

# Healthy Weight

## How much should you weigh?

by Susan Schrag, Consulting Health Educator

As spring arrives and bathing suit season nears, our thoughts turn toward our more-exposed bodies. For many women, how we think we look can become an overriding passion. If that is true for you, you may transfer your feelings about how you look to how and what you eat. When your concern about how you look becomes the focus of how, when, and what you eat, you could be prone to developing an eating disorder.

For others, we just need to know that we look "good" and that what weight is "normal." The following chart contains weight recommendations based on height. It was created by the Metropolitan Life Insurance Co. in 1959 (there is a newer version available),

Height Women		Small Frame	Medium Frame	Large Frame
Feet	Inches			
4	8	92-98	96-107	104-119
4	9	94-101	98-110	106-122
4	10	96-104	101-113	109-125
4	11	99-107	104-116	112-128
5	0	102-110	107-119	115-131
5	1	105-113	110-122	118-134
5	2	108-116	113-126	121-138
5	3	111-119	116-130	125-142
5	4	114-123	120-135	129-146
5	5	118-127	124-139	133-150
5	6	122-131	128-143	137-154
5	7	126-135	132-147	141-158
5	8	130-140	136-151	145-163
5	9	134-144	140-155	149-168
5	10	138-148	144-159	153-173
5	11	142-152	148-163	157-177
6	0	146-156	152-167	161-181
6	1	150-160	156-171	165-185
6	2	154-164	160-175	169-189

Source: Metropolitan Life Insurance Company.

based on the idea that women who fall within the recommended weights will live longer, healthier lives. Having a healthy and long life is your goal, isn't it?

In order to reach or maintain your desired weight, you need to control your caloric intake. Use the following formula to estimate your specific caloric needs:

calories per day = desirable weight x calories per pound.

For a woman between 18 and 22 years of age, use 19 calories per pound per day. If your activity level is greater than average, you may need more calories; if your activity level is less than average, you may need fewer calories.

For more information on food and weight, see the bulletin boards in Carroll Health Center, speak with the Consulting Health Educator, or visit with the counselors in the Personal Growth and Counseling Center in Cate Center.

## Trivia Contest

### Win a free medium pizza

by Mallory Hearne, Kim Colston, Deanna Turlington

Alpha Lambda Delta, the freshman honor society, is sponsoring a trivia contest. How much do you know? Try and win our fabulous prize: A medium pizza with your favorite single topping. The correct multiple choice answers will form a word when unjumbled. If you think you have the correct answer, call Mallory at 7622. Leave a message with the word, time of your call, your name and phone number. The first person to call in the correct answer wins!

1. What state's nickname is the "Show Me" state?

- H. Wyoming
- I. Missouri
- J. New York
- K. Arizona

2. What is the capital of Albania?

- Q. Korce
- R. Kruje
- S. Puke
- T. Tirane

3. What is the third longest principle river in the world?

- L. Amazon
- M. Yangtze
- N. Mississippi
- O. Nile

4. What is the tallest mountain in Europe?

- J. Matterhorn, Switzerland/Italy
- K. Elbrus, Soviet Union
- L. Lympus, Greece
- M. Mont Blanc, France

5. What U.S. state has mistletoe as its state flower?

- H. Oklahoma
- I. Maine
- J. Alaska
- K. Idaho

## Letters to the Editor/Articles Policy Statement

Everyone in the Meredith community is invited to write a letter to the editor or submit an article concerning any subject of interest to the Meredith community.

All letters must be typed and hand signed by the author. Hand-written articles and letters will be published at the discretion of the editor. Unsigned articles and letters will not be published.

All submissions must include a contact name and telephone number. Letters and articles are subject to editing for length. The Herald retains the right not to publish material containing personal attacks, insults, ridicule, or libelous statements.

Letters and articles may be dropped in the *Herald* box beside the box office at Cate Center, sent through campus mail to Box X133, or delivered to the office in person.

Deadline for letters is Wednesday at noon. All letters received after that time will appear in the next edition of the *Herald*.

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The opinions expressed in editorial columns and letters to the editor do not necessarily reflect those of the college administration, faculty, or student body.



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