Students,

As a new semester begins, we are excited to introduce “Mindful”, a new Sodexo program available for the upcoming semester!

Mindful is Sodexo’s new health and wellness approach which includes the following components:

- **Choices**-
  Making healthier selections, the choice to learn about food and the choice to start living a healthier lifestyle.

- **Knowledge**-
  Understanding food is an important step to improving eating habits long term.

- **Preparation**-
  Our culinary staff uses low fat cooking methods such as steaming, poaching and grilling. We use only vegetable–based oils like canola or olive oil.

- **Balance**-
  Reducing salt, sugar and fat doesn’t mean we sacrifice taste. By combining ingredients in a Mindful way, we maximize nutrients along with flavor and satiety.

For complete information on Mindful, visit [http://mindful.sodexo.com/](http://mindful.sodexo.com/)

For our customers with food allergies we invite you to try Simple Servings, our new dining option. Simple Servings provides food choices for our customers with food allergies, gluten intolerance, or those who just prefer simple foods. All foods offered at this station are free of milk, eggs, wheat, soy, shellfish, peanuts, tree nuts and gluten.

We are proud to use only fresh locally grown fruits and vegetables, and locally produced dairy and chicken direct from over 25 local farmers and dairy farms in western Pennsylvania.

Here’s to a great new semester, making every day a better day!

We look forward to serving you,

Your Sodexo Dining Services Team
Personal Goal
Keep track of your success!

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<tr>
<th>Week Number</th>
<th>Meet With Dietitian</th>
<th>Weigh-In</th>
<th>Work Outs</th>
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Participations in this program will fulfill Career and Professional Development Healthy Campus elective.

“Beat the Freshman 15”

Office of Health and Counseling
G-10 Student Union
450 Schoolhouse Road
Phone: 814-269-7119
OHCS@pitt.edu

A Real World Action Program Elective & Healthy Campus Initiative sponsored by Sodexo & the Office of Health and Counseling Services
Getting Started

“Beat the Freshman 15” is a Healthy Campus Initiative designed for first year students. The program includes weekly meetings with a registered dietitian to introduce and guide the program, weekly weigh-ins, and a personalized training program to address individual fitness needs.

Program Goals
Those interested will set a goal of maintaining their current weight by eating a healthy diet and staying active. Weight loss goals can also be established but the primary focus is to “Beat the Freshman 15”.

Program Outline
Sign up the week of September 23, 2013 to participate in the 8 week program. The program includes visits to the Office of Health and Counseling Services for the initial and on-going weigh-ins, personal training sessions at the Wellness Center, and weekly group meetings with a dietitian. The dietitian and Sodexo staff will guide the weekly informational meetings focusing on “Mindful”, a new eating program by Sodexo and includes the MyFitnessPal app to support your weight management goals.

Weekly weigh-ins at the OHCS are mandatory for all active participants.

Registered students will receive specific program information via email.

The More You Do, The Better Your Chances to achieve your goals and win one of three prizes. Participants will have the opportunity to obtain a “raffle ticket” each time they attend a program event during the 8-week period. Increased participation in program events will increase your chances of winning— and “Beating the Freshman 15.” Three drawings will be held during the 8-week program, prizes include:

- Week 3 : 25 Meal points
- Week 6 : 25 Meal points
- Week 8 : Fit Bit Tracker

The Fitbit Tracker is a wireless-enabled wearable device that measures data such as the number of steps walked, calories burned, and other personal metrics.