Abstract

Fitness and staying active has been a part of society for the past few decades. Many people choose this route as a way to relieve stress, while others choose to maintain a healthy lifestyle. Many college students are excellent at certain aspects of staying healthy, while performing poorly on others. Exercise science students are asked quite often how to get around some of the biggest fitness issues that are seen in college and also in after college plans. With the ever-increasing dependence of technology in the classroom and with the increase in the younger generations' use of technology, I chose to write a blog. The website for this particular blog is https://collegefitness2015.wordpress.com/ and is a culmination of ten fitness topics that I chose to write about. By taking these ten topics, I hoped to reach out to as many students as possible, both at this university and at others, to try and combat the increasing obesity rate and also the increasing sedentary lifestyles among young adults and adults respectively.

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