MyPlate Nutrition Education Series: Stay Fit on Campus

USDA Center for Nutrition Policy and Promotion, with an Introduction by Linda B. Bobroff

After introducing MyPlate in June 2011, USDA provided a series of one-page fact sheets to help consumers use the dietary advice of the Dietary Guidelines 2010. The USDA added new fact sheets in December 2011 and continued adding fact sheets in 2012, 2013, and 2014. These fact sheets are distributed by UF/IFAS Extension for Extension faculty, health professionals, and consumers. This fact sheet is Stay Fit on Campus, and it can be found on the following page.

Figure 1.
Credits:  http://choosemyplate.gov

1. This document is FCS80064, one of a series of the Family, Youth and Community Sciences Department, UF/IFAS Extension. Original publication date May 2014. Visit the EDIS website at http://edis.ifas.ufl.edu.

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stay fit on campus

10 tips for college students to stay active

Between classes and studying, it can be difficult to find time to be active. Even if you only exercise for a short period of time, you will feel more energized and better about your health. Get up and move!

1. walk or bike to class
   If you live close enough to campus, avoid driving or spending money on public transportation by walking or biking to class. If you drive to campus, park your car farther away from the building to lengthen your walk.

2. take the stairs
   As tempting as the elevators and escalators are, avoid them by using the stairs. This exercise is a great habit to start and will help tone your legs at the same time!

3. join a sport
   Find a sport that interests you the most and one that will keep you active during your spare time. If you played a sport in high school such as basketball or soccer, you can continue playing in college!

4. join an intramural team
   Another fun way to remain active is by joining an intramural team. Most universities offer classic sports such as basketball or baseball. But some campuses also offer activities such as ultimate frisbee and bowling.

5. hit the gym!
   Visit your school’s gym or recreation center. Go for a run on an indoor track or grab a basketball and shoot some hoops. Try to vary your routine each time to avoid boredom.

6. be active with friends
   Go for a walk, hike, or bike ride with friends to catch up and have fun!

7. take a fitness class
   Most universities offer a wide range of fitness classes for little or no charge. Find a schedule online and choose a class that you enjoy such as yoga, spinning, kickboxing, or aerobics.

8. fitness for credit
   Elective classes such as swimming are a great way to remain active while also earning school credit. Not only are these classes fun, but they offer you a scheduled workout once or twice a week. Sign up with friends or try out a new class that strikes your interest.

9. sign up for an adventure trip
   Many universities also offer adventure trips, such as hiking and whitewater rafting, to their students at a discounted price. Check out your university’s recreation Web site for a list of upcoming events, and sign up for an active trip.

10. balance calories!
    What you eat is just as important as how active you are. Keep track of how much you eat and your daily physical activity to help you to maintain a healthy weight. Use the free SuperTracker online application to track your fitness goals: www.SuperTracker.usda.gov.

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