

Overcoming obesity entails more than counting calories

Jane Smissaert, Health Education Co-ordinator at the Student Health Centre, offers the following advice to students with weight problems.

Obesity is the physical state which results from one's caloric intake being greater than his caloric expenditure over a prolonged period of time.

It takes only 3,500 excessive calories to create a pound of fat. A person is referred to as obese if he is 20 percent above his ideal weight. Basically the extent of the problem of obesity depends on how many fat cells the person has, and how much fat these contain. There are three stages in life where the fat cells increase rapidly in number 1) late gestational life (before you are born) 2) early infancy 3) adolescence. Excessive caloric intake at these times results in increased total fat cell numbers and in what is termed "early onset obesity". Many people, therefore, are fighting a battle which was begun for them several years ago. The other kind of obesity is the state where there are a normal number of fat cells, but they are enlarged because they contain excessive fat. It is believed that we do not produce any new fat cells after age twenty - so this kind of obesity is termed "adult onset obesity". This state may merely be a consequence of caloric intake not being reduced along with caloric expenditure as people become older and more sedentary. One should keep in mind that

weight associated with adult-onset obesity is much easier to lose than the weight of early-onset obesity.

Prevention of obesity in children and control of our own obesity is an important responsibility of young adults today. Obesity is known to contribute to such things as high blood pressure, high cholesterol, adult-onset diabetes, and it is associated with heart attacks, gall bladder problems, gynecologic problems. Also we know obesity has an effect on the psychological well-being of some individuals, particularly when so many people equate obesity with lack of self-control.

What can be done about obesity? In general weight can be lost by a reduction in caloric intake. This plan for reducing calories should be supervised by a dietician or a physician who knows how to reduce calories without leaning out the daily requirement of nutrients. But dieting is much more than knowing the number of calories a day that will initiate weight loss. Dieting involves acquiring "self-motivation". It is proven that such a stressful undertaking as weight loss, will be unsuccessful if the individual is attempting it to please anybody but himself. Sometimes, counselling or group therapy can help an individual become more aware of what he wants for himself. In group sessions, seeing that others have a similar problem, can help a person face his own.

In attempting weight reduction, one must consider if the TIME is right for him personally. The tensions resulting from a personal crisis may be too great to allow devotion to such a difficult task as weight loss. However, some people will continually say that the time is not right for them. This is likely to be a problem with self-motivation. The individual probably needs help in deciding what he wants to do about the situation.

Further to following a diet, one must learn what his particular problem is: For example: It could be lack of knowledge about the nutritional content of foods.

It might be that certain stimuli trigger your appetite: e.g. sight or smell of food, anger, boredom, frustration.

Maybe you snack often and have the wrong kinds of snack foods around.

perhaps there is a particular time of day when it is most difficult for you to refrain from eating.

This practice of identifying particular problems is in fact studying your "eating behaviour". It can be done for example by keeping food records, (that is writing down everything you eat during the day for a few days. By looking over the food records, one can easily identify problem areas). Having this information, a person can then re-train himself to new eating habits. Eating becomes more of a conscious thing rather than a stimulus-response mechanism. For example: You teach yourself to eat slowly over a twenty minute period because you are more likely to feel full after that length of time.

You learn to put all the food away after eating so that it is an extra effort to go after second helpings.

You never stand up and eat; always be seated at a table.

You go for a walk every day at 4 p.m., if that is a difficult time for you.

This method of losing weight does not provide tremendous weight loss over-night. The practice of reducing calories and


changing eating behaviour provides a slow, but steady weight loss rather than the rapid kind of weight loss associated with certain fad diets. The real advantage to losing weight this way, is that the longer it takes to lose the weight, the more likely a person is to acquire changed eating behaviour and the less likely a person is to regain the weight.

In summary, over a period of time you should concentrate on keeping within the limits of a

calorie reduced diet, learning about nutritional needs, finding out what patterns of eating need to be changed, learning how to cook food in a calorie-reduced manner and increasing your exercise slightly. If weight loss is a learning experience rather than an exercise in will-power, then chances are that attitudes towards eating and life style will change along with the weight of the body, and one is certainly less likely to regain the pounds readily.

**don't be late —
the Arms is
hoppin'
long before 8!**

R
i
v
e
r
s
i
e
w



Azania calls for recognition

David Sibeko, foreign director of the Pan Africanist Congress of Azania (South Africa) will speak at the University of New Brunswick March 24.

Sibeko will give his address in Carleton Hall room 139 beginning at 8 p.m.

The PAC is one of the groups which represent some of the blacks in the Republic of South Africa. The organization - outlawed by the country's minority white government in the 1950's - says it wants

majority rule and just distribution of wealth in the country.

In the short run the PAC has called for international recognition of South Africa's world status as that of a semi-colony (or one which rules some of its people with colonial and exploitive policies called apartheid), recognition of the "insurgency status" of blacks in the republic and adoption of the name Azania rather South Africa "in line with the demands of the indigenous people of that country."

"South Africa
Shall be Free"

... Facism dictatorship, the South African "APARTHEID" policy ... The last days of judgment are drawing nigh (near)! a representative of PAC (Pan - Africanist Congress) will speak on the national liberation struggle of the people of Azania (South Africa).

Speaker: David Sikeko
Date: Wednesday, March 24, 1976
Time: 8:00 p.m.
Place: Carleton 139

ALL WELCOME

Sponsors: Black Students' Organization UNB Student Movement

CHIPPIN'S Clothing and Footwear

91 York Street

455-5491

O
S
H
K
O
S
H

L
I
B
E
R
T
E

W
r
a
n
g
e
r



L
A
N
D
L
U
B
B
E
R

Overalls
Jeans
Cords
Painter Pants
Fatigue Pants

●●●● in town

GWG
HOWICK
LEE