

W E L C O M E T O F I N A L S .

It's that time of the semester when chips, cookies and cereal are pleasant distractions from studying, meals aren't a priority and sleeping in an extra 30 minutes replaces exercise.

This is the time to put it all together for the semester: Your mind will be tested on what you've learned inside the classroom and your body will be called upon to perform well through this stressful time.

Although you may be inclined to slack off on your eating, it's most important now to keep your mind sharp and your body strong and healthy. Stay on track and keep yourself healthy by eating on a regular schedule. Stick to a meal plan, even if it means getting up earlier to do so. You will fuel your body and your brain best for the big event(s). Take time to move your body each day...not necessarily to burn calories...just to feel refreshed. And give your mind and your body a rest with a decent nights sleep. Harder to say then do but something to strive for along with good grades.

Once you get through exams, you can look ahead to celebrating with friends and family during the holiday time. Although you need to let your guard down and just plain relax, pay attention to the gentle reminders for being kind to your body during holidays, too.

The average weight gain between Thanksgiving and New Year's is five to seven pounds. If you eat more calories than you burn you will gain weight. And that's easy to do, since the holiday season is filled with food, parties and drinks. To keep it all together, click on to www.collegeeatingguide.com for additional tips on eating well.

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