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College Weight Gain: A Heavy Burden on The Minds of Teens

The family is all abuzz. Jun will be home this summer, his first summer as a college man. My parents were so excited that they have already forgotten the visit they made to Jun's dorm a month ago. Well, that's the way parents are. Anyways, when Jun opened our front door and stepped into the house, everyone was on him almost immediately.

But amidst all those chatter, the smiles, the welcome home remarks, there was one comment that rang through the whole house. It was my niece saying "boy, have you gotten fat." Jun, fortunately, just brushed it off. However, to some people, college weight gain cannot be brushed off quite easily.

Studies have been undertaken which on the issue of gaining weight during college. Although, the truth of the matter has been confirmed quite a number of times, the actual reason behind the phenomena is not as conclusive as other people might like.

It is said that the first year of one's stay in college can easily result to a 10 or even a 20-pound increase in body weight. A number of reasons have been cited as the causes of getting a bigger butt while you're in college. Actually, some of the clues that explain this phenomenon are really quite obvious, when you look at them closely.

One of the possible reasons is that they might over do this concept of being free. Some students or most students see their first year in college as their chance to be free from their parents. Although, some might handle this quite well adapting to the school and his/her peers. They loose control and eat and drink whatever they want and whenever they want.

It seems like new information is discovered about something every day. And the topic of Gain Weight is no exception. Keep reading to get more fresh news about Gain Weight.

They don't concern themselves with their diet. Compared to when their mom's were in control of what they eat, these first year college folks drown themselves with sodas and fill their bellies with junk foods. The school cafeteria is also an easy place to stuff more fat since the food there is often times "complete." With appetizers, main course, and most especially desserts, college folks are more likely to overeat there than in any other place in campus.

One interesting thing is that according to recent studies, college males are more likely to gain considerable weight after the first year of their stay in college than their female counterparts. So guys, beware. If you continue on your current lifestyle, you might end up four times or even six times your body weight before you leave college.

Another reason that kept getting the blame for this college fat phenomenon is the fact that most college folks live a more or less sedentary life. If eating the right food is the least of their concern, believe me, exercising is further off their grid. They have homework, study groups, library work, experiments, and not to mention parties to go to, events to crash, and so on.

Speaking of parties, the various gathering you go to in college serve mostly fat laden finger foods, sodas and the like. Imagine the fat you will gain the next day. In the attempt to socialize with their peers, college freshmen are eating more than enough fills of fats, salt, and other junk.

Stopping college weight gain is a conscious effort. College folks need to get their diet in order and need to get their butt off their bunks. This is an action that they themselves need to initiate. Complaining won't do them any good. They need to fight this with sheer will power and utter determination.

About the Author

By Anders Eriksson, feel free to visit his Perpetual20 training site for great bonuses: [Perpetual20](#)

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