

How to Lose Weight 101

Ummm can I get that coffee with skim milk? Ugh, why are there so many carbohydrates in a slice of bread? Excuse me, but is this yogurt low fat? In a world that is obsessed with being thin, these humdrum questions are heard on a daily basis on many college campuses.

Moreover, words such as calories, carbs and saturated fats are now a part of our everyday vocabulary.

Everyone wants to know how they can cut their calorie intake and reduce the amount of carbohydrates consumed

in a day, “How to Lose Weight 101” would be a great addition to CORE requirements.

Evidently, these mentalities are ingrained and such words are constantly spoken because they relate to being skinny and it seems that the majority of the population, especially young men and women, wants to be thin in today’s modern society. However, it is also apparent that more and more Americans are overweight.



Obesity is a growing epidemic in today’s health conscience society. The link between obesity and numerous health problems has been clearly established. Obesity is

correlated with high blood pressure, increase risk of heart disease, diabetes and numerous forms of cancer. To combat the problems of obesity and its harmful effect on the body, men and women alike seek the help of diets.

There is a plethora of “fad diets” on the market, some better known than



others. They have similarities and differences but all share the common goal of achieving weight loss.

I am all too familiar with dieting. Living in a sorority house, I am constantly surrounded by girls standing in front of mirrors complaining about how fat they look and how they need to lose weight. Therefore, the majority of people I know are on some kind of diet. Whether the diet involves cutting out certain food groups, or cutting out food completely is a whole other issue. Since I am constantly exposed to such habits its hard for me to eat whatever I want. However, I have found that eating in moderation and exercise are really the key to weight loss. It is not necessary to stop eating carbohydrates and fats for example, especially since we need carbohydrates for energy (whole grains are better!) and there are such things as “good fats”. Instead, if individuals ate a well-balanced meal consisting of grains, fruits, vegetables, and “good” fats containing Omega 3 and exercised daily, they would achieve and maintain weight loss. I also encourage my friends and everyone else to take advantage of the nutritional services offered by the Center for Health and Wellbeing. A free diet analysis, body composition test, or just some advice on healthy eating will put you on the right track. Therefore going on some weird extreme diet is not essential and my advice to any college student who wants to lose some weight to keep up with Hollywood’s trend would be to eat a little less and exercise a little more.



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Reference:

http://seniorhealth.about.com/od/prevention/a/obese_ife_ex.htm