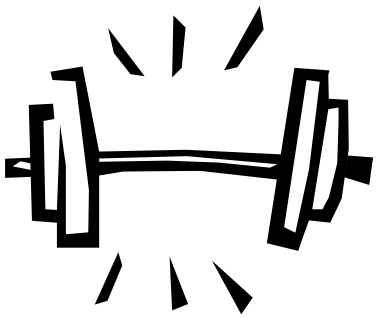


(START THE YEAR OFF RIGHT...)

The Problem: "Most people have unrealistic expectations,"

SLEEP



EXERCISE



Diet

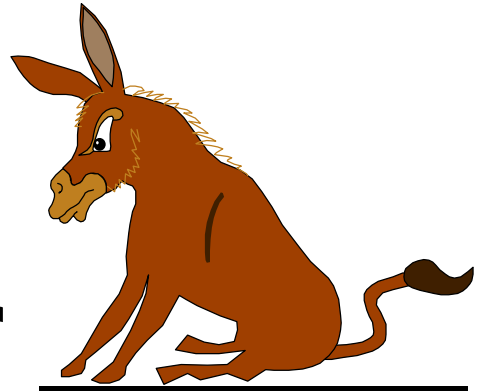
SLEEP!

1. Try to go to bed at the same time each night, preferably about half an hour before you plan to fall asleep.
2. Never use your bed as a desk. If you have paper work to be done, sit up at a proper table. Forcing yourself to stay alert while lying on your bed reinforces bad sleeping habits.
3. Have a warm drink (without alcohol or caffeine) at bedtime--hot milk is excellent. A relaxing warm bath can also help.
4. Leave your school problems at school (or in your study area) and your work problems at work. Leave your home problems at the bedroom door.
5. Invest in a good quality comfortable mattress. (Try all kinds, including waterbeds and futons, before deciding.) A mattress covering of real sheepskins can also upgrade the comfort of most beds. Comfortable pillows, such as down, and duvets or quilts can also help.
6. Your bedroom should be quiet in terms of both noise levels and decoration. Ear plugs found in drugstores can help if there is noise you can't turn off.
7. Use relaxation techniques to slow your breathing and pulse rates and help you get to sleep.
8. Have the right level of darkness for you. If you need a nightlight, use one. If you prefer it really dark, either use black-out blinds or curtains, or wear a sleep mask
9. Practice healthy stress management as part of your routine each day--it will pay off when it's time to go to sleep.

- **Don't skip breakfast**, says Heidi Reichenberger, another ADA spokeswoman based in Boston. "Skipping breakfast gives you the munchies later on and slows your metabolism down." She advises starting the day with yogurt and fruit or whole-grain cereal with low-fat milk.
- **Don't skip *any* meals or snacks**, says Sass. "Try not to let more than five hours go by without eating. Waiting too long can zap energy, and can lead to overeating later. Eat a (healthy) snack between lunch and dinner, maybe right before leaving work, so you will be less likely to grab snack foods once you get home."
- **Include a total of 30 minutes of activity every day.** "It doesn't have to be all at once," Reichenberger tells WebMD. If it takes 10 minutes to walk from the bus stop, get off at the next furthest stop so you get a few more minutes walking. And walk it briskly -- you can lose some weight, improve your cardiovascular system, and sleep better.
- **Drink fewer sodas and other sweetened drinks**, like iced tea. A big bottle of a juice-based drink can contain 300 calories -- and those calories add up. Drink water instead. Or mix juice and water, so you're not drinking something so heavily loaded with sugar.
- **Aim to eat five servings of fruits and vegetables every day.**
- **Buy pre-cut fruits and vegetables**, so you can grab them when you're hungry.
- **Keep frozen veggies in the fridge.** They are easy, quick, and rich in nutrients. Take them to work for a quick lunch you can heat in the microwave. Season with black pepper, herbs, lemon juice, or a red wine-and-balsamic vinegar dressing.
- **Bring snacks to classes** -- such as pretzels, fruit, and yogurt -- so you won't find yourself at the vending machine every afternoon.
- When fixing a salad, sprinkle rolled oats or crunchy whole-grain cereal for added fiber, so you'll feel full.
- **Fix pasta dishes with veggies and lean protein** (like canned tiny shrimp, tuna canned in water, precooked chicken breast, or soy crumbles). Adding protein and veggies to pasta allows you to cut back on the amount of pasta (which is high in carbohydrates) while still feeling full.
- **Carry a water bottle with you everywhere you go.** That way you can stop spending money on soda and other sweetened beverages, avoid unwanted calories and ensure that you're well hydrated. A triple bonus!
- Also, **hand-select a variety of fruits** instead of buying one large bag of the same fruit. "After the third or fourth day of apples, you'll likely be sick of them," says Sass. "Mixing up a few different types of apples, one pear, one banana will keep you from getting bored."

Excuses, excuses!

But I am a student and hardly get the time to do anything except my homework. How do I take out time to exercise?



Get off your

and workout!

Take reading to the gym!

B o d y T y p e s . . .

W h o a r e y o u ?

Ectomorphs

- thin
- flat chest
- delicate build
- young appearance
- tall
- lightly muscled
- stoop-shouldered
- large brain
- Has trouble gaining weight.
- Muscle growth takes longer

Ectomorphs are long and lean, with little body fat, and little muscle. They have a hard time gaining weight. Fashion models and basketball players fit this category. While most of us love to hate these genetically- blessed individuals, some male ectomorphs may not be thrilled with their narrow-chested frames, and some female ectomorphs long for more womanly curves.

Sugesstions:

DIET: choose nutrient- and calorie-dense foods like nuts, dried fruits, sunflower seeds, and starchy vegetables, rather than lower-cal choices like fresh fruits and popcorn. Don't skimp on fat, either -- makes sure that 30% of your calories come from fat.

EXERCISE: keep cardio or aerobic training to a minimum while concentrating on muscle-building moves with fairly heavy weights.

Endomorphs,

- soft body
- underdeveloped muscles
- round shaped
- over-developed digestive system
- trouble losing weight
- generally gains muscle easily

Endomorphs on the other hand, have lots of body fat, lots of muscle, and gain weight easily. "Football linemen tend to be endomorphs -- they're heavier and rounder individuals," says Colby. "And they don't have to necessarily be overweight. Both Oprah Winfrey and Marilyn Monroe are classic examples of endomorphs."

Suggestions:

DIET: adjust your diet so you're eating more frequent, smaller meals, no more than 5 hours apart. Try to eat slowly, and drink plenty of water. Eat lean proteins and high-fiber foods to help you feel full longer. And don't be fooled by the fat-free fad -- you need a little fat to stay healthy.

EXERCISE: 30 minutes of moderately-paced aerobic activity five days a week. Try walking, jogging, bicycling, dancing, or any other activity that gets your heart pumping. When the pounds start coming off, add weight training two or three times a week to tone and strengthen your muscles. "Adding more muscle helps you burn extra calories all day long,"

Mesomorphs

- hard, muscular body
- overly mature appearance
- rectangular shaped
- thick skin
- upright posture
- gains or loses weight easily
- grows muscle quickly

Mesomorphs are athletic, solid, and strong. "They're not overweight and not underweight," says Colby, "and they can eat what they want without worrying too much about it." They both gain and lose weight without too much effort.

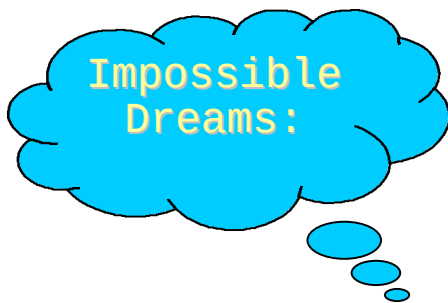
Sugesstions:

DIET: A balanced diet with a good amount of protein and maintain an even calorie level all time.

EXERCISE: mesomorph will find it easy to build muscle mass but will have to include a variety of exercises in their program so that the muscles develop proportionately and shapely rather than bulky. A combination of heavy power moves and a variety of shaping exercises and a more varied for better quality, proportion and symmetry of the physique. Long workouts and short rest time. The mesomorphic type responds well to training so super-long sessions are not needed.

Take a good look at your diet!

Classic combination somatotypes include pear-shaped **ecto-endomorphs** with thin, delicate upper bodies and high fat storage in the hips and thighs, and apple-shaped **endo-ectomorphs**, with high fat storage in the mid-section and thin lower bodies.

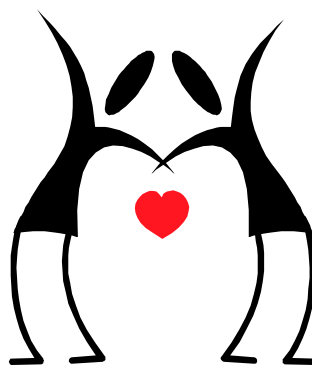


Come on people they call them impossible for a reason!

No amount of exercise can transform a short-limbed woman into a lithe supermodel, or a diminutive jockey into a muscle-bound linebacker.

- * Learn to eat and exercise in a way that emphasizes and develops your best features, while downplaying those you'd love to change if only you could.
"Knowing your body type can definitely help you do the exercises that are best for you,"

*



Dangers of Diet Pills, Laxatives, and Supplements

~Most diet pills on the market are not safe, can cause serious side effects and have resulted in death~

METABOLIFE

My Doctor told me that the Metabolife was the cause of my depression because it was just like taking speed -- and my withdrawal was the same as quitting a drug. I'll never touch the stuff again."

"...she had just been diagnosed with kidney stones that night. She said that she and the doctor thought it was from taking Metabolife, which she began using several months prior."

Laxative abuse can cause bloody diarrhea, electrolyte imbalances and dehydration. Many people find that after prolonged use they cannot move their bowels without them. The person may also experience constipation, severe abdominal pain, nausea and vomiting. Laxative abuse is very dangerous, can lead to permanent damage to the bowels, severe medical complications and even death.

Diet pills are not an effective or healthy way to lose weight. They are very dangerous and can lead to serious medical problems and death.

Stay away from these:

- * Acutrim
- * Dexitrim
- * Ephedrine
- * Fenfluramine

Most have side effects of increased heart rate, dizziness, high blood pressure, nausea, anxiety, irritability, insomnia, dry mouth and diarrhea rash, palpitations and chest pain

Test your healthy-body IQ



Think you know the ins and outs of good-for-you eating, drinking, exercising and all-around wellness? Take our quiz and find out if you have what it takes to stay healthy and fit all year long.

1. Snacks totally blow your metabolism; don't nibble between meals.

- ☐ A. True
- ☐ B. False

2. Each day the average woman should consume:

- ☐ A. 2,000 calories
- ☐ B. 1,800 calories
- ☐ C. 1,500 calories
- ☐ D. 1,200 calories

3. What is the proper amount of weight to use during a workout?

- ☐ A. Five- to eight-pound weights
- ☐ B. Three- to five-pound weights
- ☐ C. As long as you're up and moving, weights aren't necessary
- ☐ D. Depends on your skill level

4. Which one of the following is *not* an appetite suppressant?

- ☐ A. Water
- ☐ B. Grapefruit
- ☐ C. Wine
- ☐ D. Brushing your teeth

5. Of the following foods, which contains more vitamin C than an orange?

- ☐ A. A lime
- ☐ B. A kiwi
- ☐ C. A tomato
- ☐ D. A grapefruit?

6. The order in which you do your exercises matters.

- ☐ A. True
- ☐ B. False

7. For each gram of _____ consumed, you can subtract about nine calories from your total calorie intake. (Fill in the blank.)

- ☐ A. Soy
- ☐ B. Spinach
- ☐ C. Fiber
- ☐ D. Protein

Answers:

1. Snacks totally blow your metabolism; don't nibble between meals. True or False?

The correct answer: B. False

Keep your metabolism supercharged by eating three meals a day, plus two healthful snacks, including lots of fiber-rich fruits and veggies. Also try yogurt, raisins, or dried cereal. Why not keep a stash in your desk? It'll keep you away from the candy machine!

2. Each day the average woman should consume:

The correct answer: C. 1,500 calories.

The ideal division of calories: a 300-calorie breakfast, a 100-calorie midmorning snack, a 400-calorie lunch, a 200-calorie mid-afternoon snack and a 500-calorie dinner. For help divvying up your caloric intake, [click here](#), and let good-health guru and author of "Lose Those Last 10 Pounds," Denise Austin plan your meals for you!

3. What is the proper amount of weight to use during a workout?

The correct answer: D. Depends on your skill level

Weight training is an essential part of a workout: building muscle

increases strength and calorie burning. Plus, muscles work miracles on your metabolism. For every pound of muscle you add, you automatically burn an extra 35 to 50 calories per day. But the key is not to overdo it. The correct answer depends on your skill level. Beginners: Start exercising without weights, then in a week, switch to one- to three-pound weights. Intermediates: Use three- to five-pound weights. Advanced: Use five- to eight-pound dumbbells. Keep in mind, lifting weights prior to weight loss will not cause fat to turn to muscle. This is a common misconception. Turning fat to muscle is impossible: Fat is fat!

4. Which one of the following is not an appetite suppressant.

The correct answer: C. Wine

Research suggests that alcohol not only reduces the rate at which our bodies burn fat, it also makes the body crave high-fat foods. But all the other choices may help you avoid overeating. Water helps fill you up; [Denise Austin](#) recommends drinking a big glass of water about 10 minutes before mealtime. Grapefruit contains pectin, a natural ingredient that helps squelch a big appetite. And brushing your teeth helps stave off after-dinner snacks; the minty taste will trick your sweet tooth.

5. Of the following foods, which contains more vitamin C than an orange?

The correct answer: B. A kiwi

Need vitamin C but don't care for orange juice? Try a kiwi. This small and furry fruit contains more C than an orange. (It's also a great source of potassium, which helps keep muscles in tip-top shape.) Cut it in half and dig in with a spoon, or add slices to your favorite cereal.

6. The order in which you do your exercises matters.

The correct answer: A. True

If you want to shape and define muscles, do the toning moves first, so you feel fresh and full of energy. If you're trying to build up your aerobic endurance or train for an event, such as a 10K or a weekend bike trip, do cardio first.

7. For each gram of _____ consumed, you can subtract about nine calories from your total calorie intake.

The correct answer: C. Fiber

We all know that high-fiber foods like bran and prunes help keep you regular, but they also lower your risk of heart disease and provide you with a feeling of fullness, so you don't overeat. And they speed the progress of the food through your intestines, before all of it can be absorbed and stored as fat.

HEALTHY SITES:

<http://content.health.msn.com>

<http://www.nutri-facts.com>

Hear Ye, Hear Ye...

"My overall message is finding love for who you are. You've been given one body that will last a lifetime. You should take care of it. You can't resurface and remodel it completely. You need to find acceptance."