## About

Attending college can be stressful and taxing – often affecting students’ health and wellness. Researchers at Auburn University followed 131 students over four years of college and found that a whopping 70% gained weight by graduation (an average of 12, and up to 37 pounds). The overall percentage of students found to be overweight increased from 18% to 31%. The researchers noted gains in body fat composition and waist circumference. Intermountain Vein Center (iVein.com), the trusted leader in preventing and treating vein disease, understands the importance of learning and practicing healthy habits during the formative college years and is offering the iVein® Health and Wellness Scholarship to reward students who are committed to a lifetime of healthy habits.

## Eligibility

Any current full-time undergraduate/graduate student attending an accredited US university or college with a cumulative grade point average of at least 3.4 is welcome to apply.

## How To Enter

Eligible students will:

- Write an essay of 800 to 1000 words, promoting a practical approach to healthy lifestyle during college years and how these habits can be sustained over a lifetime.

- Demonstrate detailed knowledge of health and wellness and discuss why healthy living is a lifetime endeavor.

- Forward their completed essay, documentation of GPA and full-time enrollment status to scholarship@iVein.com on or before the listed deadline.

## Award Amount

$2000

## Deadline

August 31, 2015

## Website

http://www.ivein.com/scholarship/