

## It's cold today—rainy.

She's out there running in it. Little hail stones mixed in with the droplets beat on her face and shoulders. Squinting into the wet bullets, the motto runs through her head — "just do it . . . no pain, no gain."

She turns another corner and glances at her watch — 35 minutes, not long enough; not as long as yesterday. She did far more last week. Wincing as her shoe rubs against the ingrown toenail — she progresses down another street — "just do it."

"C'mon and join us at the coffee house" her friends invited. They're there now. Last night they went to a movie and ate buttery popcorn. It would be nice to relax and let go but what about that popcorn last night? She's envious and smug all at once. How can they relax? Surely they have a higher body fat than she. It isn't fair. Why don't they care? Another ten minutes pass — out running, rain, fatigue, ingrown toenail sending shooting pains across her foot.

It would be nice to relax and let go but tomorrow is a busy day. What if . . . what if she's too tired to workout? What if there isn't time? What if she gets hungry late tonight while studying? What if Sara Lee, Pepperidge Farms and chocolate woo her from her discipline? "Just do it . . . no pain no gain."

When I'm fit — really fit — I'll have time — time to relax and let go. When I'm fit things will come together. When I'm fit my life will fall together and it's a linear path until then — no pain no gain . . . or is it?

Addiction to exercise may be the sign of the times; a byproduct of a society fixated on lean, stream-lined bodies. It's cultural narcissism — a loss of one's own unique ideas, looks, values — to leap into the pond of asceticism — the worship of looks and performance. It isn't the professional or competitive athlete who is the most common addict — it is the recreational athlete whose exercise program begins as a way to shape up and progresses into a ritual. Exercise addiction or compulsive exercising is suspect when the workout begins to jeopardize or stand in the way of work, school, friendships and is continued even through injury and other health problems. Common sports which lend themselves to compulsiveness are jogging, running, aerobics and weight lifting. The person may begin slowly but becomes hooked on the power they experience over their bodies and the natural "high" which is a positive yet potentially deleterious aspect of regular exercise. Possibly the root of exercise addiction is that it is a replacement for another addiction — alcohol, smoking, compulsive eating, etc. Much literature today on eating disorders and body image is focusing on the role exercise plays in the individual who experiences body dissatisfaction accompanied by continuous dieting, binge eating and emotional eating. Liz Applegate, nutrition editor for *Runner's World* poses the question: "are you running to eat?" Exercise, for some, plays a role in the eating disorders: anorexia nervosa, bulimia and compulsive eating. Exercise, here becomes a mechanism to burn calories; to attain slimmness and to adhere to cultural norms of feminine and masculine

beauty — stream-lined; fit. When a workout is skipped or isn't long or intense enough, the individual experiences guilt which may exacerbate disordered eating habits.

Regardless of the initial motivation to exercise, the addict needs to exercise to feel at ease. Like other addictions, exercise addiction is characterized by withdrawal symptoms. The addict may become irritable, tense, anxious, easily depressed and have a heightened sensitivity to body sensations and feeling "fat" when not working out.

When the compulsive exerciser cannot engage in exercise for extended periods of time, they may experience drastic symptoms such as decreased self confidence and self esteem, insomnia, loss of interest in eating or fear of eating and a distorted or poor body image.

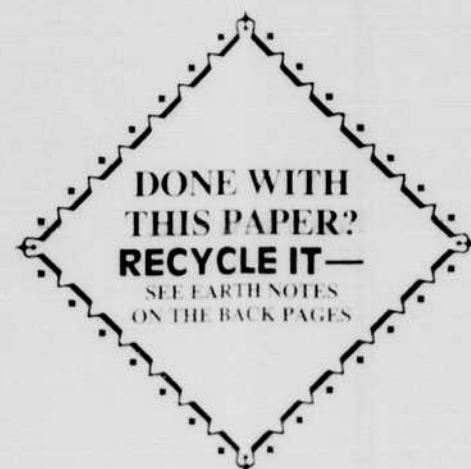
How does exercise addiction happen? What is it about exercise that is addictive? It really depends on the individual and their motivations for exercise in the first place. Some therapists have linked addiction to the natural pain killers of the body called endorphins. Endorphins are released into the blood stream following strenuous exercise and were once thought to produce the "runner's high." Now, however, researchers are proposing that the release of stress may be responsible for the surge of well-being following an exercise bout. Neither theory is proven, but what seems to be most important is the psychological need which is met by exercising. So the motivation to exercise is the key. There is a qualitative difference between exercising to tone up and relax and exercising because to not exercise would be "bad" and "lazy" and "wrong."

How does one tell if their exercise plan is nearing addiction? Consider the following questions:

- 1) How often do you exercise? Is it rigidly set to everyday with a specific intensity?
- 2) Do you have a variety of activities you enjoy or does it have to entail one or two activities specifically?
- 3) How would you feel if you were told that you shouldn't exercise for a week?
- 4) Does exercise interfere with other aspects of your life?
- 5) Do you exercise even when injured?
- 6) Do you get a feeling of well-being from many different aspects of your life or just from how your workouts are going?

If you find that exercise has become an overwhelming need and it is negatively affecting your life — you are not alone. There are many exercise addicts. No, you don't have to stop exercising completely. Experts suggest that you diversify the physical activities which you do, and that you become involved in some "non-exercise" activities. The bottom line is to derive a sense of well-being from a variety of aspects of your life so that exercise becomes one component of your life — not the central activity which rules and monitors how you feel, eat, work and validate yourself.

Beth Gaiser



## Rise Up, Unite and Throw Your Scales Out the Window!

You may have been hearing a lot of hype lately about the concept of body fat as opposed to body weight. So, you ask, what's the real story? Well, you're about to find out. First of all, we all need some body fat in order to have a reserve of energy in times of physical or mental stress; to insulate the body, to support and protect the vital organs of the body and to carry fat-soluble vitamins such as A, D, E and K. Fat is derived in our bodies from the foods we eat and the quantity of calories we consume. A suggested guideline from several sources is to consume a diet which is not more than 35 percent fat calories, and not less than 25 percent. Body fat percentage tells us much more about our physical state of health than our weight in pounds. In fact, body weight tells us very little when you consider that a body builder or a dancer can look very lean but actually be considered overweight for a person his or her height and weight. This is simply because muscle weighs more than fat — something to keep in mind when you step on the scale after a month or so of a new weight training program to discover you've gained a few pounds. Healthy body fat percentages for college-aged men range from 8-15 percent and 17-22 percent for women. Going below these ranges, purposefully or not, can create dull, dry hair, make you colder in winter and warmer in summer (since you have less fat to insulate your body) and for women, can result in hormonal disturbances creating amenorrhea — or a cessation of menstruation. This is common in women athletes who train intensively.

Body fat which is too high can interfere with immune response and increase the risk of heart disease, hypertension and diabetes plus sapping energy since carrying around extra weight requires more energy and effort. Eating fatty foods can divert blood away from the brain to the digestive tract exacerbating the overfat condition.

One of the major problems related to body fat is when a person continuously diets and regains the weight they lose. The result of this is that everytime weight is lost, lean muscle tissue is lost as well as fat and water. Weight which is regained is most commonly in the form of fat since fat is much easier to put on than re-building muscle tissue. The end result is the yo-yo syndrome, a seemingly thinner but actually "fatter" person — or a state of being overweight is also very overfat.

Yo-yo dieting is catastrophic to the metabolic rate. As muscle tissue is lost, the metabolism slows making it more difficult to maintain an ideal weight. Basically, the more one diets, the more efficient the body becomes at conserving calories, since it responds as if the "organism" is enduring a famine. It's a nifty biological trick that undermines the best of diet efforts in the food abundant 1990s.

So what do you do? Eat less dietary fat, stop dieting and take up a program of physical activity! Among physical activity's hundreds of benefits, consistent exercise allows a person who is already in the desired range of body fat to stay that way, and lets the person who may be overfat decrease their percentage without the risk of dieting. If you do decide to diet, keep in mind that your goal should be to get the right balance between lean body mass and body fat — this means no more than 1-2 pounds per week with an exercise program. The most important issue is not how many pounds you lose but what kind they are! A reasonable program of activity entails 3-4 days per week of aerobic exercise for at least 20 minutes. If you're looking for assistance in setting up that spring term non-diet, get healthy fitness program, stop by the Student Health Center Health Education Program and talk to a peer health counselor or call 346-4456 for an appointment.

Anne Dudey

## I Lost Fat . . . Or Did I?

The bathroom scale has a following worthy of a political party or religion. Weight loss is a big business in this country. The best-seller list usually contains at least one diet book and billions of dollars are invested on diet aids, special foods, exercise gimmicks and weight loss programs. Weight loss, more than any other aspect of fitness, has more potential hazards and misinformation. Many weight loss gimmicks slim down the wallets of those who try them and others endanger the health of their victims and almost all fail to produce permanent weight loss.

In the rush to lose weight, most people fail to ask how fat they are. Overweight means that a person weighs more than average for his/her height and frame size as determined by "standard scales." Diet conscious people assume that weight gain means fat and weight loss means fat loss. The scale cannot distinguish between fat pounds and muscle pounds. Muscle is denser than fat and a person who has high muscular density probably would be classified as overweight. A person who weighs a normal weight can be at risk for health problems because a large amount of the weight is fat.

Obesity is the excess generalized storage of fat and is the United States' most serious nutritional problem. One out of every 4 Americans is obese. Adults have 30 to 40 billion fat cells that shrink or swell as fat is stored or burned. Fat cells never disappear even when someone is starving; they just shrink in size. Obesity is not just a matter of appearance, it increases the risk of heart disease, cancer and is also associated with adult onset diabetes.

Should one diet or exercise to lose weight? Energy balance

is an important concept to understand when considering this question. Food energy is turned into other forms of energy including muscle contractions, body heat and metabolic processes such as digestion, breathing and day to day living. Energy balance means that



body weight will stay the same when the calories taken in are the same as calories used up. To lose weight there must be less calories taken than used. However, the body strives to maintain a certain level of fat — called the setpoint. When a person diets and drops below that level, metabolism drops and the body becomes more energy efficient. It's important to exercise at a level of moderate intensity to burn calories — rather than cutting calories to set up a condition of "starvation."

combination of diet and exercise is the best approach to long term weight loss — weight management. Exercise burns more fat and improves muscle tone and develops the cardiovascular system. Early in an exercise program, the weight may not change because lean weight (muscle tissue) increases to mask pounds lost. The scale will not show the change, but in appearance the body appears trimmer and clothing becomes more loose. Long term weight management requires a lifelong commitment and understanding of how lifestyle and eating habits interact to contribute to ideal weight and overfat-ness.

Robbie Ross

## Whimsy

Whimsy is not afraid to be outrageous but she is basically shy. She has all kinds of books, and she arranges them on the shelves by the color of the cover or how the titles sound next to each other. She was especially pleased to put a book on African dyeing called *Into Indigo* next to a dark blue book on Jewish mysticism. Her clothes are also kept by color in the closet.

When whimsy was a little girl, she would stay in the museum with the marble walls talking to the statues after everyone else

left. She has trouble keeping her shoelaces tied but in every other way she is as practical as your next door neighbor. Because she is wild, people expect her to entertain them. She is not encouraging anyone else to live like her. Remembering how abruptly her brother was locked up for being a troublemaker, she fears people who treat her like a curiosity. Freedom is her lover.

J. Ruth Gendler  
From *The Book of Qualities*

## A BOOK is a window of a world of ideas that one can explore without leaving the house.

50 SIMPLE THINGS YOU CAN DO TO SAVE THE EARTH by The Earth Works Group

Full of fun tips and a huge assortment of facts and how-to-dos to become involved in earth conserving choices and behaviors and to being an environmentally conscious consumer.

STRETCHING by Bob Anderson

This book teaches you the right way to stretch with over 1000 drawings, more than 200 stretches and routines for 36 sports and activities.

FITNESS MOTIVATION: Preventing Participant Dropout, by Rejeski and Kenny

This is an excellent book for the fitness instructor or the individual who is learning to stick to an active lifestyle of activity and exercise. This book brings together research in sport psychology and in-depth case studies in an easily understood look at what can be done to help motivate exercise participants.

GREAT SHAPE: The Fitness Guide for Large Women by Pat Lyons and Debby Burgard

This book emphasizes the need to put the pleasure back into exercise. The joy of physical movement — along with its physical, emotional, and psychological benefits — has long been denied of many large women because of the "fat phobias" in our society and because large women often have a poor self-image. This book is also excellent for any individual who is seeking to enjoy activity and to get away from our society's "fashion" image of looking right, dressing right to work out and working out for the "hard body" look rather than the enjoyment element.

## Campus Spots....

### The Outdoor Program:

The Outdoor Program is located in Room 23 of the EMU behind the video arcade. The Outdoor program offers excursions for University students and the community in: backpacking, day hikes, canoeing, kayaking, rafting, bike touring, Telemark skiing, winter camping and ocean kayaking.

The Outdoor Program is a non-profit organization. Some excursions are free, others require covering the cost for transportation or equipment rentals. The program office has sign-up sheets and information on getting involved. Some excursions requiring skill may have pre-trip meetings for planning and training purposes. All costs are as low as possible.

Other Outdoor Program offerings are a resource library for ideas, maps and trails for around the Northwest; Northwest touring information; a used equipment lending library; instructional sessions; equipment swaps — sounds fun! Check it out!

### Club Sports:

Club Sports is located in Room 5 of the EMU. The Erb Memorial Union Club Sports Program at the University of Oregon is a co-ed competitive, recreational program for students, faculty and staff. It is designed as an athletic alternative bridging the gap between existing intramural and intercollegiate programs. The basic philosophy and key to the success of the program is the student involvement in the coordination and administration of the program. Emphasis is placed upon participation in competition, as well as offering students the opportunity to be recognized as collegiate athletes. Students organize each club and select coaches who perform on a volunteer basis.

For more information about Club Sports and the following activities, call: 346-3733. Offerings include: Aikido, Badminton, Baseball, Bowling, Crew, Cycling, Equestrian, Fencing, Judo, Karate, Lacrosse, Ranger Challenger, Rifle, Ruby, Sailing, Soccer, Swimming, Table Tennis, Tae Kwon Do, Ultimate Frisbee, Volleyball and Waterpolo.

## Department of Physical Education and Human Movement Studies:

Otherwise known as the P.E. Department, this program offers a wide range of physical activity classes offered for course credit. All classes require a fee to be paid at registration. The Department of Physical Education and Human Movement Studies also offers hydrostatic weighing for measurement of body fat for a small fee. Call 346-4105 for more information.

## Come Play . . .

Don't miss the azalea and rhododendron blossoms at Hendricks Park. This collection of beautiful blooms is famous and at its finest in late March through May. Get lost in trails of orange, pink and reds. The only cost involved is time — (well-spent!) Bring a sack lunch and picnic on secluded benches and picnic tables.

Grab a friend and take a walk along the river. Some areas are secluded so don't walk alone! The river is lined with bike trails too. Access to the bike trails along the river which are closest to campus are behind Oregon West Fitness and at Hilyard and Franklin Boulevard across the street from Rax. If you're really in the fun spirit — stop at the fountain by EWEB, play on the swings at Spencer Butte Park and walk along the fountain pool at Alton Baker Park. All seriousness aside — don't be serious!

Rent a canoe at River Runner Supply on the canal — or a paddle boat. Go with a few friends and split the cost. This is located at 8 Club Road.

Take a penny hike. Grab a friend, choose a direction and every time you reach a corner, flip head or tails for which way to go. This excursion requires the finest of silliness.

Take your camera and go on a picture hike. Photograph Merry-go-rounds, trees, hills and Eugene's beautiful and unique old homes and buildings. Put together a photo essay and send it to a far away friend.

Set aside a day to hike Spencer Butte or Mt. Pisgah. If you plan this in the late afternoon, bring a flashlight! Carry a picnic lunch of fruit and cheese and enjoy the sights of the green Willamette Valley and far away mountains.

Take a P.E. class offering something you've never done before and learn a new skill or a new sport. Enjoy being a rookie and laugh at your mistakes!

Beth Gaiser

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