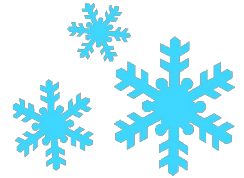


Winter Walking



Cold Stretch

Exercising with cold muscles can cause injury, so extend your usual warm-up by 5-10 min.

Cold temperatures can cause you to cool down too quickly, which can result in muscle cramps. Post-walk, head indoors and cool down with a slow-paced walk through your house.

Layer It On

You will be more likely to head out for a walk when your body is insulated from the cold. The key? Dress in three layers:

Layer 1—The Inner Layer should be a T-shirt and tights. Both should fit snugly and be made of moisture-wicking fabric..

Layer 2—The Middle Layer should be a lightweight sweater or sweatshirt also made of a moisture-wicking fabric..

Restlessness and discontent are the first necessities of progress.

- Thomas A. Edison



If one layer isn't keeping your legs warm, add a second layer.

Layer 3—The Outer Layer should protect you from wind or snow. Try a windproof or water-resistant jacket—just make sure it can be easily removed or zipped open if you get hot.

Avoid wearing cotton in winter because it absorbs moisture and clings to your skin. Not only will the dampness make you cold, but it's also a frostbite hazard.

The same layering principle applies to hats and gloves: Wear liners made of polypropylene—a lightweight moisture wicking material—underneath your wool cap and gloves.

Spanish At A Glance

Attitudes toward smoking and smokers are much more liberal in Latin America than in the Canada. However, many governments are conducting health campaigns in workplaces, and there are places where smoking is prohibited or frowned upon. Therefore, it always pays to be polite and ask, "May I smoke?" (¿Puedo fumar?) (**PWEH-doh foo-MAHR**). In Latin America you can buy cigarettes and other related items at a tabquería (**tah-bah-kerh-EE-ah**).

A pack (carton) of cigarettes please.

Un paquete (cartón) de cigarillos, por favor.

(**oon-pah-KAY-tay (Kahr-TOHN) day see-gahr-EE-yohs pohr fa-BOHR**)

Are these cigarettes strong (mild). ¿Son fuertes (suaves) estos cigarillos? (**sohn FWEHR-tays (SWAH-bays) ehs-tohs see-gahr EE-yohs**)

Do you have American cigarettes? (Tiene usted cigarillos norteamericanos? (**tee-YEHN-ay oos-TEHD see-gahr-EE-yohs nohr-tay-ah-mehr-ee-KAH-nohs**))

What Brands? ¿De qué marcas? (**day kay MAHR-kahs**)

Cigars - cigarros (**see-GAHR-rohs**)

Lighters - encendedores (**ehn-sen-day-DOHR-ays**)

Pipe tobacco - tabaco de pipa (**tah-BAH—koh day PEE-pah**)

**Matches are often not free; you must pay for them.*

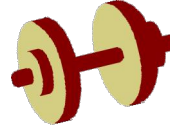
The Right Exercise for Your Mood

Exercise is a great emotional pick-me-up. Research shows that physical activity increases levels of the mood-boosting brain chemical serotonin, decreases anxiety and can even help you sleep better. Plus, working out can improve the way you feel about yourself by helping you drop pounds and keep them off.

But to pull yourself out of a funk faster, consider tailoring your activity or sport to your mood. "Your standard, day-in, day-out routine may not alter your frame of mind as effectively as a new or different form of exercise," says exercise physiologist Cedric Bryant. "In the same way that your body can hit a plateau from doing the same exercises over and over, your mind can, too. That's when it's time to get smart and switch it up with mood-specific workouts."

Here are some recommended activities for different moods.

Anger: If you feel your blood start to boil, it's time to pump some iron.



Strength training, according to Bryant, is the ideal exercise for cooling down a hot temper. "It's an excellent outlet, because weight lifting uses the excess energy that your anger has produced. It allows you to disperse your aggression in a productive way," he explains. "Plus, it's proven to increase levels of brain chemicals that make you feel calm."

Mild depression:

Feeling blue? Just say "Om." A recent study from the University of California, Los Angeles, reported that people with mild depression and anxiety symptoms found relief after doing two one-hour Iyengar (a type of yoga that focuses on



alignment) classes a week for just five weeks. (Note: Yoga shouldn't take the place of therapy or medication. If you're feeling depressed, talk to your health care provider.)

Low self-esteem:

When you're not feeling so hot about yourself, there's no better pick-me-up than doing a sport or exercise that takes a fair amount of skill, such as tennis, sailing or jumping rope. "Whether you're starting from scratch or looking to brush up on your game, there's a sense of accomplishment and mastery that comes from doing an activity that takes a lot of skill and thought," says Bryant. "It gives you a feeling of self-efficacy, and studies show that those feelings of esteem will carry over in the rest of your life, too."



Banning Trans-Fats

Partially hydrogenated oils are used to increase the shelf life of food product's. Unfortunately, they decrease your shelf life.

Check out this website for some great information on trans-fats

www.bantransfats.com

The Cardiac Diet

This diet is used at Birmingham Hospital's Cardiac Unit for patients who need to lose weight in a hurry before having surgery.

Day 1

Breakfast :

Black Coffee or Tea
½ grapefruit or juice
1 slice toast
1 Tbsp peanut butter

Lunch :

½ cup tuna
1 slice toast
Coffee or Tea

Dinner :

2 slices meat – 3 oz
1 cup green beans
1 cup carrots or beets
1 small apple
1 cup vanilla ice cream

Day 2

Breakfast :

Black Coffee or Tea
1 hard-boiled egg
1 slice toast
½ banana

Lunch :

1 cup cottage cheese or ½ cup tuna
5 saltine crackers

Dinner :

2 weiners
1 cup cabbage or broccoli
½ cup carrots or turnip greens
½ banana
½ cup vanilla ice cream

Day 3

Breakfast :

Black Coffee or Tea
1 slice cheddar cheese
5 saltine crackers
1 small apple

Lunch :

1 hard-boiled egg
1 slice toast
Black Coffee or Tea

Dinner :

1 cup tuna
1 cup carrots or beets
1 cup green beans or cauliflower
1 cup cantaloupe or small apple
½ cup vanilla ice cream

This diet works as a chemical breakdown and is proven to work!

Do not vary or substitute any of the foods! Salt and pepper may be used but no other seasonings. This diet is to be used 3 days at a time. In 3 days, you will lose up to 10 pounds. After 3 days of dieting, you can eat your usual food, but don't over-eat! After 4 days of normal eating, start back on your 3-day diet.

For those who have reached a plateau in their weight loss and are feeling less than motivated, try this plan for three days, it may be just what you need to get back on track.

Submitted by the Moncton Staff, who have tried this plan with success.

As with any diet/exercise plan, please discuss with your doctor.