

HEALTH

TIPS TO BE FIT

Getting rid of unwanted fat

By Vince & Yolanda
Special to Sentinel-Voice
LIPOSUCTION

"I've been dieting for years and I just can't seem to get rid of the weight. I'm considering liposuction. Will liposuction remove the fat for good?" — Joan; Philadelphia, PA

Liposuction has become the most popular form of cosmetic surgery. It's also becoming the latest weight reduction fad. If you're thinking about having this operation you might want to think about this fact. In a study done by Ohio State University Hospital, it was found that all the women who had liposuction began to gain weight in other areas of the body. A third of these women gained enough weight to increase their bra size.

The body will try to redistribute the fat in an effort to return to its original balance. In women, the fat tends to accumulate in estrogen sensitive areas such as the breast.

To help to reduce your body fat, you must exercise and develop a reasonable eating plan. Reduce your fat intake gradually to 15 percent of your total calories. Beginning tomorrow morning, start your day with a glass of juice, an apple and one banana. Later, at work have a large cup of fruited herb tea and skip the sugar and other sweeteners. You can snack on air popped popcorn without the salt and butter. For lunch have a large vegetable salad with one spoonful of low calorie salad dressing. For protein have skinless baked chicken or fish. Skip fried

foods. During the afternoon, have more popcorn and a cup of herb tea or low fat milk.

At dinner have a baked potato, a large serving of steamed spinach and two slices of whole wheat bread with just a spread of butter if you need to put something on your bread. Later have another glass of low fat milk. Other dinner substitutes are brown rice and pasta. Try to drink six to eight glasses of water throughout the day.

If you eat like this every day for four weeks and walk, swim, cycle, or do low impact aerobics four to five times a week for 30-45 minutes, you will see results and you should be able to reduce your weight and keep it off.

BURNING FAT

Will aerobic exercise help me burn fat? How will I know when I've done enough?" — Stephanie; Philadelphia, PA

Aerobic workouts will help you burn body fat if you do 30 minutes or more of continuous movement. It takes your body 20 minutes to switch to the fat burning stage during a workout. Try to get in at least 30 minutes of aerobic exercise three to four times a week. Try to keep your aerobic workout under 60 minutes. This way you won't overdo it and you'll decrease your risk of injury due to repetitive motion.

Thirty to 45 minutes is ideal, but you may have to start with 10 minutes and increase your workout time gradually. Some examples of aerobic exercise include 30 minutes or more of brisk walking, jogging, bicycling, swimming, walking

in a pool, aerobic dance and jumping rope.

Workouts which include a lot of stop and go movements will burn calories but are not considered aerobic. Non-aerobic exercises include karate, volleyball, weight lifting, sprinting, tennis, ballet and gymnastics. If you're trying to loose weight, aerobic workouts with a proper eating plan will help you see results within a few weeks.

Before starting your fitness program consult your physician.

No-fat diet a no-no

Special to Sentinel-Voice

Believe it or not, some fat in your diet is good for you.

A dietitian at Baylor College of Medicine's DeBakey Heart Center in Houston says although fat has several important functions in the body, it's still important to make wise fat choices.

"Certain dietary fats are essential to good nutrition," said Lynne W. Scott, director of the Diet Modification Clinic at Baylor. "But the key is moderation."

Besides its health benefits, fat helps satisfy your appetite.

"People like the taste of fat," she said. "It also slows down the rate at which food leaves the stomach and produces a feeling of fullness after a meal. Knowing what kind of fat to

choose is important.

Scott offers these tips on choosing low-fat, yet nutritious foods:

- Read the food label and check for calorie and fat content. A low-fat food has three grams of fat or less per serving.

- Choose lean types of meat like chicken breast without skin, fish, and the leanest cuts of beef and pork.

- Prepare foods with little or no added fat. Cook with fresh herbs, spices, garlic, and onions.

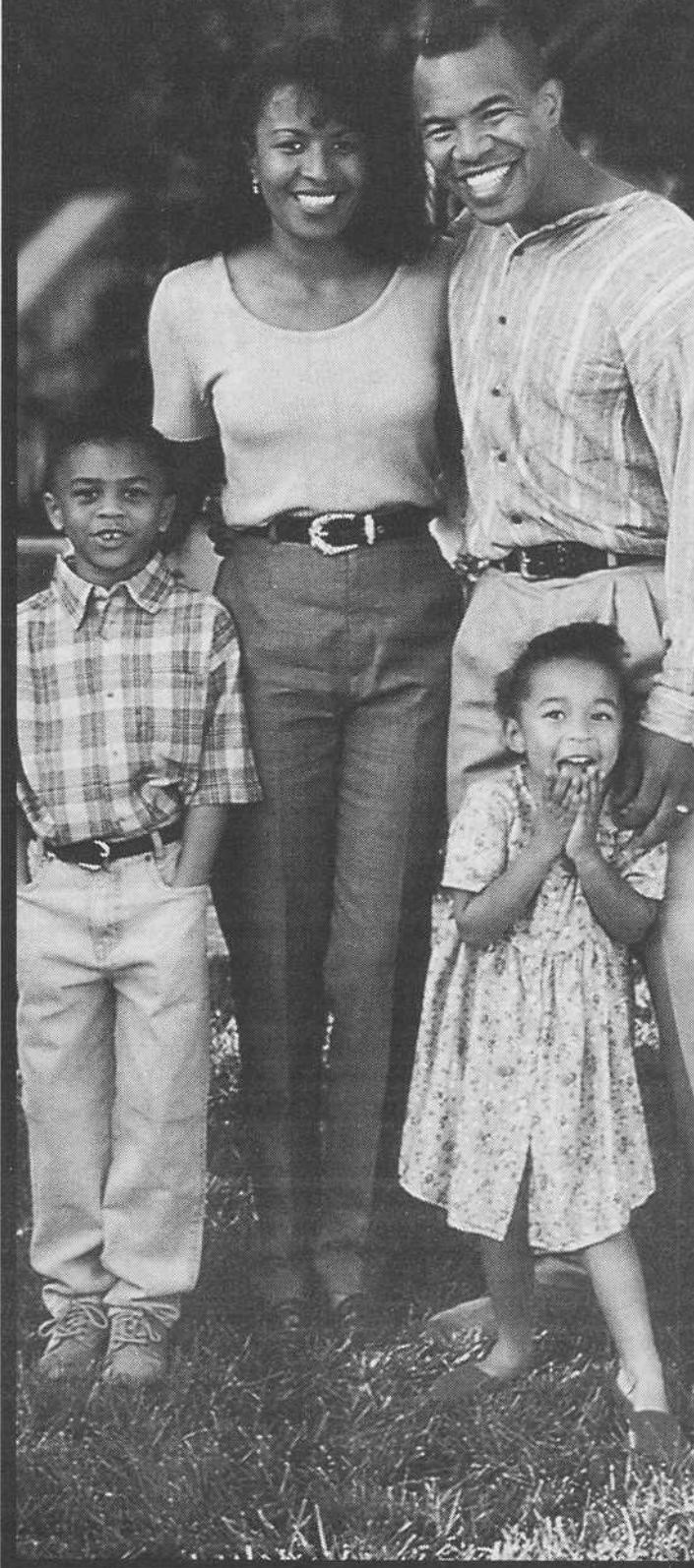
Healthy eating is best

Your mother was right when she said, "you are what you eat."

What we eat plays an important role in reducing heart disease risk, controlling high

(See Diet, Page 14)

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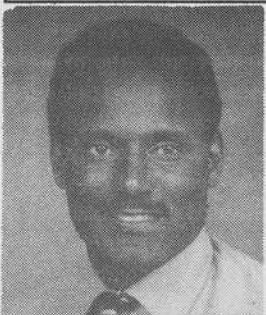
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