

TLHS

Tufts Longitudinal Health Study



Fit Tips:

Every pound of muscle you have burns 30-50 calories per day. Strength training is so important! Visit <http://ase.tufts.edu/physed/> to learn about the Tufts Personalized Performance Program (PPP).

By easing your body into intense activity, you can spare yourself tissue breakdown & muscle soreness. Warm up with light activity for 5-10 min., such as walking or biking.



Food Finds:

Mixing fruit juice with sparkling water is a healthy alternative to soda.

Choose cereals that contain at least 5 grams of fiber per serving. Boost fiber content by adding a few tablespoons of a fiber-rich all-bran cereal to your yogurt.

Strawberries have just 45 calories/cup & provide 85 mg of Vitamin C. Choose bright red berries!

Visit www.3aday.org and learn about the importance of dairy. Dairy is calcium rich, but also provides protein, Vitamin A, D, B¹², potassium & riboflavin!

Welcome Back, Class of 2004, 2005 & 2006! Let's welcome the Class of 2007!

We are excited to report that it is the 6th year of TLHS and we have 480 new participants from the Class of 2007. Our goal is to make Tufts a place where it is easy for students to make healthy lifestyle choices. In order to develop campus resources that address your specific needs, we need to know more about your lifestyle, your attitudes and how the campus environment affects your behaviors.

You will continue to receive updates regarding the TLHS research, details about the 2004 **Assessment Days** (April 13-16, 20 & 21) and how to sign up for an appointment. During this time, we will be on the Medford campus to assess your physical fitness level, body composition, strength, bone health and nutritional habits. We are excited to bring back the blood draw, which will allow us to assess your blood glucose, cholesterol and hematocrit levels. There will be great raffle prizes, goodie bags and refreshments! We look forward to meeting and seeing you soon!

In the meantime, visit us at <http://tlhs.tufts.edu>. Thank you for your participation and support of TLHS!

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What is TLHS?

It is the world's first study to follow the behavioral and physiological profiles of college students throughout their four years and beyond.

Why TLHS?

We started the Tufts Longitudinal Health Study (TLHS) in 1998 to get a better understanding of how college students shape their lifestyles and which factors on campus influence their choices. We also want to know how students' lifestyle choices are impacting their health, both today and in the future.

College can be a stressful time and many students feel overwhelmed during the transition to independent adult life. Many college age adults have unhealthy lifestyle habits that can decrease their quality of life at school. These habits can affect their physical and emotion health. We want your experience at Tufts to be full of personal growth and achievement!

We have heard from over 2,000 Tufts students. They have expressed concerns about their weight, about feeling that they're not managing stress effectively, and that their diet isn't as healthy as it could be. We plan to use our findings and research to help make Tufts University a place where you can be healthy in both body and mind!