

# Nutrition

## Students' guide to keeping fit

By Annie Lowenfels  
Staff Writer

Weight — it concerns most people because it affects their appearance. But there are many health reasons for maintaining an ideal weight.

By maintaining an ideal weight, or an average weight based on height and bone structure, students can decrease their chances of developing many of the nation's top killers. Researchers say that obesity is related to diabetes, high blood pressure, cardiovascular disease, even cancer.

Medical professionals generally agree that people who weigh 20 percent more than their ideal weight are 'clinically obese.' Studies show that 10 percent to 40 percent of the American population suffers from obesity. Besides increasing the like-

lihood of disease and death, obesity can lead to psychological problems and discrimination.

According to the National Food and Nutrition Board, the average 19 to 22 year old male is 69 inches tall, weighs 147 pounds, and consumes 3000 calories a day. The average 19 to 20 year old female is 65 inches tall, weighs 128 pounds, and consumes 2100 calories each day.

"College students are more concerned with weight control than most other people," says Sue Gray, Director of Health Education at the Student Health Services. "I don't talk to overweight students about dieting because that word is equated with deprivation." Instead, Ms. Gray emphasizes moderation and balance.

To lose weight, people must con-

sume fewer calories than they expend. As long as energy intake equals energy output, current weight will be maintained. When calorie intake exceeds calorie expenditure, the excess is stored in fat.

Safe ways to reduce calorie intake include restricting consumption of foods which are high in fat or sugar and cutting down on snacks. Regular exercise will increase calorie expenditure and help to establish a desirable energy balance. Gradual weight reduction is more effective in the long run than a crash diet.

Unfortunately, some students go too far with weight loss. Heightened weight consciousness has caused an increase on two eating disorders: anorexia nervosa and bulimia.

Anorexics are obsessed with the desire to be thin. They tend to be female, less than 25 years old, and to weigh at least 25 percent less than normal for their height and bone structure.

Anorexia nervosa can lead to muscle wasting, depressed heart and metabolic rates, amenorrhea, abnormal glucose, hormone and electrolyte levels, cardiovascular and kidney failure. Professional counseling is the preferred treatment.

Bulimia is characterized by binge eating followed by self-induced vomiting or laxative abuse. The cycle usually begins with normal dieting behavior. This leads to a feeling of deprivation which can trigger excessive overeating.

An ARA Service newsletter quotes some clinical reports which indicate that as many as 25 percent of college-age women may "pig-out" and then vomit to control weight.

Medical complications of bulimia include electrolyte imbalance, dental problems and depression. Bulimics usually weigh within the normal range.

# Kaleidoscope

## ArtSchool's Louie

### Theatre

By Aniket Majumdar  
Staff Writer

Arthur Miller, writing for *The New York Times*, wrote in 1949: "... if it is true that tragedy is the consequence of a man's total compulsion to evaluate himself justly, his destruction in the attempt posits a wrong or an evil in his environment. And this is precisely the morality of tragedy and its lesson." "Serenading Louie", playwright Lanford Wilson's version of tragedy, demonstrates this compulsive self-evaluation and analysis on the part of the characters in an attempt to understand and to come to grips with the world around them.

In the words of Sam Crawford, director of The Art School's production of *Louie*, staged in the last week

of June, "this play doesn't have the cathartic effect; you don't feel good at the end; nothing happens in this play" (reminiscent of Anouilh's comment on "Godot"). This is not surprising, for Wilson has always concentrated on insightfully developing characters rather than focusing on action. Wilson is often billed as "one of the first playwrights to emerge into prominence from the off-off-Broadway scene." Since his days at Cafe Cino, an off-off-Broadway cafe theatre, which began with the production of "Home Free!" in 1964 to his Pulitzer-prize winning "Talley's Folly", Wilson has been preoccupied with contemporary American society and morals. But even though he has demonstrated his skill in capturing his vision of America on the stage, *Louie* remains a minor work and will appeal to a select audience. Perhaps

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## Ten tips for weight loss

- \* Preplan food intake for each day.
- \* Look over entire array of food before beginning to eat.
- \* Plan a short delay before starting to eat.
- \* Eat preferred foods first.
- \* Swallow food before adding more to utensils.
- \* Plan a series of brief delays during meals by:
  - 1) putting down utensils
  - 2) sipping a beverage
  - 3) using a napkin more frequently
  - 4) conversation
- \* Always leave a small amount of food on your plate.
- \* Change your route if a particular snack bar or vending machine you regularly pass by presents a problem.
- \* Keep records of food eaten and weight changes.
- \* Emphasize behavior change more than immediate loss.

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