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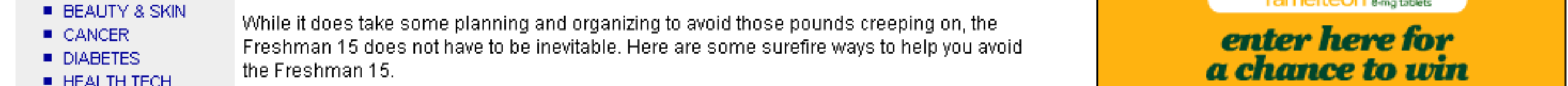
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5 Easy Steps to Beating the Freshman 15

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This just in: The "Freshman 15" is really not an urban legend.

Cornell University researchers recently confirmed what many of us have long suspected (or anecdotally observed): many freshmen do gain weight during their first year at university.

While it does take some planning and organizing to avoid those pounds creeping on, the Freshman 15 does not have to be inevitable.

5 Easy Steps to Beating the Freshman 15

1. Eat breakfast

Why eat breakfast? Well, while you've been sleeping all night, your body's been burning through the calories you consumed the day before.

Skipping breakfast altogether will likely lead to late-morning hunger pangs that may have you reaching for an enormous cinnamon bun or doughnut at the cafeteria.

2. Resist the late-night munchies

Since we all made it through college (and a few all-nighters) ourselves, we remember how hunger can strike hard at 2 or 3 in the morning.

3. Watch your alcohol intake

Before you show up extra thirsty to the next keg party, consider this: alcohol has more calories per gram than carbohydrate or protein.

4. Beware of sugary drinks/beverages

Forego sugary drinks like sodas or frothy coffee concoctions. You can consume a lot of calories by drinking sweet beverages without even noticing.

5. Maintain an exercise routine

Many of us start skipping exercise when the demands of academic life become too intense. Instead, schedule 30 minutes of aerobic activity into your day.

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