



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by The Center for Health and Well-Being

Previously Released Edition

Love Your Body Week

Are you unhappy about your mirror image? Do you feel like a failure because you don't have 6-pack abs? You are not alone. Every day you and many of your fellow students wake up in the morning unhappy about their image. These kinds of thoughts can lead to harmful eating disorders including:

Anorexia: a psychological disorder of self-induced starvation in an effort to become thin.

Binging: a disorder where the person eats excessively without purging.

Bulimia: an eating disorder where binge eating is followed by purging.

Purging: vomiting, use of laxatives, diuretics and excessive exercise; getting rid of whatever you've eaten/drank in an unhealthy way.

Muscle Dysmorphia: a disorder in which a person becomes obsessed with building muscle to the point where it impacts on his/her interactions with others, employment and his/her self-image.



Up to 24 million people of all ages and genders suffer from an eating disorder (anorexia, bulimia and binge eating disorder) in the United States.

National Association of Anorexia Nervosa and Associated Disorders

Many cases of bulimia go unrecognized because people binge and purge in secret and significant amounts of weight are not lost. However, the results that accompany persistent purging are significant.

Symptoms include:

- sore throats
- puffiness in the face
- tooth decay
- kidney problems
- dehydration
- increased risk of irregular heart beat



Loving your body means...

Getting the right amount of exercise; getting regular check-ups with your doctor; sticking to healthy eating habits (you know the stuff you learned about in elementary school); getting enough rest and **accepting yourself for who you are.**

Healthy Ideas

- ♥ Set goals to eat healthy and exercise regularly.
- ♥ Eat foods that are low in fat and high in fiber.
- ♥ Drink 6-8 glasses of water every day.
- ♥ Do not eat to relieve stress, anger, or depression.
- ♥ Find other healthy ways to raise your spirits.
- ♥ Workout with your friends in one of the fitness centers.
- ♥ Work to build strength, endurance, and flexibility.

Resources

If you are concerned that your eating behaviors or body image is causing you distress, contact the Counseling Center at 724-357-2621

These services are available to IUP students and supported by the wellness fee.

TOP TEN REASONS TO GIVE UP DIETING

- #10: Diets don't work.
- #9: Diets are expensive.
- #8: Diets are boring.
- #7: Diets can rob you of energy.
- #6: Diets are not sexy.
- #5: Diets don't make you beautiful.
- #4: Diets can lead to unhealthy eating patterns.
- #3: Diets can make you afraid of food.
- #2: Diets don't necessarily improve your health.
- #1: **Learning to love and accept yourself just as you are will give you self-confidence, better health, and a sense of well-being that will last a lifetime.**



Taken from the Nutrition Connection's "Top Ten Reasons to Give Up Dieting"

Body Image Facts:

- The current female model body type is possible for about 10% of the population as a result of genes. **You cannot diet to achieve this body type.**
- Strict diets lower metabolism because they reduce lean body mass (muscle) rather than loss of body fat.

- Most people, no matter what their body size or shape, feel pressure about their weight.
- The average female model is 5'9" tall & weighs 110 pounds.
- The average woman is 5'4" and weighs 140 pounds.
- In 2008, about one million American men tried steroids at least once to become more muscular.

- Approximately 7 million women and girls struggle with an eating disorder.
- Approximately 1 million men and boys struggle with an eating disorder.

Events

Show us how much you love your body!

Library: November 27
HUB: November 28-29

11:00 AM—2:00 PM
Each Day!

Stop by for:
Buttons
Activities
Information

**Need a pick me up?
Get a free hug or compliment in the Oak Grove all week (November 26-30)**

Also look for an inspiring message when you buy a drink at Java City!

You are ♥ beautiful!

Brought to you by PASSHE Women's Consortium, Presidents Commission on the Status of Women, and The Center for Health and Well-Being
Stahl News Updated by: Peer Educator, Ben Williams