

Eight great fitness tips for women

SPECIAL TO THE POST

Its undeniable — women's bodies are different from men's. Women gain, store, and burn fat in very different ways, and, since they naturally have less muscle than men, women find it harder to keep fat under control. So why is that so many women hit the gym and perform the same routines as men?

"Workouts For Women" (Hatherleigh Press, \$16.95) by Joni Hyde introduces a gender-specific program. Hyde explains circuit training, one of the most versatile methods of exercise, in which

the athlete moves from one exercise to the next in quick progression.

"Workouts For Women" is about more than just the body. In addition to detailed descriptions of exercises and valuable nutrition strategies, Hyde offers eight tips to keep women motivated and engaged in their exercise routines.

- Build on small successes. Start with small goals. Revel in the small accomplishments. They add up to great things.
- Be realistic about goals. It doesn't take a few weeks to

get flabby or become overweight, so don't expect to see results over night.

• Track your progress. Take measurements so you'll be able to evaluate how your body is changing. Take a photo of yourself now so you'll have visual validation of changes over time.

• Focus on why you are doing this. Exercise is an investment. Don't focus on what you are giving up to become fit, focus on what's to be gained.

• Use the power of visualization daily. Visualize yourself completing a great work-

out and focus on how great you'll feel knowing you got the job done. Visualize yourself reaching your goals.

• Know your limits and give your body adequate fuel. Fatigue, insomnia, irritability, and an elevated resting heart rate are signs of overdoing it or not getting proper nutrition.

• Reward yourself when you meet your goals.

• Keep a workout log and food journal. Track your progress by taking your measurements every 6 to 8 weeks.

The Charlotte Post



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Monticello captures an air of history

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in tiny glass jars that were individually warmed right before service—another small but noticeable element which makes a difference. The strawberry slivers and baby mandarin oranges arranged on top create an appetizing visual effect. The imported saucers with green accents and all-white place settings on which the food is served as well as the simple silverware look like antique remnants of The Monticello's early days.

The restaurant also offers an equally impressive lunch and dinner and the option of dining al fresco on its small patio. In the evening, round white lights outside light up the front from above like an old school movie marquis. Its lavish lobby and fashionable grand ballroom are adorned with pieces of 18th century English furniture and original artwork and its prominent balconies look directly out onto the 21st century world below.

This type of stylish dining should not be rushed, but if you are in a hurry, its prompt service can easily have you in and out in under an hour. Either way, I recommend that you take the time at end of your meal (or at the beginning or during) to enjoy one of The Monticello's excellent mimosas or one of a variety of

combinations from its loose tea infusions.

The Monticello in The Dunhill Hotel transports its patrons to another place and time, if only for a little while. And the experience of its menu and milieu is a delicate mixture of a little something new and different with a lot of old, familiar flair.

People are out to prove you can lose weight eating fast food

THE ASSOCIATED PRESS

RALEIGH—Inspired by the documentary "Super Size Me," Merab Morgan decided to give a fast-food-only diet a try. The construction worker and mother of two ate only at McDonald's for 90 days — and dropped 37 pounds in the process.

It was a vastly different outcome than what happened in the documentary to filmmaker Morgan Spurlock, who put on 30 pounds and saw his health deteriorate after 5,000 calories a day of nothing but McDonald's food.

Morgan, from Raleigh, thought the documentary had unfairly targeted the world's largest restaurant company, implying that the obese were victims of a careless corporate giant. People are responsible for what they eat, she said, not restaurants. The problem with a McDonald's-only diet isn't what's on the menu, but the choices made from it, she said.

"I thought it's two birds with one stone—to lose weight and to prove a point for the little fat people," Morgan said. "Just because they accidentally put an apple pie in my bag instead of my apple dippers doesn't mean I'm going to say, 'Oh, I can eat the apple pie.'"

Spurlock, who turned his surprise-hit movie into a TV show on the FX network, isn't talking about Morgan or the many other McDieters who have criticized his film and found success losing weight by eating healthy foods off the McDonald's menu, said his publicist, David Magdael.

One person went so far as to make her own independent film about dieting at McDonald's. "Me and Mickey D" follows Soso Whaley, of Kensington, N.H., as she spends three 30-day periods on the diet. She dropped from 175 to 139 pounds, eating 2,000 calories-a-day at McDonald's.

"I had to think about what I was eating," Whaley said. "I couldn't just walk in there and say 'I'll take a cinnamon bun and a Diet Coke.' ... I know a lot of people are really turned off by the whole thought of monitoring what they are eating, but that's part of the problem."

As might be expected, McDonald's also objected to the impressions left by Spurlock's film. Walt Riker, the company's vice president of corporate communications, said Oak Brook, Ill.-based company is pleased—but not surprised—that some customers have lost weight eating only at the fast-food giant.

Spurlock's film "really spurred a backlash based on common sense," Riker said.

Morgan used nutritional information downloaded from McDonald's Web site to create meal plans of no more than 1,400 calories a day. She only ate french fries twice, usually choosing burgers and salads. Those choices are a stark contrast with those made by Spurlock, who ate every menu item at least once.

At the end of the 90 days, she had dropped from 227 to 190 pounds.

"It feels great," she said. "Because, the truth of the matter is that beauty is power, and if you're fat, or your overweight, then people don't really take you seriously."

Dawn Jackson Blatner, a registered dietitian and spokeswoman for the American Dietetic Association, agreed that a low-calorie, McDonald's-only diet can help people lose weight but said it may not offer enough long-term variety. Whatever an individual does to lose weight, they need to do for the rest of their life, she said.

Morgan said she hasn't decided if she will stick with the McDonald's-only plan to reach her goal of 150 pounds. But she does have one complaint about McDonald's.

"If I could suggest anything to McDonald's, I would suggest the McMargarita," Morgan said. "Dine-in only, of course."

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