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Nutrition and Exercise Plan for College Students

Rachel Walny

Bowling Green State University, rwalny@bgsu.edu

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NUTRITION AND EXERCISE FOR COLLEGE STUDENTS

RACHEL WALNY

HONORS PROJECT

Submitted to the Honors College at
Bowling Green State University in partial
fulfillment of the requirements for graduation with

UNIVERSITY HONORS

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Matt Laurent, Adviser
Exercise Science

Carrie Hamady, Adviser
Public and Allied Health

This project is formatted as a website. It can be located at the following web address:

<https://rwalny.wixsite.com/healthycollegelife>