

A New You

Health for Every Body



Issue 4

Americans know that being fat is bad. They've now been hearing the message for over half a century.

Fixing a Fat Nation



An article that ran in *The Washington Monthly* entitled "Fixing a Fat Nation - Why diets and gyms won't save us from the obesity epidemic" highlighted some of the greater issues of obesity of America. Below are some insights from the article.

- According to *Advertising Age*, McDonald's spends over \$1 billion a year on promotion, and Coke spends more than \$800 million. In comparison, the national 5-A-Day fruit and vegetable campaign spends about \$2 million a year.
- Effectively combating obesity will not require more drugs, diet books or workout videos. Success will depend on retooling our environment to get us moving and to put the junk food farther out of reach and to make items like fruits, vegetables, whole grains and low-fat milk products easily accessible and affordable.
- Smoking rates are going down and obesity rates are accelerating. Soon, and it may have happened already, obesity will become the number one killer in America.



UNIVERSITY
OF WYOMING
Cooperative Extension Service
Family & Consumer Sciences

Source: WIN Wyoming Thought Bullets, July 2002. Compiled by Betty Holmes, Regional Project Coordinator, WIN the Rockies.

Lifestyle Physical Activities



It is possible to change our environments so that daily physical activity is encouraged and inactivity is discouraged. Here are a few ideas:



At the community level - Are community roadways designed to encourage safe walking and bike riding? Are there a variety of park and recreation facilities?

In the home - Are sedentary options (TV, computer, video games) balanced with physically active choices (gardens, bicycling, exercise equipment)?

In the workplace - Do work policies allow employees daily physical activity time?



In the schools - Are recess times and PE classes offered daily?

Source: WIN Wyoming Thought Bullets, August 2001. Compiled by Betty Holmes, Regional Project Coordinator, WIN the Rockies.

“It’s difficult to alter your basic body shape. You inherit that.”

-Lawrence Golding, PhD,
Professor of Exercise
Physiology, University of
Nevada - Las Vegas

“Fit bodies come in all shapes and sizes. When it comes to overall health, it’s very clear that fitness matters more than thinness.”

-Glenn Gaesser, PhD, Associate Professor of Exercise Physiology,
University of Virginia

Time for a Little Stretching

Place hands on hips.

Twist to right.

Hold 5 seconds .

Repeat to the left side.

Healthy Bodies Come In All Sizes

Not all bodies are made to be thin. Take a look at the pictures in your family album. Do you look like most of the people you see? If your family members are large, chances are you're large too. But you could be large even if your family members aren't. Many things determine your basic body shape and size. Different people have different body frames. Some people burn calories faster than others. Many of these things you really can't change. However, you can learn to accept the body you have and to be as healthy as you can.



Appreciate yourself

Good health starts with appreciating who you are. When you enjoy all your talents and skills, you feel good about being alive.

Enjoy Being Active

Your body needs to be active. Any activity that you enjoy and that gets you moving gives you energy and makes you stronger.

Enjoy Eating Well

Your body needs food to be healthy. Eating a variety of healthy foods you like gives you energy, nutrition and enjoyment.

Source: *Living in a Healthy Body: A New Look at Health & Weight*, The Stay Well Company, 1995.

One of the often unconsidered harms of “body-bashing” is lack of respect and honor for our ancestors.

Our physical characteristics are part of our heritage.