

Diet, exercise keys to shaping up

By CHERYL ALLEN
Staff Writer

His muscles ripple and the sweat drips off his tanned body, which is covered only by Spandex biking shorts. The godlike Hollywood model smiles and throws a towel over his Soloflex machine.

But imagine his diet of granola and Tofu. Is being in shape really worth all the effort?

The term "fitness" is more than just nutrition and exercise, said Susan Chappell, coordinator of the Wellness Research Center. "I am a proponent of the wellness philosophy, which involves looking at different dimensions of your life," Chappell said.

She outlined five categories of wellness: physical fitness, emotional well-being, social wellness, occupational and intellectual wellness, and spiritual wellness.

Someone is "fit" when he is healthy in all of the categories, according to Chappell. "However, in the physical domain, nutrition and exercise go together like a lock and key," she said.

Eating Healthy

"It's hard to eat right while living in a dorm and being on campus all day," said Toni Branner, director of the wellness program for UNC employees.

According to Ellen Molotsky, intramural recreation aerobics coordinator, eating healthy begins with paying at-

tention to food intake.

"Be aware of foods that you want to gradually eliminate," she said. Foods high in saturated fats should be replaced with carbohydrates for energy to help sustain you through your day.

Quantity, not just quality, is a factor in maintaining good eating habits, Chappell said. "No food is unhealthy if you eat it in moderation. But when you have a diet based on that food, it becomes unhealthy."

About 90 percent of Americans die prematurely from diseases related to poor eating habits and lack of exercise, according to Branner. But most students don't believe it can happen to them.

College students are especially difficult to work with because they aren't thinking about the future and they feel invincible to health-related diseases, she said. "The choices you make today affect your health tomorrow."

Prevention must start at a young age, Branner said. "You can't all of a sudden prevent heart disease when you're 45."

A healthy diet consists of a balance of foods from the four basic food groups — bread and cereal, fruit and vegetable, protein (meat and fish) and the milk group. Fats and oils are another group we inadvertently consume, even in nutritious meals, she said.

A significant number of college students skip daytime meals because of busy schedules and then eat late at night, a habit that can be detrimental to weight control and high energy levels,

get up and start walking, your body needs calories to function."

Students who complain about not having enough time for breakfast should keep instant breakfast bars, fresh fruit or bagels in their rooms — "something you can just grab on your way out the door," she said.

Food consumed late at night goes directly into fat storage, which is harder to burn off, Branner said, whereas what you eat during the day is utilized immediately.

Unfortunately, it takes more than just eating breakfast to stick to a nutritious diet.

According to Chappell, Americans are consuming too much protein, though many members of the medical profession are debating this idea. Excessive protein creates an overload on the kidneys, she said, and the amount of kidney disease in America could have a direct relationship to our consuming so much protein.

To prevent heart disease, students need to avoid the three high-risk factors associated with heart problems: high cholesterol levels, high blood pressure and cigarette smoking.

Chappell recommended that students have their cholesterol levels checked now as a baseline for the future. She added that a lot of women on the birth control pill had high levels of cholesterol.

Excessive amounts of sodium should be avoided due to sodium's correlation with high blood pressure, she said. In addition, cigarette smoking creates a health risk because it increases the chances of developing heart and lung diseases.

The other half — exercise
The benefits of exercise are many, especially since combining physical activity and better nutrition can make you healthier in the long run, fitness experts agree.

Less than 40 percent of adults in the United States exercise or play sports regularly, Branner said, and regular exercise is more prevalent among men than among women.

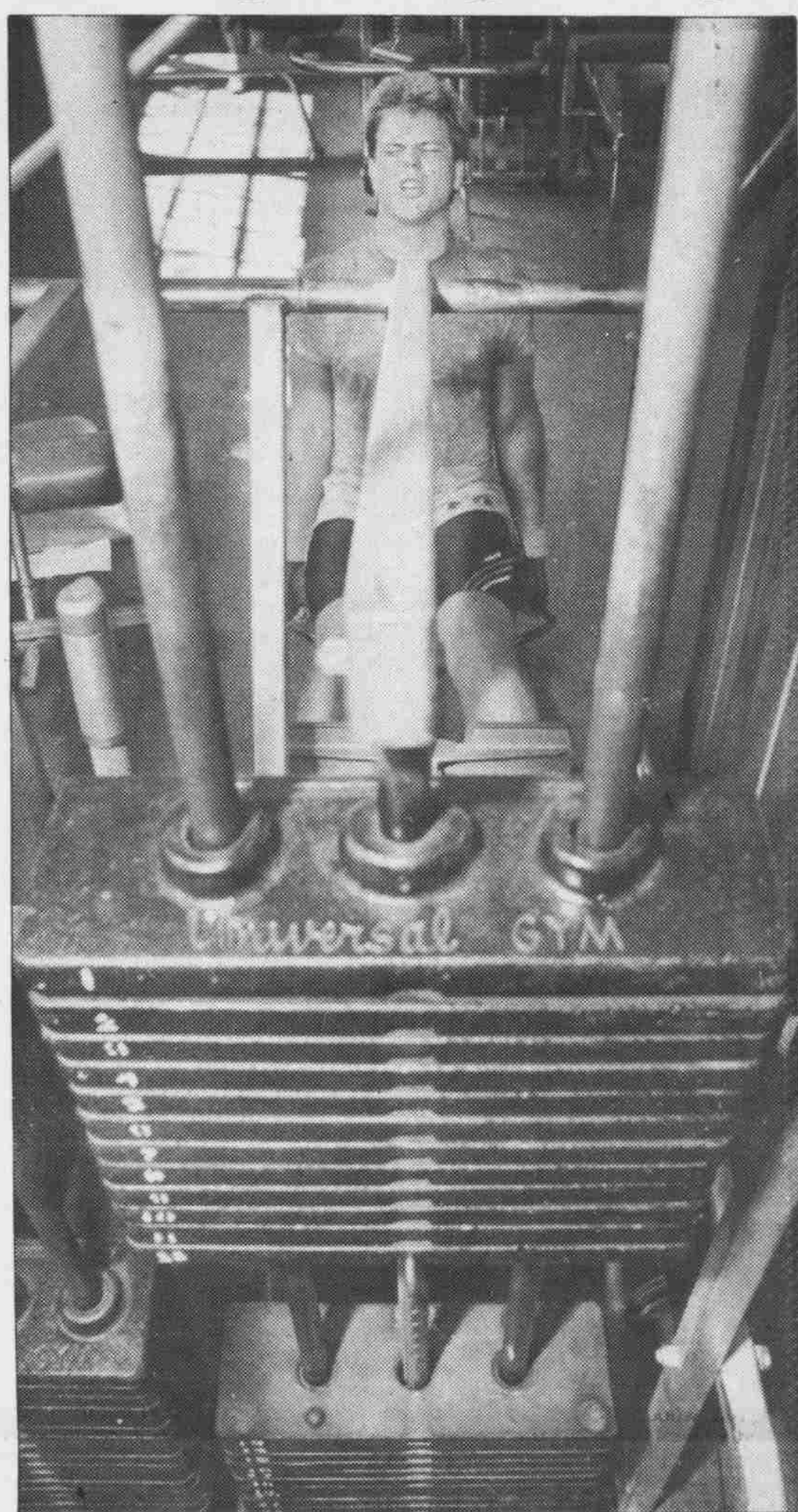
Physical fitness involves cardiovascular endurance, flexibility and muscular strength, and endurance. "Each is important in different ways," she said. "To an 80-year-old, flexibility is most important, but to most of us, it's cardiovascular endurance."

Regular exercise has psychological benefits as well. "It increases your ability to deal with stress, and it enhances your sense of well-being," Molotsky said. "Some people say that they're able to stay on task better with regular exercise. Self-confidence and self-esteem can also increase."

Many students exercise sporadically — a practice that can create problems. They feel great when they're exercising but feel three times worse when they're not, she said.

"It's better to stay on an even keel. That's possible by choosing activities that fit into your schedule, are enjoyable and are performed at an intensity you can handle."

Branner recommends that exercise



DTH/File photo

Shawn Webb works out during weightlifting class

include 20 to 30 minutes of aerobic activity within the target heart rate zone three times a week, as well as strength and flexibility training.

Anyone with a weight problem should exercise three times a week on a strict basis, she said, "but anything is better than nothing."

Just do it
So, you ask, how can you squeeze in a workout between chemistry lab and the philosophy novel that you have to

read by tomorrow? According to Branner, it's easier than you think. For college students, she said, it's "usually a matter of motivation rather than having enough time."

The first step is to make exercise and eating right a priority, Chappell said. "It's an individual's responsibility to take care of himself. You can't blame school or homework or your mother or your boyfriend," she said. "If you have club sports.

"A lot of the clubs are purely recreational for those who aren't competitive by nature," he said. "It's a great way to stay in shape."

The clubs on campus range from aikido, a Japanese martial art, to a club for water skiers. Baseball, football, soccer, lacrosse, ice and field hockey, volleyball, crew and bowling are just a few of the sports offered.

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UNC's junk-food junkies confess sins of snacking

By MARA LEE
Staff Writer

Carrots or chips? Citrus or chocolate?

Why is it that everything that's "good for you" seems less appealing than junk food? With convenience and taste contributing to its popularity, junk food is a mainstay in many diets.

"I'm in a rush, trying to grab whatever's fast and easy to fix," said Lisa Underwood, a sophomore journalism major from Weirton, W. Va.

Underwood said Reese's peanut butter cups, barbecued Fritos and ice cream were her favorites. "I eat a bag of Fritos — maybe two or three bags — a week. During the summer, I could go through a half gallon of ice cream in a week by myself. I eat one item of junk food with meals and then snack between studying."

But the preferred fixes for the junk-food junkie vary.

"Popcorn, cookies, milkshakes and pizza," said Christina Nifong, a sophomore English and journalism major from Winston-Salem. "I eat a milkshake every other day, cookies at least once every day and popcorn about once a week. I eat pizza about once a week, three to four slices at a time."

Nifong said she ate cookies and shakes in the average servings, but admitted eating a bag of microwave popcorn at one sitting. "But I eat a lot better than I did last year," she said.

Paul Warzocha, a senior psychology major from Hartford, Conn., also satisfies his sweet tooth with ice cream and chocolate. He has a candy bar five days a week, and when he eats ice cream, it's "probably a pint" at a

A high-fat meal

- Double burger with sauce
- Regular french fries
- Milkshake



Calories: 1275
Fat (in grams): 65

A low-fat meal

- One slice cheese pizza
- Tossed salad with low-calorie dressing
- Orange juice (8 oz.)



Calories: 315
Fat (in grams): 6

DTH Graphic

time.

Potato chips and carbonated drinks are other favorites. Angela Propst, a junior criminal justice major from China Grove, said she eats chips "at least three times a week, usually with meals." But soft drinks are more habitual — "at least six glasses a day."

How does non-nutritious food come to figure so prominently in diets?

"Boredom," said Ray Carroll, a junior biology major from Smithfield. "When you get bored, you want to eat and you snack on junk food."

Hunger sets in late at night for many students. "The only junk food I eat is fast food," said Carson Bauer, a freshman political science major from St. Louis, Mo. He said he ate it after a party at night. "I just stay out so late," he said. "It's a long time since dinner."

Midnight snacks are especially popular with late-night crammers. "I always have a tendency to eat it (junk food) in

the evening times when I'm studying, to keep me awake," Propst said.

Study sessions are the prime times for the munchies. "When I'm studying, I get a big craving for Reese's pieces during exams," Underwood said. "If my mind's not on studying, it's probably on food."

The increasing number of people with fast-paced life styles contribute to junk food's popularity as well. "I live in an apartment, and I don't take the time to cook well-balanced meals," Carroll said.

Propst agreed. "You have to cook it yourself and don't have time to fix good meals. You eat what's quick."

Despite these widespread bad eating habits, most students don't feel motivated to change them. Warzocha said he didn't because he's "pretty athletic."

Underwood said she didn't feel guilty because everyone's always telling her to put on weight. "I just eat what I want to," she said.

