

# Obesity trend can be stopped

By DANIELLE JAFFE  
Staff Writer

In order to stop the rising trend of obesity in America, people should watch what they eat and drink and maintain a healthy balance. Today's society appears oblivious of the effects that unhealthy eating patterns will have down the road.

According to Dr. Stephen Carroll in his new book, "The Complete Family Guide to Healthy Living," people who are overweight tend to die at an earlier age than those who are not. Problems that tend to occur in those who are obese include coronary heart disease, stroke, hernias, cancers, diabetes, arthritis and high blood pressure.

The key to losing weight includes having more fiber in one's diet and cutting fat intake. Other ways to keep the pounds off consist of eating smaller portions, snacking healthy, staying away from fried foods and eating red meat no more than twice a week.

Cutting salt, butter, soft drinks and whole milk out of one's diet can help people see and feel results quick.

Maintaining a healthy balance does not just involve watching what one eats, but other developing other habits as well.

Dieting is not enough; in

Clark

Continued from 7

in psychology and humanities courses. The close proximity of WCC to where she lives and works is one of several reasons she chose to attend here.

"Missing out on quality time spent with my family and kids is tough," Clark said solemnly.

Life can be hectic or difficult when each moment of the day seems to be overly scheduled.

Overall though, she is happy



Photo by DANIELLE JAFFE

Students work out in the fitness center located in the Azalea building on campus.

fact, it is nearly impossible to shed pounds safely without exercise.

There are many easy ways to fit exercise into a daily routine. Some include taking the stairs at work, as opposed to using the elevators, and setting the alarm clock for 30 minutes earlier so one can go jogging.

Another way to stay healthy is to take a daily vitamin to keep nutrients that might be lacking in a diet.

To keep energized throughout the day, it is important to eat breakfast and to eat healthy snacks in between meals. Bodies break down the glucose they receive in food to use as energy. The more energy obtained, the easier it is to burn calories throughout the day.

In order to fight obesity, people must take into account their unhealthy habits and work to stay fit through healthy eating, drinking and exercise.

with her decisions and strives to do everything she can to further her education such that she may provide the tools her children will need to thrive in life.

As evidenced by her dedication, compassion and work habits, She is already a success.

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