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Freshman 15 Facebook Message

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Attention Facebook:

As of late there has been a up and coming concern for kids going off to college. The concern is the “freshman 15”. Students are going off to college and drinking more now that they are away from home, eating unhealthy, not getting sufficient sleep as they once was, and their stress levels are rising. Students themselves do not even realize it, we need to raise more awareness of this issue and educate our kids on personal health and responsibility, as well as how to practice it while they are away at school. Raising awareness of the “freshman 15” will help this generation live happy and long lives and they can pass this down to their kids and the future generation of America. Let’s be the generation to end this stigma.



https://www.google.com/search?q=freshman+15&source=lnms&tbm=isch&sa=X&ved=0ahUK EwjOpu2foZLaAhVLXK0KHbecDYoQ_AUICigB&biw=1366&bih=654#imgrc=v_G4bVsbBk NbxM: