

# Women athletes try to even nutritional odds

By Sara Martens

**T**he premise states that an athlete cannot perform to the utmost when overweight. It also holds that an athlete on a crash diet cannot maintain training or the weight loss attained.

The problem: to slowly lose weight while maintaining a balanced diet and strenuous athletic training.

The solution may be in a program incorporated in the UNL women's swimming, diving and volleyball programs.

Administered through the food and nutrition department and women's athletic trainer Karen Knortz, coaches Ray Ruppert and Terry Pettit have put their athletes on a weight loss program with the aid of computers, body fat measures, power programs and training.

The swimmers' diet was prompted by Huppert's desire to set an example for his team. This desire for good health led Huppert to loose 32 of the 230 pounds he carried on his six-foot frame.

"I thought it was important for my appearance and health. I found it a challenge, a motivational type challenge, something I wanted to do," Huppert said.

**THE COACH** said any athlete with a weight problem who eats in the residence hall cafeterias probably will prolong the problem.

"I take nothing away from the dorms. I believe they do everything possible. But remember, they cook for 3,000 and the ice cream machine doesn't shut off after one cone," Huppert said.

The coach admitted he is not an expert on diet, "but I've watched through 11 years of coaching as individuals try to loose weight and I've taken to the statement that we need to learn how to eat to live rather than live to eat."

With the odds seemingly stacked against a proper diet and weight loss, Huppert and Pettit have set out to change the situation.

Huppert said a number of swimmers are concerned about their weights.

"I coach women. It seems that every woman in the

world is concerned about her weight. Our girls are not heavy, but some girls do need to loose weight."

The team members began recording their daily intake Sept. 10. After three days information was put through a computer to determine the number of calories and amount of fat, protein, vitamins and other essentials.

**THE ATHLETES** then must meet with a nutritionist to discuss diet deficiencies or overloads.

They also will be screened by Knortz to assess basic fitness, muscle flex and body fat.

Knortz, in her second year at UNL, has been involved in similar screening with the New York Jets professional football organization for six years.

Screening is not popular with trainers, she said, because many do not want to take the time or do not see the need for it.

"They take care of injuries and forget prevention. There are good injury stats and a better ability to predict injuries due to screening," she said.

Knortz said there are no solid statistics to back her claim of fewer injuries after the screening because the support comes from clinical research where variables cannot be controlled.

"I believe the proof is in the pudding. The volleyball team's body fat has dropped 6 percent from last year with basically the same group. That should be reflected in their performances. It can't hurt, it just makes sense," Knortz said.

They will continue to write down their daily intakes to make them aware of calorie limitations.

**"NOT ONLY ATHLETES,** but everyone is more knowledgeable of what foods we should eat. I noticed in the last three years the types of things they (the volleyball players) eat has changed. Now they will bring along nuts and raisins for a snack rather than Twinkies and cookies," Pettit said.

The volleyball team has been on the diet program for about four weeks and has recorded an average of five to eight pounds lost per player.

"I don't think there are any secrets or gimmicks. You just have to find a want to motivate people," he said.

Every swimmer will begin the program, but a few who

have trouble because they are overweight during the season will not be required to continue.

Cindy Agee, a senior co-captain on the team, has such a problem with weight loss.

"It's supposed to help those who have trouble maintaining their weight. Maybe it will tell me how to eat right," she said.

Agee said one of the major problems with the women's program concerning weight control is the lack of a training table for female athletes.

**"A TRAINING TABLE** would solve the problem. In high school I would eat a pound of meat a day. In a house or dorm you are only given so much. An athlete will burn up more and have a problem getting enough of what we need," she said.

Junior Cathy Morrison said the program will enhance her personal diet plan which has met with "limited success."

"It's a lot harder to swim overweight," Morrison said, citing the psychological factor of feeling heavy. "Coach will be a motivator. I saw him loose that weight over the summer and it was an inspiration."

Separate from body weight but also a factor in an athlete's performance is percentage of body fat. Huppert's goal is to have the team members swim with between 6 percent and 19 percent of their body weights as fat.

"Last year's team average was 20.5 percent. Through a power program, training and dieting we can attain that range," Huppert said.

A high body fat percentage is not necessarily reflected by an individual's weight.

"A girl last year was 5-foot-1, weighed 96 pounds and had 18 percent body fat," Huppert said.

In addition to better athletic performances, Huppert said the women will feel better, be healthier and have an improved attitude toward themselves.

"I thank God that I'm in a business, sports, that shone a light for me," Huppert said. "I believe in 'don't do as I do, do as I say.' Don't test me. My 'do' I did a long time ago. But athletics is more reassuring when I can set an example for both them and me. I hope my determination can rub off on one or two people in the program."

# Readers' losses prompt gains in diet's success

By Betsie Ammons

**A**diet which began with a humble small town New York program for cardiac patients has proved to be a weighty success for its creator.

Published in eight countries and examined on every talk show from "Donahue" to "Tomorrow", the diet has raised the town of Scarsdale, New York from suburban obscurity to international recognition.

The Scarsdale Medical Diet, born in a modest eight-doctor clinic in the affluent suburb of 12,000, is the brainchild of Dr. Herman Tarnower, a self-described "country doctor."

Tarnower shares his program with the world in his book "The Complete Scarsdale Medical Diet Plus Dr. Tarnower's Lifetime Keep-Slim Program" published by Rawson, Wade, Inc. of New York, \$7.95.

In a telephone interview from Scarsdale, Tarnower said he received so many requests for the diet that he wrote the book in self-defense.

He said the diet grew from his need to find a simple, satisfying way for heart patients to shed dangerous weight.

His patients gave the diet to their friends, who gave it to their friends, ad infinitum, according to Tarnower.

"It had a chain letter effect," he said. "It got so that it was the element of success breeding success."

**THE BOOK** has been on the New York Times non-fiction bestseller list for 33 weeks, and was number one as of Sept. 2.

Tarnower said the book's success was a surprise.

"It's something I hadn't expected," he said with a chuckle.

The book's roots lie in two articles about the diet published in the New York Times, Tarnower explained. Following the articles, he received thousands of letters and was approached by several publishing companies.

Since it first was published in December

1978, there have been 25 editions and nearly 600,000 copies sold, according to Tarnower.

Tarnower said he thinks the diet's success lies in its simplicity. It calls for two weeks of concentrated dieting, with prescribed menus consisting mostly of fruits, vegetables and high-protein meats, fish and poultry.

He contends it is possible to lose up to 20 pounds in the initial stage.

The foods are varied enough that they don't become boring, Dr. Tarnower said, and the requirements are straightforward.

"These are foods people eat all the time, so they are easy to accept," he said. "It is common sense food."

**IN ADDITION** to the regular two-week diet, Tarnower has created the international gourmet, vegetarian and money-saver programs to fit individual needs.

After the first two weeks, Tarnower recommends that persons stay on his "Lifetime Keep-Slim Program". It includes the same foods the diet does, but allows larger portions and an occasional treat, such as a cocktail.

The diet prohibits the usual blacklisted foods—sugars, carbohydrates, breads, butter, and desserts. The only beverages allowed are coffee or tea. An occasional egg is alright, but milk is not recommended.

While Tarnower said he thinks exercise is beneficial, he did not include exercise in the book.

"I was asked to do a book on diet," he said.

However, he said he is considering another book on how to live a better, longer life. It would include a complete program of good nutritional habits and exercises.

Tarnower warns persons over 40 against attempting a fitness program, stressing that too much jogging may cause leg and knee problems and uterine problems in women.

**DESPITE SCARSDALE'S** Eastern image, complete with a lifestyle that is

foreign to most Midwesterners, the book has enjoyed popularity in Nebraska.

Kathy Stasch, manager of the B. Dalton Bookstore at 13th and O streets, said she attributes the book's success to people's willingness to try any new diet.

Stasch added that many famous people have used the diet publicly which also may have helped sales.

Sandy Johnson, Nebraska Bookstore trade book buyer and manager, said she thinks the book's popularity is totally the result of an intense publicity campaign.

Johnson said she usually opposes diet books and warns her customers about them. She called the Scarsdale book "a real rip-off at \$7.95."

"People can find out all they need to

know from women's magazines," she said.

Tarnower said he has made no special effort to promote the book. In fact, he said, he declined a proposed trip to Australia.

**THE DOCTOR** said he would send anyone a copy of the diet if they sent a self-addressed, stamped envelope.

Tarnower said his life has not changed much since publication of his bestseller. He still practices medicine each day at the Scarsdale Medical Clinic, 16 miles north of New York City.

Dr. Tarnower said his approach to medicine always has been simple treatment, and that he was practicing long before most modern drugs were developed.

