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## DIET IS ONLY A FOUR LETTER WORD

“From childhood, we are inundated with messages that equate being thin with being successful and attractive,” says Carol L. Otis, M.D. F.A.C.S.M., a Los Angeles-based sports medicine physician. “Women fail to recognize they are born with one of three body types:

- ectomorphic
- mesomorphic
- endomorphic

Ectomorphic—tall and thin, like models and ballerinas—is most idealized by our culture, but only a small percentage of the population is that shape. Mesomorphic is more muscular, like the U.S. women’s soccer team. And endomorphic tends to have more body fat naturally.”

In other words, while there are things you can do to look your best for your body type, you can’t fight nature. Before you embark on these common-sense strategies, remember that accepting and appreciating who you are and how you look is the key to losing the right amount of weight for **you** and more importantly, keeping it off.

### Common-sense Healthy Lifestyle Strategies—Tips from the Experts

- **Don’t weigh yourself Every Day.** Step on the scale in the beginning and then weigh yourself only once a month,” suggests Jennifer Harrell, MA. RD, L.D., clinical nutrition coordinator at HealthSouth in Birmingham, AL. “Jumping on the scale every morning is too depressing, and the pounds won’t come off as fast as you want them to.”
- **Reward yourself.** The more you deny yourself the so-called bad foods—carbohydrates, fats, sweets—the more likely you are to give up your good intentions. Once a month, allow yourself to splurge.
- **Exercise regularly.** It’s the key to long-term weight control. “Decreasing calories helps you lose weight, said Cheryl Smith, MS., an exercise physiologist at HealthSouth Rehabilitation Center in Youngstown, OH. “But exercise helps elevate the metabolism to burn additional calories. A couple of hours after exercise, the metabolism stays elevated; it’s what we call the afterburn.
- **Relax.** “I call it ‘recharging your battery.’ whether it’s taking a hot bath at the end of the day or listening to a relaxation tape before you go to sleep. - says Otis.
- **Eat breakfast.** What Mom said is true: Breakfast is the most important meal of the day.

To help consumers sort through the massive amount of nutrition information in cyberspace and find accurate, useful information, Tufts University has developed an online rating guide to nutrition sites; see [www.navigator.tufts.edu](http://www.navigator.tufts.edu). This guide is based on criteria established by an expert advisory panel of food and nutrition experts. Sites are reviewed by Registered Dietitians with advanced degrees and expertise in nutrition. Cut back activity enough so that things are getting better rather than worse. No one can tell you how much: you’ll have to “listen to your body”

**Nutrition Clinic Appointment:** 863-7414

**Telephone Advice Nurse:** 863-4463

**Clinical Services Appointments:** 863-0774

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