

Obesity, a killer to prevent

Diet and exercise prove essential to living a healthier lifestyle

By **MATTHEW MAHONEY**
Staff Reporter
MLM5039@PSU.EDU

Obesity is on the verge of becoming the number one preventable killer in the United States. Currently second only to smoking, obesity is a preventable disease that has seen a rise in related deaths by 33 percent over the past decade, according to the United States Health and Human Services department.

Obesity is technically classified as having a Body Mass Index of 30 or higher. If a person has a BMI of 40 or higher then they are considered to be morbidly obese. The test to determine BMI compares height and weight primarily. For some people who are more muscular, this may not be the best representation since muscle mass weighs more than fat, but for the average person this test holds true.

Over the past few years America has been subjected to all kinds of "fad" diets to lose weight. The most prominent of which are the Atkins Diet and the South Beach Diet.

The Atkins Diet calls for a low

carbohydrate intake during meals. That means no massive pasta dishes, cut down on breads, and cereal for breakfast is not allowed. The Atkins Diet is based primarily around eating

carbohydrate approach over your entire life to maintain the loss. The immediate loss of weight through Atkins has also been linked to heart disease, osteoporosis, and colon

without taking in any carbohydrates many people find it hard to have the energy to get any exercise done.

The South Beach Diet follows the same example as the Atkins diet, but also calls for the elimination of high fat items like fast food hamburgers. South Beach also follows the same shortcomings as the Atkins Diet.

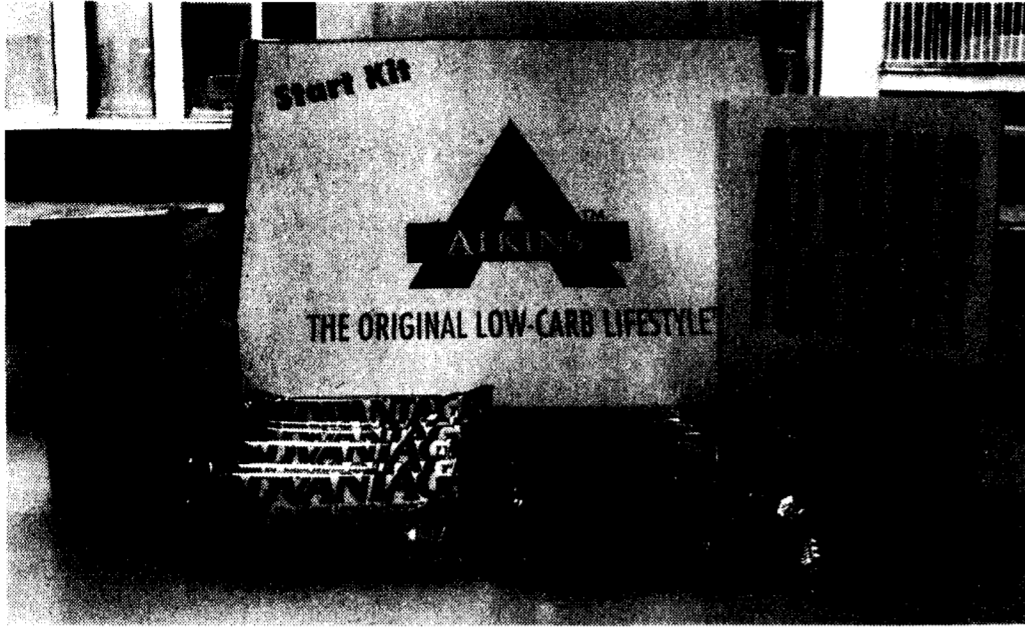
Both diets raise the risk of heart disease immensely according to Joel Fuhrman, M.D., author of the book *Eat to Live*. Fuhrman says in his book that has been known for decades that the way to a healthier heart is through fruit, vegetables, beans, and nuts. A healthy heart does not come through eating more meat.

Through all of this Americans have forgotten that the best way to a healthy life style is through a low fat diet and regular exercise. For students at Penn State Harrisburg this is very difficult to do because students are poor and bad food is cheap. The fact remains though that through regular exercise and monitoring fat intake it will lead to long term health benefits that are all around healthy, not just something to slim out the waist line.

food that is high in protein, meaning get the grill ready and bring on the meat. Fresh vegetables are also included in the diet as well.

While the weight loss can be rapid it is necessary to maintain this no

cancer, mostly because Atkins also limits the intake of vitamins, minerals, and fiber. What the Atkins Diet fails to mention is the need for any physical activity. Exercise is not mentioned and



Fad diets like Atkins and the South Beach Diet work by removing carbohydrates from the dieter's diet. While this works effectively in the short-run, eating a healthy diet of all food groups and exercising are still the best methods for permanent weight loss.

Featured Athlete

By **ANDREW KOSEK**
Staff Reporter
AJK233@PSU.EDU

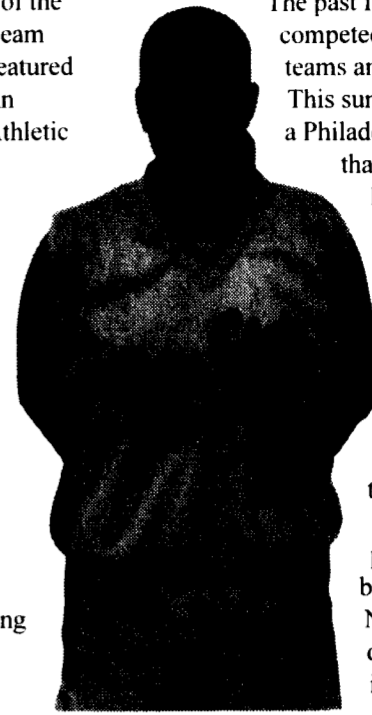
senior electrical engineering major's jump to softball was an easy choice. "I have been playing softball and baseball ever since I can remember.

The past few summers I have competed on two slow pitch teams and a fast pitch team. This summer I plan on coaching a Philadelphia based travel team that consists of female high school athletes."

Koether, a 2002 graduate of Methacton High School, understands her role as a senior in a first year program is to lay the groundwork for the future.

"We plan to start the program off right and bring home the trophy. Next years team will definitely know what is expected. We are all out there to have fun and to win. The girls are great and we are meshing well. I love the team atmosphere where we are all working together towards one goal. I believe next years team will have a lot of pressure to keep up the reputation that this team is making for the Lady Lions and Penn State Harrisburg."

Photo by **ANDREW KOSEK**, The Capital Times



Kristen Koether of the women's softball team has been named Featured Athlete by the Penn State Harrisburg Athletic Department.

After being a dominant rebounder coming off the bench for the women's basketball team, Koether takes her stance behind home plate as catcher for the Lady Lions.

While athletics are very important to her, she is keeping her academics in order.

"I am going to school to get an education and that comes first, but I was really excited when Penn State Harrisburg brought athletics back. I have always played a sport in school, and last year I felt as though something was missing. This year, the void has been filled."

Though she did not join the basketball team until midseason, the

PSH baseball vs. Fayette

PSH baseball vs. Berks

OFFICIAL PRESS RELEASE
pshbaseball.com

Jim Prosser's sac fly in the bottom of the eighth inning broke a 3-3 tie and lifted PS Fayette over visiting PSUAC foe PS Harrisburg. The win was the 3rd in a row for PS Fayette and upped their record to 10-6 the PSUAC.

PSH had taken a 1-0 lead in the first. Austin Kulp led the game off with a single to center and was later thrown out trying to steal 2nd

base. Matt Pavone and Garret Piper each singled and advanced a base on a wild pitch. After Kris Aumiller walked to load the bases, Matt Pavone scored on another wild pitch. PSH upped their lead to 2-0 in the 3rd. Piper singled and after a walk to John Stephens, Kris Aumiller hit into a fielders choice. Piper moved to third base and would score on a Matt Carroll ground out. PS Fayette closed the gap in the bottom of the 3rd when Jim Prosser singled, stole 2nd and would later score on a Jamie

Kowalczyk single. PS Fayette tied it at 2-2 in the 6th on a Jared Early single, stolen base and Bobby Fulton rbi single. PS Harrisburg went up 3-2 in the 7th on Matt Pavone walked, advanced to 2nd on a Piper ground out and would move to 3rd when John Stephens ground ball was thrown wide of 1st base. Pavone scored on a sac fly to left off the bat of Kris Aumiller. PS Fayette again tied the game in the bottom of the 7th when Chad Shroyer scored on a John Pochron 2-out single.

OFFICIAL PRESS RELEASE
pshbaseball.com

After spotting PS Berks a 1-0 lead in the 1st, PS Harrisburg exploded for 11 runs in the 2nd and cruised to a 18-2 game 2 win. Kris Aumiller (Cumberland Valley/Mechanicsburg) walked, Matt Carroll (HUN School of Princeton/Lemoine) and Corey Daniel (Fannet Metal/Willow Hill) reached on errors, scoring Aumiller and Carroll. Wes Erdman (Halifax/Halifax) followed with a single to

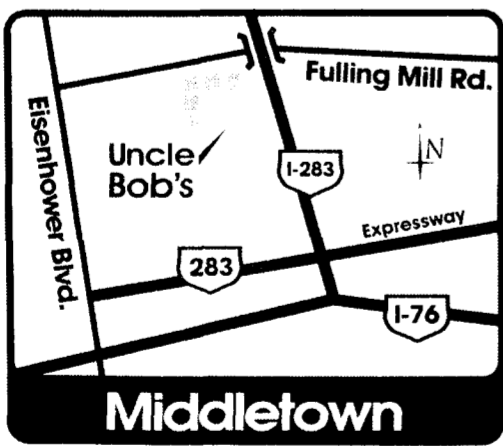
center to score Daniel. Consecutive walks to Austin Kulp (Big Spring/Newville) and Mel Evans (Mount Carmel/Mount Carmel) set the stage for Garret Piper (Big Spring/Newville) 2 run double and a 5-2 PSH lead. Evans would score when John Stephens was safe on an error. Kris Aumiller also reached on an error before Matt Carroll singled to score both Stephens and Aumiller. Carroll and Daniel (walk). Later, scored on a Erdman single to end the scoring in the 2nd.

John Stephens drove home both runs in the 4th with a bases loaded double. Piper and Aumiller added rbi singles in the 6th and JD McFall (Steelton Highspire/Harrisburg) drove home the final 2 runs with a single in the 7th.

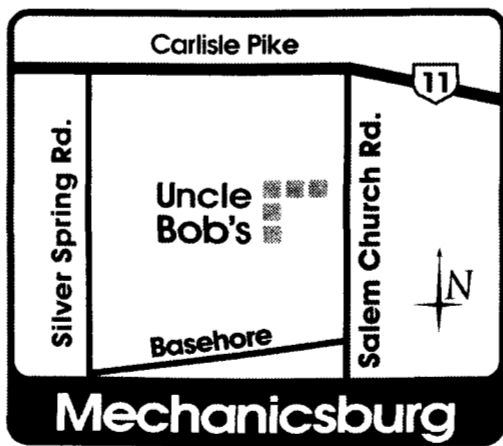
Garret Piper (Big Spring/Newville) picked up the win, pitching 5 innings, 1 earned run, 2 hits, 1 walk, 1 hbp and 5 strike outs. Matt Pavone (Middletown/Middletown) pitched the final 2 innings, allowing an unearned run, 1 hit and 1 walk.

Uncle Bob's self storage

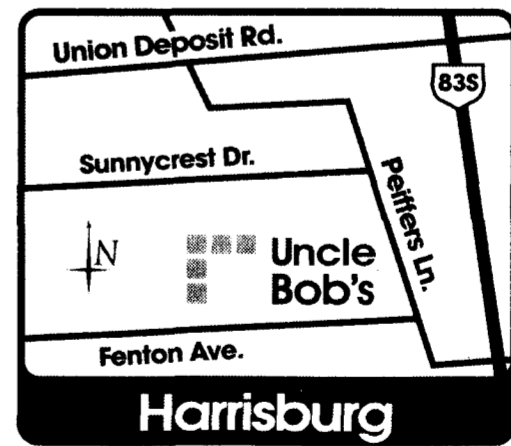
50% off*
One Month Rental
of any size storage space



3271 Fulling Mill Road
(717) 232-2722



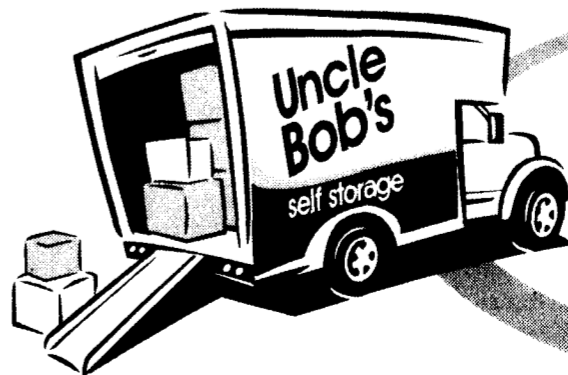
191 Salem Church Road
(717) 697-4476



958 Peiffers Lane
(717) 558-8436

We Also Have:

- Boxes and Packing Supplies
- 7 Day Access to your Storage
- Surveillance Cameras
- Electronic Gate
- Fenced and Lighted Property
- Long-term Vehicle Parking
- Resident Manager



Free
Truck Rental
with Move-in

*May not be used with any other offer except free truck rental. Discount based on availability. For new customers only.

Storage Spaces from 5' x 5' to 10' x 20'

www.unclebobs.com