

SNACK from Page 1

Only 51.9 percent of UNL women surveyed said they were happy with their present weight, compared to 70.4 percent of college men who said they were happy.

In fact, the report says that while 61.4 percent of women who are "average weight" said they were happy at their present weight, 92.3 percent of "underweight" women said they were happy.

But men, Barth said, are happier if they weigh more, and are more likely than women to snack daily.

A higher number of college men, 14 percent, saw themselves as "underweight" compared to 8 percent of college women.

While 42.7 percent of UNL men surveyed admitted to snacking daily, 28.4 percent of women reported daily snacking.

Lehr said that eating disorders are

more common among women than men.

"There's a lot of pressure from the media... as to what the ideal female body should be like," she said.

According to the survey, the average UNL woman weighs 133 pounds and is 5 foot 5 1/2 inches tall. The average UNL man weighs 172 pounds and is 5 foot 11 inches tall.

But average height and weight charts do not take into account body composition, Lehr said.

If a woman is in a body conditioning program, she could weigh up to 140 pounds at the average height and actually have less body fat than someone who weighs less.

Because lean muscle tissue is heavier than fat, the best way to chart a personal fitness goal is to take body measurements, instead of weighing the pounds.



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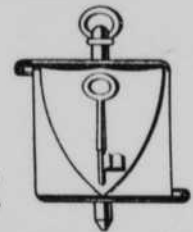
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REMINDER: Chapter Election and Meeting, Tuesday, November 14, 4:45 pm at the Reunion