iMove

Do I look fat in this?
Finding your way to feeling fabulous

Drink like a fish
Alcohol = calories, the average 12 oz. can of beer has about 148 calories. Think about it: Even if you only have one beer a night, that’s an extra 1,000 calories a week. That means gaining more than a pound a month.

Feel fabulous by drinking smart
If you are of age, you should be able to enjoy the occasional drink—but be smart about it. You already know to stay away from binge drinking (five or more drinks in a row) and drinking and driving. To avoid unwanted alcohol pounds, try to keep your drinking to a minimum. Have a glass of water for every alcoholic drink you have, which will keep you hydrated and help avoid a late night call to Pizza Hut. Try not to drink every night. Save it for the weekend and when you go to a party, avoid drinking the trashcan punch and resist the temptation to do a keg stand. The more alcohol in a drink, the more calories. By the way, the going rate for a minor on campus is $249.

Driving to class, avoiding the gym, not leaving your room…

Feel Fabulous by Moving Your Body:
- Burns Calories ✓
- Meet Cool People ✓
- Makes You Happy ✓
- Relieves Stress ✓
- Helps You Sleep Better ✓
- Body Like a Rock Star ✓

Fast Food=Fat Food
Feel fabulous by thinking about What and Why you are eating
Slow down! Think about why you are putting food into your mouth—are you actually hungry—or is it because you’re bored, angry, tired, stressed, or your roommate just ordered pizza. Instead of letting your emotions determine what you eat (your emotions rarely crave vegetables), let your body decide by planning ahead. Make a meal plan for each day, pack your fridge with healthy food, make sure you have healthy snacks in your backpack so you aren’t knocking over a vending machine like a crazed addict in need of a Doritos fix.

Getting your game on:
Finding your groove

When people think of an exercise program, they often picture a marathon runner or a body builder, but the best program is doing what you don’t think of as exercise— you do it because it’s fun and makes you feel good. Working out just to burn calories doesn’t last that long. To choose an activity that you can stick with, ask yourself these questions:

Do you like to be social, or would you prefer to be by yourself?
- If you like socializing, try activities that connect you with others, try to walk with friends, join intramurals, join a gym that offers plenty of classes
- If you need time to yourself, try walking, running, swimming, or weight training; these can all give you the independence to do your own thing

Do you need to get energized or to relax?
- For an energy boost, try aerobic activities or weight training
- Reduce stress with activities like yoga, tai chi, Pilates

Are You Goal Oriented Or Flexible?
- If you like a sense of accomplishment, choose activities where you can chart and monitor your progress, like training for a race, or an activity with a rising skill level like martial arts
- For a more flexible routine, try walking or working out to a DVD in your room

Do I want to get away and escape from it all, or get involved?
- If you want to get away, try outdoor activities like hiking, biking, and rollerblading.
- To get involved in the community consider charity walks and runs, the Student Health Services Wellness Challenge, or volunteering for community projects like Habitat for Humanity.

iMove Checklist
- Eat at least three meals a day
- Add protein to your breakfast (i.e. eggs, peanut butter, yogurt)
- Balance every meal with complex carbohydrates, protein, and some fat
- Drink plenty of water (1/3 of your bodyweight, 150 lb=50oz of water)
- Avoid eating three hours before you go to bed (improves sleep and keeps your weight down)
- Move your body at least 30 minutes a day, five days a week