

WEIGHT GAIN AND EX-SMOKERS

It's a common belief that when a person quits smoking they must always deal with weight gain. The facts say this isn't necessarily true.

According to the American Cancer Society only one-third of smokers gain weight when they give up cigarettes. One-third stay the the same weight, and one-third actually lose weight as a result of combining a general fitness program with their efforts to quit.

So if you're a smoker who would like to quit, don't let the fear of weight gain keep you from quitting. Ask a Peer Health Advisor for help with quitting and a weight control program.

Janet Monsen
Substance Abuse Peer Health Advisor



~~~ BOOK REVIEW ~~~

DIETS DON'T WORK

By Bob Schwartz (Breakthrough Press, 1982)

You never have to diet again! Does this statement free you? Then read Diets Don't Work, a common sense, real-life approach to the diet issue.

This book offers valuable insight into the psychological reasons for eating. It also helps people see they have choices as eaters. A very helpful, four point philosophy explaining how thin people eat offers an alternative to compulsive eating behaviors.

Diets Don't Work is a private, non-threatening chance for people to look at food in their lives. It is an up-lifting, positive text that's downright funny in places and truly interesting. If you've ever pursued a "diet", you have good reason to pick up your own copy of this book.

Lucy Mead
Fitness Peer Health Advisor

Fads are Fakes

"Get thin quick!"

"I lost 30 pounds in just ten days!"

"Try the 'eat all you want and lose weight' diet!" How many times have we glanced over advertisements in magazines and newspapers promising immediate success in weight loss. Inevitably the ad includes a picture of a radiantly thin individual holding up a gigantic pair of pants to portray their incredible success.

The thought is tempting..."I can eat all I want and still lose weight"... but unfortunately that's just not the way it works. Diets proclaiming otherwise are a hazard to your health. Every fad diet is nutritionally unbalanced in one way or another- even if followed by a healthy individual for a relatively short time.

A rule of thumb regarding quick weight loss "diets" is: Diets that promise quick weight loss are illusory. The first five pounds are water. This weight is usually regained when the fad diet is abandoned.

A diet aimed at losing fat takes time. Preferably one should lose one or two pounds a week. One pound of body weight represents 3500 calories of expended energy. In other words, you have to use 3500 calories more than you eat to lose one pound.

Pounds lost per week may vary with body weight but the key to remember is—lay off the fad diets, the laxatives, and the diuretics. You're only losing water, so what's the use?

Beth Gaiser
Nutrition Peer Health Advisor

HEALTH EDUCATION CENTER HOURS:

MON: 8:30-3:30
TUE: 9:30-3:30
WED: 9:30-11:30
1:30-3:30
THU: 8:30-4:30
FRI: 8:30-10:30
12:30-4:30

