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 viewto 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 as exclusive, intimate, revealing tour of the mievealing tour of the prirevealing 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 infimate and comparison wiests mith.

exclusive visits with;

George Benson in the beau-tiful isle of Hawaii; tiful isle of Hawaii;
Princess Diana in England; "Hart to Hart" stars Stefanie Powers and Robert Wagner; megamillionaire 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 can 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 Hasselboff
and his bride to be; Jackle
Zeman, daytime's reigning
queen, better known as
Nurse Bobbie Spencer on
"General Hospital;" Diamond Man Bruce Portner;
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 combination of regular exer

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

-Exercise is your key! Begin an exercise program and decrease your food intake by approximately 500-700 calories (be sure to follow a nutritonally 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

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

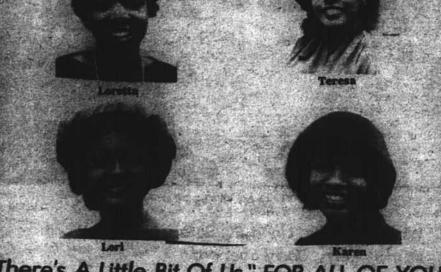
Make sure your exercise program consists of rhythmic and dynamic exercises involving large muscle groups. Some good exercises are fast walking, jogging, swimming, bicy-cling and cross-country skiing. For maximum besking. For maximum benefits, your program
should be performed four
to six days per week 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 sation 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 healthler 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



Fred Morsell plays the relevel the governor in the encore presentation of Liberty Mutual's "Wilsom's Rewards," a comedy-drama based on a Someraet 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.



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