

# Diet nuts need a good beating

When I was first asked by my editors to write a satirical column on students' nutritional habits, I wasn't sure whether to take it as a compliment or to file harassment charges against the DN.

What offended me was that during the proposal, they never made eye contact with me, but rather, chose to stare intently at my heaving belly.

I can hardly blame them, since I have been asked on more than one occasion to be the cover boy for the magazine "Crappy Health Weekly."

I have tried to cover-up my poor eating habits by telling people that I'm simply "Big-Boned."

I quickly found out, however, that it's extremely difficult to get people to believe that it's your BONES that weigh 387 pounds and not your BELLY, which is dragging obediently behind you.

I have many friends who choose to eat right and exercise regularly.

I however, choose to exercise my right to not exercise, which in turn may explain my bloated presence.

Luckily, I can find comfort in knowing that I am not alone in my eating habits. Most men prefer to ingest things that may not be as healthy as rice cakes but certainly taste better.

The same cannot be said, however, about women.

There is a vast sea of difference between the nutritional habits of men and the nutritional habits of women.

My mother has told me that I am of the male persuasion, and although I have found only minute traces to verify this claim, I have no choice but to take her word for it.

As a man, I can attest that our idea of a nutritious meal consists of avoiding the whiskey until AFTER we've eaten from all five of the fried food groups.

Women however, are the exact opposite. They can survive for years

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on only a glass of water, an occasional lettuce vein, and the perfume "Essence" which they take intravenously.

So I would like to pose the question: What is adequate exercise, good nutrition, and, ultimately, good health?

To me, adequate exercise depends on who exactly is exercising and how much they're getting paid.

For most of us, adequate exercise is simply making it to class 20 minutes late, but there are those who feel that if they're not exercising 24 hours a day, they will wither into an apparatus that resembles an omelet.

These people, without a doubt, should be continuously beaten with a shovel.

Good nutrition is also hard to define because our nutritional needs differ from person to person.

For example, if I don't get at least three tablespoons of mayonnaise every hour on the hour, my heartbeat will fall to dangerously low levels of 63 beats per minute.

(Note to reader: According to a recent article published in the magazine "Mayonnaise and You," the healthy average of heartbeats per minute is 241.)

So it only stands to reason that good health is equally ambiguous. Good health being a collaboration of good nutrition and adequate exer-

cise, the only difference is that people in good health are required by law to prance around in too-tight outfits and tell others what poor health they're in.

I would now like to take the time to familiarize you with a few nutritional terms that are making headlines in health news, the first of course being fiber.

The fiber industry tells us to consume more fiber, but what they don't tell us is that fiber is actually a colon sedative.

Any biologist will tell you that fiber contains all the essential elements that cause a colon to fall asleep — and we all know how embarrassing that can be.

I say avoid fiber at all costs. The job-losing effects of possessing a sleepy colon are much too risky.

Fat is another term which seems to be everywhere in health news.

Webster's defines "fat" as "the stuff around Steve's belly, which shakes violently over speed bumps."

Until my lawsuit goes through, we'll have to accept that definition for what it's worth.

I won't even go into how evil fat is. It clogs your arteries, brings about fatigue, and causes most people to spontaneously burst into popular Elvis hits.

Unquestionably, nutrition will always be a part of student life. Unfortunately for most students, however, unless you work for the DN, you won't get paid to discuss it.

I therefore, in a roundabout way, have single-handedly proven that nutritional concerns are moot for most students.

I say eat what you want, exercise if you choose, and always, always consume mayonnaise by the six-pack. You'll live forever — I promise.

Steve Willey is a junior ag-journalism major and a Daily Nebraskan columnist.

# UNL students choose different health options

By **Pattyewel**  
Staff Reporter

**O**reo cookies have gone low fat.

Countless infomercials point the way to better health.

Candy bar wrappers offer nutritional information.

It seems that healthy options are everywhere, but what are students opting for?

Lisa Williams, a senior English education major, said she was health conscious. Health and ethical reasons prompted her to become a vegan, which means she does not consume any animal products.

Williams works out three times a week, jogs, bikes and plays racquetball. She said she took care of herself now to improve her health in the long run.

As she ages, she not only wants to maintain her activity level, but increase it.

Others, such as Galen Wray, do not ban meat entirely from their diets.

Although the junior environmental studies major tries not to eat fast food, he said sometimes he couldn't avoid it.

"I try to eat healthy whenever I eat," Wray said. "But I can't totally get away from (fast food). It's everywhere."

Although students' schedules can make a balanced diet difficult, it is not impossible, Wray said.

"It does not take a genius to eat right. It takes planning and time."

Others, such as Neal King, a senior English major, work out but usually eat whatever they want.

However, King does try to avoid fatty meats and candy bars. He also

tries to eat salads when he eats out.

Paul Parks, a junior marketing major, doesn't always watch what he eats, either, and often eats at the bars.

However, Parks said he worked out four times a week, often biking, lifting weights and using the stairmaster.

He started working out more than four years ago to improve his appearance, but working out is now more of an addiction. If he doesn't exercise, he doesn't feel good.

Parks said he didn't consider himself health conscious. He said someone who was health conscious would not drink as much as he did.

However, Kevin Sullivan, a junior fine arts major, considers drinking part of his health regimen.

Sullivan said he drank a wheat beer once a day and tried to stay away from drinking soda pop. He smokes but doesn't consider himself an "avid" smoker.

"It's part of that Euro-diet thing," Sullivan said.

He also tries to eat fish, poultry and pasta. He doesn't have a set exercise schedule but plays basketball and rides his bike.

"This is the '90s man, and everyone's health conscious. ... Everything's fat free or baked-not-fried."

However, Jason Stevens, a sophomore music education major, doesn't pay much attention to what he eats. As for working out, he said he just didn't have the time.

However, he said that if he did start to gain weight he cut back on the fast food — which he currently eats three times a week.

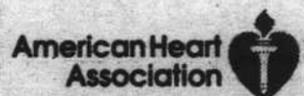
Stevens said he had no concern about high blood pressure, cholesterol or his health in the future.

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