

Obesity: Facts and Figures

by Tammy Stecko
Collegian Staff Writer

Almost everyone can name a part of their body that they feel could spare a couple pounds. Some of us call refer to excess pounds as "overweight," while others refer to it as being "obese." These terms have often been used interchangeable, but in

reality they are completely different.

The term "overweight" is actually weight in excess of a person's ideal weight. A person's ideal weight is derived from actuarial tables, most commonly the table developed by the Metropolitan Life Insurance Company. The term overweight does not take into consideration

frame size, muscle mass, etc.

Obesity, on the other hand, is a disorder characterized by an excess of body fat. Obesity doesn't add skeletal weight and size, and muscle mass. A percentage of body fat is derived from data obtained from such procedures as hydrostatic (underwater) weighing and measuring skinfolds using

calipers. These percentages are then compared with the normal body fat percentages for men and women: 14-17 percent for men and 22-25 percent for women. Percentages exceeding these figures are excess body fat.

A person that exceeds his/her ideal weight is usually considered obese. Although some people, such as body builders and football

players, have a high body weight and a low body fat percentage. Therefore, they may be considered overweight, but they are not obese.

Being overweight can also increase a person's health risks. In 1985, the National Institutes

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"HOW I MADE \$18,000 FOR COLLEGE BY WORKING WEEKENDS."



When my friends and I graduated from high school, we all took part-time jobs to pay for college.

They ended up in car washes and hamburger joints, putting in long hours for little pay.

Not me. My job takes just one weekend a month and two weeks a year. Yet, I'm earning \$18,000 for college.

Because I joined my local Army National Guard.

They're the people who help our state during emergencies like hurricanes and floods. They're also an important part of our country's military defense.

So, since I'm helping them do such an important job, they're helping me make it through school.

As soon as I finished Advanced Training, the Guard gave me a cash bonus of \$2,000. I'm also getting another \$5,000 for tuition and books, thanks to the New GI Bill.

Not to mention my monthly Army Guard paychecks. They'll add up to more than \$11,000 over the six years I'm in the Guard.

And if I take out a college loan, the Guard will help me pay it back—up to \$1,500 a year, plus interest.

It all adds up to \$18,000—or more—for college for just a little of my time. And that's a heck of a better deal than any car wash will give you.

THE GUARD CAN HELP PUT YOU THROUGH COLLEGE, TOO. SEE YOUR LOCAL RECRUITER FOR DETAILS, CALL TOLL-FREE 800-638-7600,* OR MAIL THIS COUPON.

*In Hawaii: 737-5255; Puerto Rico: 721-4550; Guam: 477-9957; Virgin Islands (St. Croix): 773-6438; New Jersey: 800-452-5794. In Alaska, consult your local phone directory.
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