

Shaping Up for Summer



Has bathing-suit season crept up on you again this year? Do you need to trim down to fit into the knockout dress that wowed your friends last year? Take heart: You can get the body you want—with a little planning. The following tips come from J.J. Flizanes, trainer, nutrition specialist and director of HOMEBODIES LA (www.homebodiesla.com, 310-374-1146).

1. Pick out a favorite outfit that just doesn't fit anymore as a motivator. You were once that size; stay determined to get back there.
2. Log your food intake. Yes, you're busy, but the first step in weight loss is monitoring how much is going into your mouth.
3. Buy a heart rate monitor to make sure your cardio workouts are efficient and effective—you don't have time to waste!
4. Take weight, body fat and girth measurements. Done correctly, numbers don't lie—and they allow you to chart your progress.
5. Clean out your kitchen and pantry of all the foods you know you should not have. Do not sabotage your success with temptation.
6. Outline a variety of food choices that are well-balanced and satisfying. Stick one copy on your refrigerator and another inside a kitchen cabinet.
7. Schedule your workouts. If you do not make exercise part of the day, you will likely find reasons to skip it. Commit to it and honor your commitment.
8. Get in at least 3 days of resistance training (weight lifting) and 4 days of cardio training (aerobics) a week. Use exercise as a stress buster.
9. Post pictures of clothing ads that inspire you to remember why you're working so hard. You can make changes—it just takes hard work!
10. Hire a qualified trainer to keep you motivated, on track, and to help you work out safely and effectively. Ask about trainer's certifications.

foodfacts...

it's all in the taste buds

If your tongue tastes the least little bit of bitterness or feels a fleeting amount of fat that makes you a supertaster—and may make it easier for you to avoid the sugary, fatty foods that folks with more muted palates often crave, according to research done at Yale. Unfortunately, it may also lead you to avoid vegetables, which tend to have more bitter flavor notes than other foods. Sensitivity to taste is genetically determined; scientists think different levels of taste evolved as humans started eating a wider variety of foods.

AAAS annual meeting, Denver 2/03

feed kids fish for better breathing

Kids with persistent coughs may need to eat more fish, fruit and vegetables, according to a European study team. The investigators surveyed more than 20,000 children aged 7 to 11 in six Central and Eastern European countries, and found that youngsters who didn't eat fish and produce were more prone to wheezing and coughing than their better-fed peers. The link between fish intake and respiratory health "may be due mainly to fish oil containing omega-3 polyunsaturated fatty acids," said the researchers.



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