

# HEALTHY BODY/ HEALTHY MIND

## Weight loss can be maintained with work

**Appella Bridges, R.N.**



Weight control diets are designed to provide a specific calorie level calculated to meet an individual's requirement to attain optimal body weight. An exercise program is also highly recommended. Weight loss of one to two pounds per week is optimal. Individual's seeking to make a lifetime commitment to improve their eating and exercise habits can succeed at long-

term weight loss. Most of the successful long-term weight-loss programs include several components; behavior modification; exercise; nutrition; social support; and cognitive changes, including goal setting, assertiveness training, and coping with mistakes and motivation. Emphasis should be placed on slow, progressive weight loss. Everyone on a diet will experience an occasional setback. This doesn't mean failure. Long-term success is still possible.

Some tips to help you get started:

- Evaluate what behaviors, activities or feelings trigger

- Don't use food as a reward for desired behavior.
- Drink plenty of non-caloric fluids, including water daily.
- Change usual eating places, avoid eating while involved in activities.
- Make an effort to eat breakfast and small, frequent meals.
- Eat fresh fruits and raw vegetables at least 4 times daily.
- Exercise along with television exercise programs or during commercials while watching TV as recommended by your doctor.
- Eat slowly, putting your utensil down between bites.
- Weight should be checked on a weekly basis.
- Clean high calorie, low nutrient foods out of cupboards.

- Keep busy so the focus is not food.
- Shop from a healthy food list and not when hungry.
- Leave the table as soon as you finish eating and do not feel obligated to eat everything.
- Trim fat offmeat and skin off-poultry.
- Place a photo of a thinner you on the mirror.
- Plan ahead, especially when attending social events.
- Keep records of intake and/or weight loss progress.
- When weight drops, give away clothes that no longer fit.
- Break the habit of nibbling while cooking or cleaning up from meals.
- Try low fat and low calorie food items (the taste will improve as you get used it.)

## No ouch workout possible with caution

**DR. WAYNE RILEY**



Couch potatoes may trade the couch for "ouch" if they pursue an exercise program too aggressively.

It's not uncommon at this time of year for patients to complain of chest-wall pain near the rib cage a general internist and an

Often, they are sedentary people who have made a New Year's resolution to exercise.

Instead of getting back into shape slowly, they try to achieve their athletic goals

immediately by playing basketball for six hours or doing 50 stomach crunches on an abdominal-flexor machine, he said.

The chest-wall pain usually stems from a sprained muscle or an inflammation of the rib.

If your left side hurts when you press on your ribs or take a deep breath or move your shoulder, that's a strong indication you have injured a chest muscle or rib cartilage.

The injury can be treated with over-the-counter nonsteroidal drugs that decrease inflammation and pain. Riley also recommends applying an ice pack to the chest during the first two days after the injury.

If the intensity of the pain

does not decrease within 48 to 72 hours, see your physician. X-rays may be needed to determine whether you have broken a rib or dislocated a shoulder.

Rest at least a week before exercising again to allow time for the muscle to recover.

When you resume exercising, start at a lower level of intensity and pace yourself to avoid re-injuring the muscle.

Riley recommends:

- Instead of doing 50 abdominal crunches at the start, begin with 10 and increase the number by five each day until you reach your goal.
- Start weight-lifting routines with a moderate load and

perform repetitions several times a week. Increase the volume by five to 10 percent as you become comfortable with the weight load.

- Limit tennis, basketball and other sports that require strenuous shoulder-arm movements to an hour of play the first few times, and build up to more strenuous workouts.

Those good intentions to improve your health by exercising can be salvaged if you expand your workout gradually and give your body time to adjust, Riley said.

Wayne Riley, M.D. is an assistant professor of medicine at Baylor College of Medicine in Houston.

## Around Charlotte

- Applications for the Wilmore Scholarship are now available from the Wilmore Neighborhood Association and Foundation for the Carolinas. The scholarship is awarded to graduating seniors from the Wilmore community who wish to attend college, technical or vocational schools. For more information, call 376-9541 or 376-3440. Application deadline is March 15.

- The Charlotte-Mecklenburg Community Relations Committee is seeking nominations for the annual Police Community Relations Awards. The award recognizes officers and teams who made outstanding contributions to improved relations between police and citizens. For more information, call 336-3800.

- The Mecklenburg County Women's Commission will offer a pre-employment seminar for displaced homemakers and single parents March 7-21. To register, call 336-3210 or 336-4309.

- The Metrolina AIDS Project, Community Health Services and Carolinas HealthCare System will team offer free confidential HIV testing at Community Health Services, 1401 E. 7th Street. The testing will be offered Saturdays from 10 a.m.-2 p.m. For more information, call 333-1435.

### Thursday

- The Urban League will sponsor its annual Whitney M. Young Award Dinner at 7 p.m. at the Charlotte Convention Center. The recipient of this year's award will be NationsBank executive Joseph Martin.

### Friday

- The Regional HIV/AIDS Consortium will convene at the Hilton University Place. For more information, call 371-6341.

### Saturday

- Historic Brattonville opens for the 1997 tour season. Located 12 miles from Rock Hill, S.C., the sight offers guided tours of a plantation. For more information, call (803)684-2327.

- The Afro-American Cultural Center will feature "Story Man," Jamal Koram, at 11 a.m. in the Center's Attic Theatre. Koram has been featured in several publications and authored several books, including "When Lions Could Fly." The Afro-American Cultural Center is located near the corner of Seventh and McDowell streets.

- Big Shot Saturday immunizations will be available for children age 2-12. Clinics will be held at the Target store on Independence Boulevard and the Wal-Mart store on Abermarle Road from 9-11 a.m. For more information, call 336-4559. The program sponsored by the Mecklenburg County Health Department and the Junior League of Charlotte.

- An attic sale sponsored by the Parents' Council of Charlotte Latin School, 9502 Providence Road. The sale begins at 8 a.m. at Belk Gym. Proceeds will be used for instructional materials and supplies for teachers and students.

- WCCB-TV and WTDR will sponsor a bowl-a-thon for the Muscular Dystrophy Association at Carolina Lanes in Matthews. For more information, call 567-2912.

### Monday

- The Lockwood Neighborhood Association will meet at 7:30 p.m. at the Cluster II Resource Center, 1500 North Tryon St.

### Upcoming events

- The Mecklenburg County Women's Commission will host Kate Richards, Dean Witter Reynolds Account Executive at the Adams Mark Hotel, 555 McDowell St. For reservations, call 336-6094.

- Homebuyers Seminar sponsored by the Urban League March 15 at Nations Ford Baptist Church, 7410 Nations Ford Road. Individual counseling is available by calling 379-

7743 or 522-6460.

- The Great Bridal Expo March 16 at the Westin Hotel.

- The Mecklenburg Vegetarian Association will sponsor the Great American Meat Out March 16 at the 6 p.m. at Seventh Day Adventist Church, 920 N. Sharon Amity Road. Admission is \$5.

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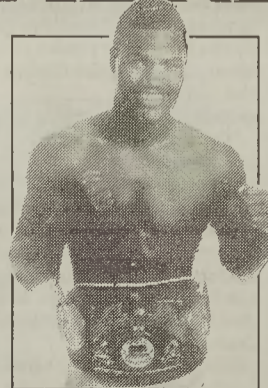


**YET**



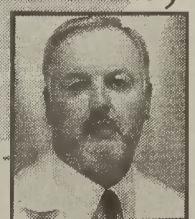
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