

Ask Louanne

The Collegian's Advice Column
by Dr. Louanne Barton
Personal Counselor

Louanne's plan to lose the Freshman Fifteen



Dear Louanne,

I'm a victim of the freshman fifteen. I've got a job life guarding this summer, and the beer belly's not going to look too cool on the beach. I'd feel pretty silly going to a weight watcher's meeting. Where do guys go?

Signed,
Mucho Man

Dear Mucho Man,

Guys do go to Weight Watcher's meetings but here are some ideas you can try on your own. You've got four weeks until the end of the semester. At 1 1/2 to 2 pounds per week you can lose 6 to 8 pounds, a rate of weight loss that will stay lost.

Did you know that cutting out two 12 oz. beers per week eliminates 15,500 calories or five pounds a year? Try club soda and lime. You'll get used to it.

Regular exercise increases the rate of metabolism, and you'll burn up calories faster. A fast 20 minute walk five days a week will burn up 26,000 calories or 7.5 pounds a year.

Whatever you do, don't try

starving yourself. You'll just start the yo-yo syndrome of dieting and binging and screw up your metabolism.

Keep a food diary. Write down everything you eat. Most men can eat the following minimum amounts of food daily and lose:

- milk - 2 glasses
- protein - 6 oz.
- bread, pasta, or potato - 5 oz.
- fruit - 3 servings
- vegetables - unlimited

Limit sweets and fats (margarine, salad dressing, fried foods, red meats, chocolate chip cookies, and donuts).

If you'd like more information on planning a weight loss program come see me. I'm an expert from personal experience. Believe me, you can lose that beer belly back up above the belt before you're back on the beach

Louanne

Send letters to:
Louanne Barton
Personal Counseling Center
Reed Bldg.
898-6164

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SGA Elections

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10:00 a.m. - 7:00 p.m.

In front of the Reed Gorge

Friday, April 10, 1992

10:00 a.m. - 4:00 p.m.

Behrend Building Lobby

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