

Dieting is War



Photographer: Evelyn Hockstein/Polaris; Michael Alonso eats his way through a Home Wrecker hot dog in Huntington, West Virginia, the fattest city in America.

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English II

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Outline 1

Dieting Is War Outline

I. Introduction

- A. Dieting is a constant, aggressive battle to defeat fat and sloth.
- B. Americans are fat: more than half are overweight or clinically obese. Excuses no longer suffice, it's time to start a diet war -- a an aggressive battle to defeat fat and sloth by using every weapon they have in their arsenal including weight loss tips, diet changes, and exercise (Health Day News).
- C. Fat people can be pathetic and weak – the director Kevin Smith and actress Kirstie Alley made headlines with their size issues. Overweight people affect everyone around them. It's now or never – the fight is on. (New York Times).

II. Body

- A. Dieting roadblocks are everywhere, but they should not stop people from pushing through.
 - 1. Excuses abound, for example: “I don't have the time or energy or money to deal with my weight” (niddk.nih.gov).
 - 2. Genetics can be overcome and yes, we are what we eat.
 - 3. Dieting is not easy or convenient.
- B. People have an emotional and physical relationship to food (White).
 - 1. The psyche doesn't care that food is just a way to survive.
 - 2. The stigma of being fat: Public attitudes about fat have never been more judgmental (The New York Times).
 - 3. Activity is one of the keys to weight loss: not only does it increase strength and movement, but it also improves self-esteem and energy levels (MarMarano).
- C. Dieters can't just use one program or one exercise to fight fat – they need to use every weapon in their arsenals.
 - 1. It's not about one diet program or certain exercises or techniques – it's about using all of them -- every psychological, physiological, practical and impractical diet and exercise idea (Health Day News).
Activity is one of the keys to weight loss: it increases strength, movement, self-esteem and energy (MarMarano), but even more important: knowing what to eat.
 - 3. The main equipment needed to eat right and lose weight: utter resolve and commitment (MarMarano).

III. Conclusion

- A. People need to be unflagging and aggressive in their battle against fat. They need to commit; they need to persistently and tirelessly engage in a heated battle against the psychological and physiological roadblocks that come between a fat, unhealthy body and a slim and healthy physique (MarMarano).

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Dieting is War Rough Draft

Americans are fat: 54 percent of them are considered overweight and 20 percent are clinically obese (Fit4Free). This is unhealthy, it's pathetic and it's got to stop. People can't continue to make excuses – they need to do battle (niddk.nih.gov). They need to declare war on fat by engaging in a constant, aggressive battle to defeat sloth and ennui. They need to stop with the excuses, and instead jump in, promote health, exercise, and activity, and work every angle they can to keep fat off the street (MarMarano)! They need to constantly uncover new ways to eat right, slim down, process diet information, share weight loss techniques and in effect, use every weapon they have in their arsenal to fight the terrible war on weight (Health Day News). It's long overdue: overweight people are hurting themselves and the people around them. They are stigmatized by society because they occupy a great deal of space and they represent everything that a gluttonous society involves: too much food, too little exercise and too much angst (New York Times). Celebrities amplify the stigma: the director Kevin Smith was thrown off a plane for not buying two seats to accommodate his girth; actress Kirstie Alley invaded people's lives with yet another PR campaign based on her expanding width (A&E). For God's sake – no more excuses! (niddk.nih.gov). Let the fight begin...

Dieting roadblocks are everywhere, but they should not stop people from pushing on through. Excuses abound, for example: "I don't have the time or energy or money to deal with my weight"

(niddk.nih.gov). Dieting takes willpower and negotiation. Setting goals is a way to fight the overriding urges that foil diet plans. Basically, people need to pledge allegiance to a diet and commit to staying active. On the one hand, dieting war needs to be fought with self control, but on the other dieting has the benefit of giving the dieter more control – of their lives (MarMarano).

Genetics can be overcome and yes, we are what we eat. UK celeb chef Jamie Oliver zeroed in on a bad food hot zone where the locals were still smarting over the tag 'America's fast food capital', a designation given to their Huntington, West Virginia by the Centers For Disease Control and Prevention (Bourke). His goal was to help extend the life and the health of the people. At first he was met with hostility, and was even brought to tears by a confrontation with dinner ladies serving up 'breakfast pizza' at a local primary school (Bourke). But eventually the townspeople warmed up him. “This isn't just a TV show and it's not just a one-time thing,” said Doug Sheils, spokesman for Cabell-Huntington Hospital, which was an early supporter of efforts to change the area's health problems (Breen). Linda Fillinger, a resident of Huntington who attended Mr. Oliver's cooking classes said, ““We always have that bad reputation about being the fattest and the unhappiest,” she said. “It's so nice to do something to prove that wrong” (Breen).

Dieting is not easy or convenient. Many people can't even find the time to exercise, or even just take a walk. But physical activity one of the main weapons used in the weight war, and the benefits to leading an active life include increases in strength, movement, self-esteem and energy (U.S.D.H.H.S.) People have an emotional and physical relationship to food (White). The psyche doesn't care that food is just a way to survive. But the stigma of being fat is at its enormous. Public attitudes about fat have never been more judgmental (The New York Times). In August, 2009, Dr. Delos M. Cosgrove, a cardiac

surgeon and chief executive of the prestigious Cleveland Clinic, told a columnist for *The New York Times* that if he could get away with it legally, he would refuse to hire anyone who is obese. He probably could get away with it, actually, because no federal legislation protects the civil rights of fat workers, and only one state, Michigan, bans discrimination on the basis of weight (Brown). “Dr. Cosgrove may be unusually blunt, but he is far from alone. Public attitudes about fat have never been more judgmental; stigmatizing fat people has become not just acceptable but, in some circles, de rigueur. I’ve sat in meetings with colleagues who wouldn’t dream of disparaging anyone’s color, sex, economic status or general attractiveness, yet feel free to comment witheringly on a person’s weight” (Brown).

Activity is one of the keys to weight loss: not only does it increase strength and movement, but it also improves self-esteem and energy levels (MarMarano). But even before that, people need to learn what to eat. They need to know that there are good and bad foods. Mr. Oliver brought his team of chefs to, Huntington, West Virginia to teach healthy cooking. The town’s hostility slowly turned to appreciation as they started to attend his cooking classes. He wanted the people who attended the classes to take what they learned and pass it on to others (Breen).

Jane Fryer, writer for the Daily Mail, visited Huntington to follow up on Mr. Oliver’s food revolution. Standing in line at the grocery store, she commented that the carts were double the size of average grocery store carts and overflowing with processed food. She wrote, “The lady in front of me in the queue is buying 48 cans of cola, a cake, a large bag of candy, something called Hamburger Helper and — hallelujah! — an onion. She is also overweight and wears a hospital badge that says ‘Anita — food and nutrition expert’. It’s almost enough to make you cry. What does make me cry is my visit to the Chapman Mortuary, where funeral director Charles Chapman tells me that, even in death, obesity is a nightmare. Not only have sales of XXL coffins more than tripled in Huntington, but funeral homes have

had to bring in specialist lifting equipment to cope with the huge bodies” (Fryer). One funeral director commented: “We’ve had some pretty good-sized ones lately, so now we have cranes and winches and body lifts to stop us wrecking our backs when we’re dressing and embalming the bodies” (Fryer).

Dieters can’t just use one program or one exercise to fight fat – they need to use all the weapons they can. It’s not about using certain techniques – it’s about using all of them -- every psychological, physiological, practical and impractical diet and exercise idea (Health Day News). Activity is one of the keys to weight loss: it increases strength, movement, self-esteem and energy (MarMarano). But what people eat – what they buy and how they make their meals – is even more important. Jamie Oliver’s Fast Food Revolution was about teaching people to eat right and then have them pass along the information. For the Reverend Ed Atchley, a diabetic who started attending weekly classes to improve his diet, the courses were a revelation not just in preparing food, but in learning about the brew of chemical preservatives and other ingredients that go into food. “When I used to go shopping, I’d just throw everything in the basket,” he said. “Now I take my time, I read labels, I buy more fruit.” (Fryer).

The main weapons needed to eat right and lose weight: utter resolve and commitment (MarMarano). Sometimes this even means that dieters need to brainwash themselves through repetitive affirmations in order to deal with psychological weight issues (White). Thayer White, Thayer White, who is a licensed psychotherapist, advises making a number of small changes. He talks about how psychological issues will arise concerning weight and that there will be a mini psych war between the dieters old beliefs and their new affirmations. It speaks to the whole idea of resolve and commitment, but obsessing over affirmations like “I weigh 300 pounds and I notice my eating behaviors.” Mr. White talks about how many people fail at sticking to their diets, finding a direct connection to willpower, resolve,

and eventual success (White). Dieting is war, and committed dieters should eat healthy food, exercise on a regular basis, and even brainwash themselves.

Oprah Winfrey is another celebrity who has been fighting the weight war. She came across the book, *Women, Food and God* by Geneen Roth, and believed that she finally found a way to keep slim. The book's author said that the way for people to deal with weight is to understand themselves: what they are feeling, what they are trying to block, what they are really wanting (Roth). She said that if people figure this out, then they won't have to battle with their weight anymore. Ms. Winfrey latched on to this -- she said that she thought that the Ms. Roth understood how women "torture themselves over a number on a scale or a size on a dress when they would be better off putting out energy into loving and understanding our real selves" (Winfrey).

What Ms. Winfrey got out of the book was that women are not hungry for food, but instead are hungry for everything but food (Winfrey). She got this idea from an excerpt in Ms. Roth's book that said, "You eat when they are not hungry and you use food to grapple with boredom or illness or loss or grief or loneliness or rejection." The excerpt goes on to say that food is "the middle man, the means to the end. It is a way to make yourself numb. And the middleman really could be anything -- it could be food, or alcohol or sex or work or cocaine" (Roth). She said that people hate themselves and torture themselves by dieting. Her basic premise is that people are at war with themselves, and that the only way to stop the battle is to love themselves. If only it was just as simple as that! But still, it's not necessary to discount this idea entirely -- dieters could put this idea into their diet arsenal and pull it out when needed.



Final call: The sale of XXL coffins in Huntington, West Virginia has more than tripled. “It’s not dignified to winch someone out of their home, so we have to carry the bodies out — sometimes it takes four of us and it can be a struggle to squeeze through the doorway, “ said Charles Chapman, funeral director at Chapman Mortuary (Fryer).

People need to be unflinching and aggressive in their battle against fat. They need to continuously, persistently and tirelessly fight against the psychological and physiological roadblocks that come between a fat, sluggish body and a slim and healthy physique. Dieting is a constant heated battle for a better life, and the results are worth it: increased energy, greater feelings of self-worth, and the new ability to take control (MarMarano). Anyone can become slim and healthy if they are willing to stop putting up roadblocks, such as trying one-note diet plans that fail (White). A few years ago, Kirstie Alley boasted about how the Jenny Craig Diet changed her life (A&E). This was followed by her own television show called “Fat Actress” (where she had gained back all the weight she had lost), and currently by her new show “Kirstie Alley’s Big Life” (emphasis on “Big”) that one critic said was pathetic (New York Times). It’s the time to stop making excuses; people need to step up and continuously, persistently, and tirelessly engage in a heated battle against excessive weight (Health Day News).

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