



December, 1999

Dear TLHS Participant,

We've recently completed additional analyses on the data collected last year on the class of 2002 freshmen. The results will be presented this spring at scientific meetings. We thought you would be interested in knowing how your participation in the TLHS is advancing knowledge about the health of young adults and the factors that influence young adults' decisions surrounding lifestyle habits that impact health.

In 1990, the American College of Sports Medicine (ACSM) published its position stand on exercise recommendations for adults to develop and maintain physical fitness. For cardiorespiratory fitness, ACSM recommends participation in aerobic exercise 3-5d/wk, 20-60 min per session, at moderate to high intensity (60-90% of maximum heart rate).

Regular participation in exercise has known health benefits, such as reducing the risk of developing cardiovascular disease, diabetes, obesity, and some cancers. In addition, there are psychological benefits garnered from regular exercise, as our analyses of Health Behavior Survey data for incoming class of 2002 freshmen confirm.

### **Exercise and Freshman Students**

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Students were classified as exercisers (EX) if they reported exercising at least 3 times/week for a total of at least 60 minutes/week. All others were called non-exercisers (nonEX).

#### **Among men and women**

EX were more likely than nonEX to report:

- β better state of physical health
- β better state of mental health
- β higher levels of happiness
- β greater feelings of control over their lives

#### **Among women**

EX were more likely than nonEX to:

- ÿ use multi-vitamin-mineral supplements
- ÿ consume recommended servings of fruits and vegetables
- ÿ report using time productively

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The data we shared with you in the first flyer indicated that women experience a greater decline in exercise participation than men over the course of the freshman year at Tufts. In addition, **men and women differ in the reasons they give for exercising**. Men are more likely to report "sports" or "fun" as reasons for exercising, while women are more likely to report "weight control". These differences, among others, may explain why men and women differ in their ability to maintain exercise habits while attending university.

One of the principal goals of the TLHS is to promote the development of campus resources to make Tufts University a place where it's easy for students to make healthy lifestyle choices.

**Your continued participation in the TLHS will help us achieve this goal.**

*Good luck with final exams!*

Questions? Please contact: Christina Economos, Ph.D., 7-2290 or Annie Gazdag, Ph.D., 7-5481

This light dessert is a refreshing finish to any holiday meal. Happy Holidays from TLHS!

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*Apples Normandy*

**5 apples, peeled**  
**preferably Golden Delicious**  
**\_ cup sugar**  
**1/3 cup water**  
**grated zest from 1 lemon**  
**juice of 1 lemon**  
**2 Tbsp apricot, peach or plum jam**

From: La Bonne Cuisine Française, by Jehane  
Benoit

**2 Tbsp sherry**

Cut apples into 8ths. Place in a generously buttered, large skillet. Combine sugar, water, lemon juice and zest. Pour over apples and poach until just tender. Transfer apples to a serving dish, leaving syrup in skillet. Arrange neatly. Add jam and sherry to syrup. Simmer until thickened to a manageable consistency. Pour over apples. Serve well chilled.

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