Lunch Burger & Fries \$5.99	Lunch Burger & Fries \$5.99
Dinner Steak & Potatoes \$12.99	Dinner Steak & Potatoes \$12.99	Dinner Steak & Potatoes \$12.99	Dinner Steak & Potatoes \$12.99	Dinner Steak & Potatoes \$12.99	Dinner Steak & Potatoes \$12.99



## Exercise

any bodily activity that enhances or maintains physical fitness and overall health and wellness

- WOU offers a wide variety of exercise options
  - two basketball courts
  - indoor track
  - two racquetball courts
  - three multi-purpose rooms
  - cardio, strength and weight training area
  - 40ft x 40ft climbing wall
  - 25 yard swimming and therapy pool
  - Intramural and club sports
  - disc golf course