

WSOC-TV To Air "Lifestyles Of The Rich And Famous"

"What do the simple folk do?" asked King Arthur in Camelot. He would not have found the answer from celebrity reporter Robin Leach, who returns to television to lead viewers on another, all-new tour of the "Lifestyles of the Rich and Famous," airing Monday, January 23 at 9 p.m. on WSOC-TV, Channel 9. The two-hour special will again feature an exclusive, intimate, revealing tour of the private lives of exceptional people as "Lifestyles" cameras travel around the world to movie sets, celebrity retreats, and the palatial homes of the world's top headline-makers.

"Lifestyles of the Rich and Famous" will provide viewers with intimate and exclusive visits with:

George Benson in the beautiful isle of Hawaii; Princess Diana in England; "Hart to Hart" stars Stefanie Powers and Robert Wagner; mega-millionaire real estate mogul Donald Trump; gothic romance novelist Barbara Cartland; Cher as she rides the famed Orient Express-first ever TV tour of her \$6.5 million Moroccan palace in Beverly Hills; game show king Mark Goodson; Hong Kong designer Bobbie To, making it big here in the United States; "Knight Rider's" David Hasselhoff and his bride-to-be, Jackie Zeman, daytime's reigning queen, better known as Nurse Bobbie Spencer on "General Hospital;" Diamond Man Bruce Fortner; Jill St. John; child model

mogul Nikki, just 11 years old; Michael Landon, his wife Cindy, and baby Jennifer; Morgan Fairchild in England during shooting on "Robin Hood;" Tova Borgnine with Burt Reynolds showing off her line of millionaire playthings.

The show will also feature: the world's most expensive hotel; the world's richest animal; the world's most expensive beauty salon; the new longest car in the world; the outrageous bathrooms of the rich and famous; a toast to France and salute to champagne.

From the divine to the outrageous to the flamboyant to the ridiculous - it is all here, in "Lifestyles of the Rich and Famous" airing Monday, January 23, at 9 p.m. on WSOC-TV, Channel 9.

To Weight Loss

Exercise Is Your Key

Special To The Post
Raleigh - Now that the holidays are over and the New Year has begun, it is time to lose those extra holiday pounds. The key to losing weight and then maintaining weight loss is a combination of regular exercise and activity with a moderate decrease in your food intake.

Many of you probably are involved in undesirable and unsuccessful weight reduction programs - undesirable in that they are nutritionally unsound, medically dangerous, and result in large losses of lean, fat-free body tissue (rather than body fat weight); and unsuccessful in that they are almost impossible to continue for long-term

weight maintenance.

You may want to check with your doctor before going on a weight reduction program. A physician can help you in selecting the most appropriate program to fit your individual needs.

Remember, there is no quick, easy method to reduce body weight. But here are a few tips, that if followed, can help you lose weight and then maintain it:

-Exercise is your key! Begin an exercise program and decrease your food intake by approximately 500-700 calories (be sure to follow a nutritionally sound diet). This is the ideal combination for weight reduction.

-By coupling diet and

exercise, you do not have to cut down your food intake as much, and the loss of fat is greater.

-Use exercise in your weight reducing program to lose body fat. Exercise provides protection against the loss of lean body mass such as muscle and organ tissue.

-Make sure your exercise program consists of rhythmic and dynamic exercises involving large muscle groups. Some good exercises are fast walking, jogging, swimming, bicycling and cross-country skiing. For maximum benefits, your program should be performed four to six days per week for 20 to 30 minutes at a brisk pace. You should raise your heart and breathing rates to the point where you are able to hold a conversation while maintaining deep, heavy breathing. Maintain a gradual weight reduction, with a loss of no more than one or two pounds per week.

-Make a lifetime commitment to proper eating habits and regular physical activity. These behavior modifications will help maintain weight control and optimal body fat levels and lead you to a healthier and happier life.

Persons over 40 years old or those who have reason to suspect underlying illness should consult a physician before beginning an exercise program. At any time, severe symptoms arise during or after exercise a physician should be contacted.



Paul McCartney and Michael Jackson (above) make up one of the hottest musical duets on the charts today.



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Fred Morsell plays the role of the governor in the encore presentation of Liberty Mutual's "Wilson's Rewards," a comedy-drama based on a Somerset Maugham story. The one-hour television Special stars Sandy Dennis and Gerald O'Loughlin and will be telecast the week of January 15 on 100 stations nationwide. The program was directed by Patrick O'Neal and the series of Specials is sponsored by the Liberty Mutual Insurance Company.