DO YOU PUT YOUR SELF VALUE IN POUNDS?



on the scale how you decide if you are FAT or THIN? Do you worry about being some predetermined weight? My answer to these questions involve the why and the how of this preoccupation with weight.

that if you aren't extremely thin or a certain weight for your height you with this idea. First, there is a happy medium in the middle. For men this is a body fat percentage of 15-22% and for women this is a body fat percentage of 22-30 % according to the book Fit or Fat. If you are under these limits that is great as long as there is no health threat, but if you fat are at the time. are within these limits that is also great. You are also not any less of a person than those who are at a lower level than you. Also, there are people out there that appear to be thin that are as high as 40% body fat. So things may not always be as



know how much you should weigh for your height? There are factors that determine if you are a "good" weight or if you are a "bad" weight These are called Lean Body Mass (LBM) and fat mass. LBM is the weight of your bones, water content, and muscle mass. If you are big boned, muscular from athletic activity or retaining water, this has a direct affect by increasing your weight, but none of these factors make you any fatter. Fat mass includes both the body's storage fat and essential fat. Lean Body Mass (LBM) and fat mass combined are

known as BODY COMPOSITION

The next question is how do you

they appear.

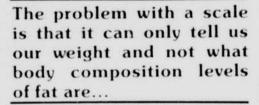
morning decide what kind of day should be concerned with, instead riod of time. you are going to have? Is the reading of what your weight should be for your height.

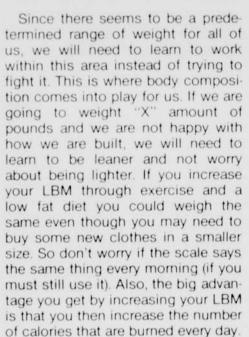
This brings us to the great mis-use of scales in our society. People have a tendency to let a scale be a mood setter for their day. If the scale says that either we have lost weight or Society has come up with a notion that we are at a weight that we feel we should be (possibly based on unrealistic ideals) then it will be a good are fat. There are a few problems day. If we gained weight, which could be muscle gained from exercise or being weighed at a different time of the day, or we are not at the 'perfect" weight, it will be a bad day, The problem with a scale is that it can only tell us our weight and not what our body composition levels of

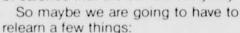


The main problem with a preconceived weight is that it runs contrary to a new scientific theory called the SET POINT THEORY. The idea behind this theory is that each person has a weight range that they are genetically determined to stay in. The weight that you seem to stay at no matter what you eat, or what you go back to after a diet is probably your set point. This is probably why over 90% of all dieters gain back their

Does what the scale says in the Body Composition is what we weight lost on diets over a 2 year pe-







- 1) My scale can't tell me all I need to know.
- 2) Not to let society decide how much I should weight.
- 3) Not all weight is bad weight, especially if it is muscle that burns calories.
- 4) To accept my genetics and if I need to change my body that the Leaner not Lighter concept is better (I don't necessarily have to lose weight).







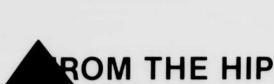












INSIDE

FROM ROOTS AND BERRIES TO ICE CREAM H₂O **ANOREXIA NERVOSA** IN GOOD HEALTH

Do you feel zapped?

Do you wonder whatever happened to that youthful zing of energy you once had? The Health Education library has a number of books on health topics such as exercise, nutrition, meditation and much more available for U of O students to check out. Stop by and check out a few books on the first floor of the Student Health Center.

Has dieting become a way of life for you? Have you heard about the New Science of Weight Control? We don't control it-we manage it! Talk to a Peer Health Nutrition counselor to learn about healthy food choices, lifestyle habits and more for a lifetime of healthy living. Call 346-4456 for an appointment-it FREE!

Has Cholesterol become a nuisance for your arteries??? A healthy lifestyle today can help you prevent heart disease in the future. For FREE come find out your cholesterol count, blood pressure and ask for dietary counseling at Health Education in the Student Health Center on Tuesdays from 9:00 to 11:30 a.m. Yep, that's right, it's FREE for U of O students

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Spring is here and so are the allergies! If you are sniffing and sneezing the Student Health Center offers allergy injections to help alleviate the allergy symptoms. Allergy injections are given by registered nurses between 8:00 and 11:30 a.m. and 1:00 and 4:00 p.m., Monday through Friday. There is a charge of \$3.00. Call 346-4441 for more informa-