A healthy weight is not a simple matter of pounds.

How do you eat to be healthy?

When you diet, your body may not get the nutrition it needs. You don’t enjoy eating because you eat what you think you should, not what you really want to eat. Eating to be healthy means eating foods that are nutritious, that you enjoy, and that satisfy your hunger. You can make choices that work for you. Try these tips:

- Keep a variety of foods on hand, so you can choose what you want to eat when you’re hungry.
- Add new foods to what you now eat, rather than worrying about what not to eat.
- Take the time to enjoy every single bite you eat.
- Eat regularly rather than skipping meals or going hungry—then possibly binge eating.
- Go to a farmer’s market or produce stand to buy fresh fruits or vegetables.

Make It Fun

The more you enjoy an activity, the more you’ll want to do it. What are some fun ways to keep yourself moving? How about?

♥ Going dancing
♥ Walking the dog
♥ Planting a flower or vegetable garden
♥ Biking through the park
♥ Canoeing or ice-skating on the lake
♥ Learning a new, active game to play with family & friends

A study of 7,080 women reported in the *Journal of the American Medical Association* found that fit women of all weights had death rates almost half those of unfit women.

Time for a Little Stretching

Tilt neck toward right shoulder until you feel a slight stretch.
Hold 15 seconds.
Reverse sides.
Hold 15 seconds.
Do not tilt forward or backward.

Our mistake in America is that we’ve made fitness a fad rather than a way of life...making people believe they need to go to extremes to achieve good health.

-Tommy Thompson, Department of Health Services, April 20, 2002
The Seductress of Vanity

♦ To some, beauty is seen as rearrangeable – wrinkles can be removed, lips can be thickened, chin fat can be removed.

♦ At one time, fashion models conformed to women’s bodies. For example, full skirts allowed for female curves. With new technologies, women’s bodies can now be made to conform to fashion standards.

♦ A cosmetic dermatologist is viewed at an investment counselor for models, actresses and trophy wives.

♦ To many people this aggressive approach to skin care is viewed as extreme vanity - morally suspect treatments of the idle rich. However, the FDA has approved Botox for cosmetic applications, and the procedure is already finding its way into the mainstream of cosmetic treatments across the country.

♦ One cosmetic dermatologist interviewed is an advocate of liposuction. She states, “People think that exercise will give them the body they want. Exercise won’t give you the body you want. It will give you a firm body you still don’t want.”


Reducing a person’s perceived value to appearance is a terrible waste. Beauty encompasses a zest for life, a fun-living spirit, a smile that brightens a room, a compassion for others.