

Program goal: Keep those pounds off!

By Kathleen Green

The UNL Student Health Center's weight control program may be some help to those students who have resolved to thin down and tone up during the new year.

The health center program focuses on nutrition, muscle toning and better eating habits, said Margaret Eager, psychiatric social worker for the health center.

"In general, 95 percent of those that take off weight put it back on," Eager said. "Our goal is to keep those pounds off. In our classes, we talk about hunger as a physiological need versus appetite as a psychological need."

Sitting down in front of the television and eating a whole pan of brownies is psychological.

"Depressed feelings and anxiety must be dealt with," she said.

"We try to change eating habits," Eager said. "Healthy food in a specified quantity is basically what the exchange diet is." The health center diet program uses an exchange diet.

Junk food is definitely out, she said. Granola bars have a lot of nutrition in them. However, this is a high calorie way to get that nutrition.

To qualify for the class, a physician must determine whether the person is 15 percent heavier than their ideal weight. An appointment is then set up with a dietician who helps to set up a personal diet for each person, Eager said. Appointments for physicals can be set up through the health center.

Classes will run 10 weeks and begin Feb. 14. The classes will be every Monday from 4 to 5 p.m.

Students are encouraged to sign up soon because of an

enrollment limit of 25 people. A \$20 fee is required and can be paid in installments, she said.

A follow-up to the basic class sessions also is offered for \$20 for those who already have taken the beginning class. The advanced class starts Feb. 17 and also will last 10 weeks.

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