# TV stars in town to help uni students Achieve happy and healthy studies

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GOING to university is a life-changing experience. From moving away to obtaining a high-level academic achievement, there is plenty to be excited by.

And with many freshers embarking on this journey in the next few days we take a look at the common ailments you may experience and what you can do to combat them with the help of Achieve.

Achieve is a health, wealth and happiness exhibition taking place at The Passenger Shed, Temple Meads on October 13 and October 14 and will feature expert advice, fitness demonstrations, cookery workshops and talks from famous faces including MasterChef's Gregg Wallace, comedian Helen Lederer and star rugby ref Nigel Owens MBE.

And the best bit is, a day ticket for a student costs just £20. Where else can you get a day's worth of life-changing advice and fun activities for that price?

So here are some of the problems you may face at university, and what you can do to help solve them.

**Freshers' flu**

This inevitable affliction happens some time in the first few weeks of life on campus.

But there are plenty of ways to banish the bugs - and you can try a few for yourself at Achieve.

As well as the weekend's main speakers, there are plenty of exhibitors offering immune-boosting superfoods and supplements as well as fitness classes.

**Weight gain**

With new-found freedom comes new-found temptation. Without someone making you three squares meals a day, your diet is likely to take a dive.

If you're looking to be inspired, there are plenty of food experts at Achieve, from former-greengrocer-turned-TV-star Gregg Wallace to coeliac chef Christine Bailey.

Christine will also be doing a talk with paralympian Jaco Van Gass about 'the food that fuels your life' - perfect for gym bunnies.

There will also be some exciting flavours with Jamaican food-tasting sessions and weight-loss franchise Skinny Brands.

**Exam stress**

With so much time and money invested in university it's easy to see why stress and anxiety can become a real plague.

At Achieve there are a number of speakers who can help - from those sharing tips to get organised so exams won't creep up on you to those who have successfully managed their own anxiety.

On the Saturday Calum Best will be at the event – together with his business partner, Mark Joseph – discussing their newly-created game-changing journals, built to help adults and children increase focus, improve motivation and achieve their goals quicker with the 'Best Me Life' system.

Also speaking throughout the weekend is Carl Vernon who will be helping arming his audience with the things they need to overcome anxiety and depression.

**Lack of exercise**

Exercise shouldn't have to be a slog and it can actually be fun.

Students can get advice on life at uni from stars and experts at the Achieve event

At Achieve, there is an array of exercise classes for all skills, ages and interests.

Fancy something a bit daring? Master Firewalk Instructor, Lottie Moore, will be on hand.

She believes in walking the path less travelled, which has taken her from living in Burkina Faso to scaling some of the highest peaks in the world, alongside the adventure of supporting others to step out of their comfort zones through fire-walking.

There is also taste pilates at Achieve, courtesy of Skinny Brands. Zoe McNulty will be conducting the 'sassiest dance class' ever using strutology.

Dean Heitman will be on hand showing off his boxing skills as well as a plyometric workout.

**Money worries**

It's no secret – university is expensive. From fees to student housing, having to pay for your own food and all purchasing all those expensive textbooks, the 'skint student' has become something of a cliche.

At Achieve there are a number of speakers sharing the secrets of their success which has allowed them to make money from their passions.

Event organiser Martin Roberts will also be on hand. Learn the tricks of the trade from the property guru himself. Visit www.achieve.co.uk for tickets.