

# Keeping you fit

(body edition)

Keeping active and maintaining fitness while at university has become more than simply moving your body. Physical activity is part of a larger picture of overall wellness, and there are many ways you can keep your body as fit as your mind. One website, [health.uwo.ca](http://health.uwo.ca), brings together all health and wellness-related services and resources on campus, including mental health, sexual assault and health clinics.



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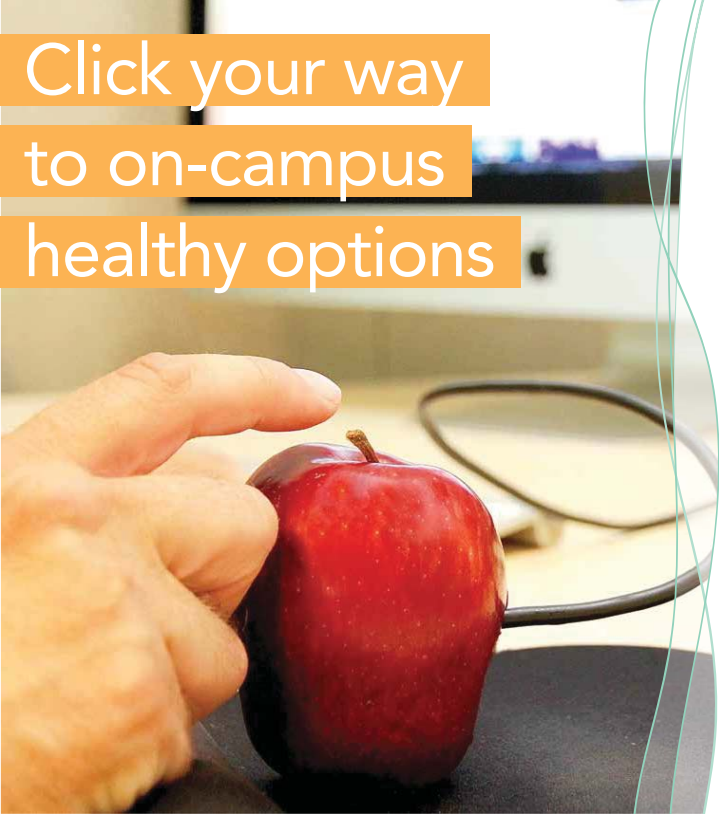
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PAUL MAYNE // WESTERN NEWS

BY PAUL MAYNE

**AWAY FROM HOME** and on their own, new students can make some, well, questionable dietary choices. But not only are nutritious and healthy food options available, students can now build a personalized healthy diet with only a couple of clicks.

Launched this September, NetNutrition Cloud is an online and mobile solution that provides students with quick and accurate nutrition news on the foods served in residences. Students will be able to view menus, filter by allergens or preferences – such as meatless, vegan or local products – and see nutritional information for specific items, full meals or entire days.

When the site goes live, students will be able to access NetNutrition Cloud through a link on the Residence Dining webpage, [residence.dining.uwo.ca](http://residence.dining.uwo.ca), and build their meals item by item. The program will help to promote nutrition and allergen awareness and, potentially, encourage more informed dining choices, said Anne Zok, Hospitality Services Nutrition Manager.

NetNutrition is just another example of how Western's residence dining is taking a more healthy lifestyle approach, she said.

In October 2012, Hospitality Services, in partnership with Brescia University College, launched FRESH (Food Resources and Education for Student Health), a research-based, nutrition education program designed to increase awareness, build food skills, reward healthy eating and influence the food service environment. In three years, FRESH has introduced several additional components, including a FRESH frequent user card (5,000 of which were redeemed last year), which rewards students with free fruit or milk with the purchase of nine fruits or dairy products.

"NetNutrition will be an excellent extension of the nutrition initiatives already in place," Zok said. "It will help those students with food allergies avoid consuming unsafe foods; those adopting a vegetarian diet identify meatless options; and those looking to eat healthy and find the 'FRESH-approved' options – all with the click of a mouse or the tap of their mobile device."

All the nutrition information – the six-week menu rotation, interactive bars, to-go program, salad bar, deli bar and soup station – will be available for students to check out when they arrive. Phase 2 of the program will roll out at the end of October and allow users to filter items for allergens.

"Good, wholesome, nutritious food options play a big role in providing students with the best student experience," Zok said. "Net-Nutrition will arguably be one means to this end." ■

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