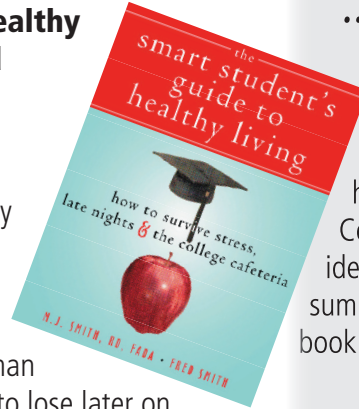


*“A great book, so practical and useful—fantastic!”*

—Jane Hasek, MSN, Ed.D., chancellor emerita  
and distinguished professor at Allen College in Waterloo, IA

*How a college  
freshman decided  
to write a book  
...with his mom!*

## The book that helps college students maintain a healthy lifestyle that supports their efforts to succeed



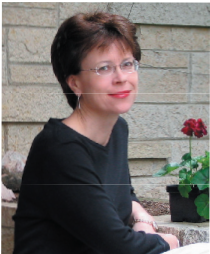
Everyone remembers leaving home for the first time and the excitement and pride of finally being “on your own.” For new college students there is also the desire to do their best and enjoy all that collegiate life has to offer—even dorm food. As a matter of fact, residence hall food, along with all-night study sessions and weekend parties, are part of the college experience. There is another, less beloved, part of college life known as the “freshman fifteen,” those unflattering spare pounds that can be so difficult to lose later on.

The good news is that with a little good advice, first-year students can eat right and get the sleep and exercise they need to excel academically and creatively—and avoid extra pounds!

*The Smart Student's Guide To Healthy Living* offers advice on cafeteria food choices and smart snacks that can be prepared with dorm-room appliances. The authors offer tips on fitting regular exercise in to a busy class schedule and getting enough sleep without missing out on late-night fun.

## about the authors

Photo by Liz Smith



**M.J. Smith, RD, FADA**, is a registered dietitian and fellow of the American Dietetic Association. Ms. Smith has spent twenty years teaching families how to make food choices to manage disease and foster daily vitality. She has written twelve books about nutrition and health, including *Diabetic Low Fat and No-Fat Meals in Minutes*. She lives in Gutenberg, IA

Photo by Liz Smith



**Fred Smith** graduated with honors in 2003 from Clayton Ridge High School. He is currently a student at Luther College in Decorah, Iowa with a double major in communications and political science.

In Spring of 2004, as he neared the end of his freshman year at Luther College, Fred Smith had an idea: rather than look for a summer job he would write a book instead!

He did not have to look far for his inspiration. Having just gone through his first year of college he decided to write a book about how to eat right, stay fit, and manage the stress that goes along with being a student. He needed an expert to assist on the project, and he knew just where to find one...

“Fred had some important qualifications for this story,” M.J. Smith says of her son. “In the span of his first seven months away from home, he had gained weight, ditched his workout routine, and made an appointment with a counselor.”

Registered dietitian and author of books on diet nutrition, M.J. Smith at first hesitated at her son’s proposal. “After taking a big gulp and thinking, ‘You mean, you’re going to turn down that job making calls for the mortgage company,’ I signed on to the partnership.”

*The Smart Student's Guide to Healthy Living*, by M.J. Smith, RD, FADA, and Fred Smith  
Published in July 2006, New Harbinger Publications, ISBN (10): 1-57224-474-7; ISBN (13): 978-1-57224-474-0,  
\$14.95, 200 pages, 800-748-6273, [www.newharbinger.com](http://www.newharbinger.com)

FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:  
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*“I wish I had had this book. . . and I am glad you do now.”*

—Fred Smith

## **excerpt: finding healthy releases for stress**

### **What the Science Says About Stress**

Dr. Wayne Kelly, MD, a board-certified family physician, is the medical director at Student Health Services for Winona State University. He has cared for college students for twenty years. He explained stress to us in this way: Stress is anything that interferes with a person’s mental or physical wellbeing. It impacts one’s feelings of happiness or sadness and takes on different forms in different people.

### **Signs of Extreme Stress**

Here are some physical, behavioral, mental, and emotional cues that stress has become a problem:

**Physical cues.** Fatigue, headache, insomnia, muscle aches/stiffness (especially in the neck, shoulders, and back), chest pains, abdominal cramps, nausea, trembling, cold extremities, sweats, frequent colds or flus, weight gain or loss.

**Behavioral cues.** Smoking, drinking alcohol, using drugs, crying, swearing, yelling, nervousness (nail-biting, pacing, fidgeting), changes in eating or sleeping habits.

**Mental cues.** Difficulty concentrating, decreased memory, indecisiveness, confusion, mind racing or going blank, decreased libido, inattentiveness, bad dreams, loss of sense of humor.

**Emotional cues.** Anxiety, anger, nervousness, depression, frustration, worry, fear, impatience, short temper, irritability.

Dr. Kelly described the college students he sees who are stressed out:

“The students I usually see with stress related problems are generally healthy and happy individuals with active lifestyles. They may be concerned that their physical symptoms are caused by a virus or flulike illness, like mononucleosis, or even some other more serious illness. Occasionally these students become so distressed over the physical symptom that is caused by stress they get into a vicious cycle of worry.

They have a physical symptom that is real in every sense of the word. They have a real headache. They have real pain. It needs to be dealt with. Sometimes the solution is helping students look at their lifestyle and make appropriate changes.

So I ask, ‘Are you staying out late? Are you partying too much? Are you spending too much time studying in the library? When is the last time you exercised? Are you eating well? Are you using or abusing chemicals?’ Sometimes a few meaningful changes in lifestyle have a tremendous impact on physical and mental well-being.” (Kelly 2004)

Dr. Kelly also said that every student needs a good support system. At the minimum, this is having at least one person talk with. Having a friend or family member who will listen when you need to ventilate is a strategy for keeping mentally healthy. It is even better to have a network of friends, which might include a roommate, a new friend on campus, and an old high school buddy. If you can’t talk about your feelings, you’re on your way to becoming overstressed.

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# 10 suggested interview questions for M.J. & Fred Smith

## For Fred Smith

1. As a student, what about *The Smart Student's Guide to Healthy Living* do you think will appeal to your peers?
2. Even after learning the distinction between different types of food (e.g., whole foods, colored foods, white and refined foods) what do you recommend students do to strengthen their willpower?
3. After all you've learned while researching your book, what strategies do you now employ when snacking to avoid undermining your healthy meal planning?
4. How would you approach a friend or dormitory neighbor whose health or habits concerned you?
5. Given that to some extent drugs and partying are part of the college landscape, what advice do you have to give your peers on avoiding these potentially dangerous activities in favor of more productive ones?
6. Can you suggest any everyday activities that students can do to maintain their health between classes?

## For M.J. Smith

1. As a parent, what about *The Smart Student's Guide to Healthy Living* do you think sets it apart from other "how-to" college transition titles?
2. How do you think parents can encourage their children to maintain healthy eating habits when they are often hundreds of miles apart during college?
3. What advice would you give to a student seeking help with a drug problem or eating disorder?
4. At what point does exercising become "abusive" and what can a student do to get out of that cycle?
5. What advice can you offer roommates on how to best coordinate schedules to minimize interfering with each others' sleep and study routines?

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