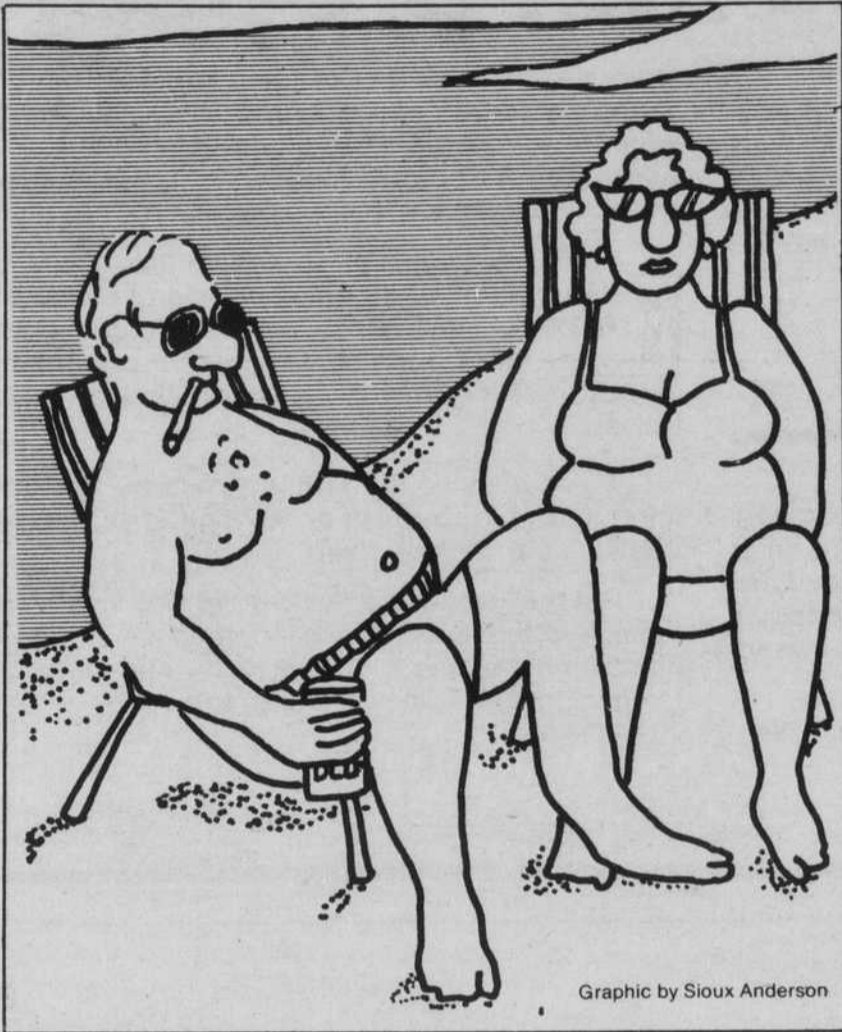


'They float like corks,' nutritionist says

Most Americans carry 40 extra pounds



Graphic by Sioux Anderson

By **DAWN GARCIA**
Of the Emerald

You may think you're in good shape, but you're probably carrying 40 pounds of body fat, a fitness specialist told 350 people at a fitness clinic Sunday.

"I think you could run a car on those 40 pounds of 'crisco,'" joked nutritionist and physiologist Covert Bailey.

According to Bailey, many people are overly fat even though they weigh what the "proper charts" say they should.

Without exercise, the body stores fat inside muscles where it isn't externally visible. And since fat weighs less than muscle, no weight may be noticed as fat replaces muscle, Bailey said.

"But you put them in a water tank to test body fat, and they float like corks."

The water-tank test, designed by Bailey, involves immersing a person in a dunk tank for eight seconds to determine the percentage of body fat.

The ideal amount of body fat for a fit person is 15 percent for a man and 22 percent for a woman. However, Bailey estimates that the average man is 24 percent fat and the average woman 33 percent.

But having an average percentage of body fat doesn't mean you don't have a fat problem, Bailey said.

"It just means you're average sick."

To be truly fit, people must lose the fat inside the muscles as well visible fat, Bailey said. Otherwise, they'll continue on the never-ending cycle of loss and gain — "the rhythm method of girth control."

The only way to lose fat permanently is to replace fat with protein through exercise, Bailey said. And the best exercise is aerobic exercise, which burns both the sugars and fats in the body for "complete combustion."

"If you want to be a better butter burner, do aerobic exercise," Bailey said.

Some aerobic exercises Bailey recommended are jogging, bicycling, walking, cross-country skiing, roller skating and aerobic dancing.

Along with 20 minutes of daily aerobic exercise, Bailey says the "fat guy" should:

- Not skip meals.
- Not eat sugars.
- Not eat fat.
- Eat more roughage such as fibers and whole grains.

Bailey also advises against fasting.

"Fasting cleanses your body of all its muscle."

And don't fool yourself by eating honey, thinking it's all right because it's a natural sugar.

"Poison oak is natural too," Bailey said.

Bailey emphasized keeping active as one of the important parts of keeping fit.

"If you don't use it, you lose it."

GTF nominations open

A selection committee currently is accepting nominations for two \$500 distinguished teaching awards for graduate teaching fellows.

The awards, first given three years ago, were established by the University and the Mortar Board honor society to recognize excellence in teaching and academic guidance.

All GTFs involved in classroom or laboratory teaching are eligible for nomination by students and faculty. The written nominations should be signed and indicate reason for nomination.

Previous award recipients are not eligible. The 1979-80 recipients were Susan Bowers, an English GTF, and Amir Aczel, a business administration GTF. The 1978-1979 winners were

English GTF Francis Cogan, and Christine Martin, a German GTF.

All nominations should be sent by May 15 to the Graduate School, 125 Chapman Hall.

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