Diet Tip of the Week

Crash diets do NOT work! Try to think positive about where you are now and be patient with yourself. Enjoy healthful eating, portion control, and a steady supply of food that will leave you satisfied, energized, and successful!

Exercise Tip of the Week

Individuals who exercise regularly are more likely to:
• Maintain a healthy body weight
• Maintain lean muscle, which is often lost with increased age
• Have higher levels of self-esteem and self-confidence
• Experience overall feelings of well-being and positive attitude which carries over into other aspects of life.

Diet Tip of the Week

Avoid the “Bikini Binge” & the “Cut-up Cram”

Escape the negative consequences of over exercising and unhealthy eating choices.

Get fit the right way!

For more information and tips on diet and exercise go to:
campusrecreation.binghamton.edu