



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by Health AWAREness at the Center for Health and Well-Being

November 11, 2013

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



Resources

If you are concerned that you, or someone else exhibits signs of an eating disorder or struggle with a negative body image, help is available. You are not alone., Contact the Counseling Center at 724-357-2621

These services are available to IUP students

Events

HELP US SPREAD BODY POSITIVITY!

Stop by our table for:

- FREE HOT COCOA
- Buttons
- Information

Oak Grove: Nov. 11-12
1:00 PM—4:30 PM

Love Your Body Program and t-shirt decorating!

Northern Suites MPR
Nov. 14th @7PM

Look for body positive messages when you buy a drink at Java City, and post-it notes all over campus!

Loving your body means...

Taking care of yourself and living a healthy lifestyle. It means accepting yourself the way you are, which in turn allows you to have a healthy relationship with

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"

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.

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 females** struggle with an eating disorder.
- Approximately **1 million males** struggle with an eating disorder.

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