

Freshman 15 is a common term used to describe the weight, in pounds, that college students typically gain during their freshman year. This is typically caused by students, who now have access to large amounts of food with their meal plans, not knowing how to properly balance their diets as well as their physical activity. The new freedom to do anything they want tends to translate to not knowing what to do with it/how to do things properly, especially when it comes to eating and exercising.