



When caring for a loved one, trying your hardest and doing your best may be two different things. Contact the National Family Caregivers Association for ideas and resources.
www.familycaregiving101.org

A New Year, A New Year's Resolution

By Marcie Gorman

Most everyone makes a New Year's resolution. Many of us resolve to spend more time with our families, to quit a bad habit or begin a healthy lifestyle. Living a healthy lifestyle is easier than you may think.

Start by adding some type of exercise to your daily routine. This can be as simple as taking the stairs instead of the elevator, or walking to the corner store when you need a few things instead of driving.

A 20-minute walk during the day does wonders! Not only does it improve your circulation, it helps you burn calories.

Next, drink plenty of water. You've heard it before, but it's true. Keeping your body hydrated helps with fatigue, it flushes your body of impurities, it helps you feel full, thus reducing your inclination to snack. Another benefit is that it also helps to keep your skin looking healthier and younger.

Make changes to your diet.
•Eat less fried foods and add more foods that are baked or broiled.
•Eat more poultry and fish; they have less fat than beef.
•When shopping, look for meats that have a fat content of 7% or less.
•Add healthy snacks to your diet. Instead of chips or cookies that only add empty calories, choose fruits or vegetables to snack on. Your body needs the complex carbohydrates that these provide.
•You should eat from all of the four food groups every day. You shouldn't cut carbs from your diet! Instead, monitor your carbohydrate intake.

•Eat starchy foods only once a day. Just remember, moderation is the key.

If you find that "doing it alone" is difficult, talk to your family and friends and ask for their support. Studies have proven that people who have the support of family and friends or who join a support group, like *Weight Watchers*, are more successful at losing weight and keeping it off than people who attempt weight loss by themselves.

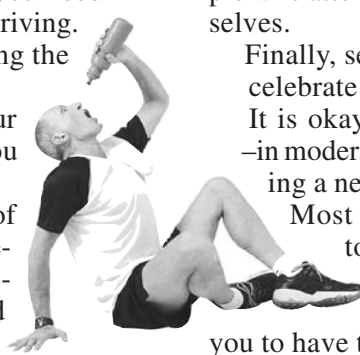
Finally, set goals for yourself and celebrate when you achieve them! It is okay to have a special treat—in moderation, or plan on purchasing a new outfit as your reward.

Most importantly, remember to forgive yourself if you have a setback. Instead, examine what caused you to have that setback and work to change that situation so you won't be tempted to repeat the behavior. A healthy lifestyle is a major change from the way you live every day. Every day isn't going to be perfect, don't expect it to be. Take each day one day at a time!

Happy NEW YEAR!

Marcie Gorman is President and CEO of *Weight Watchers of Palm Beach County, Inc.*, the area from Boca Raton to Titusville.

Weight Watchers is America's trusted name in weight loss and the global leader in weight-loss services, with approximately 46,000 weekly meetings in 30 countries. *Weight Watchers' mission is to help people reach and maintain a healthy weight. At the heart of Weight Watchers are weekly meetings which provide the coaching and tools to help people make the positive changes required to lose weight and keep it off. Weight Watchers also offers two subscription products for people wanting to follow Weight Watchers online. To learn more call 1-800-651-6000 or log on to the Weight Watchers of Palm Beach County, Inc website at www.wwpbc.com.*



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Fashionable Footwear After Foot Surgery—Comfort And Style

Isobella Shoes launched the first-ever fashionable post-surgical footwear today, called "The Isobella." This new line of footwear offers women the first fashionable alternative to the dreaded post-op boot that patients have been required to wear after foot surgery, "until now."

"When faced with bunion surgery, plus four toes that needed to be broken and reset, I was almost as concerned about wearing the post-op 'boot' as I was about the actual surgery," said Isobella, designer and founder of Isobella Shoes. "Determined to maintain my sense of dignity and style throughout my ordeal, I decided to create my own shoe that would be stylish comfortable, and appropriate for my feet."

Isobella Shoes offers the necessary immobilization for the proper healing of bone and/or soft tissue, and are adjustable to accommodate the entire

healing process—from the first stage of thick post-op dressing to the end stages of healing. Each style of Isobella's are hand-made in Italy; the uppers are constructed out of 100% fine Italian leather while the platform is made of sturdy, natural cork and the soles are rubber. All of the straps are adjustable for a comfortable and secure fit.

"I was constantly approached about my shoes; on the street, in restaurants, literally everywhere that I went. I had successfully made it through my foot surgery and had fashion fun to boot! But then I realized why should I be the only one?" asked Isobella. "And that's truly when the Isobella shoes were born...when I realized that I could help women feel dignified and stylish even when they are not at their full body's best."

Isobella Shoes will take the fashion fear out of foot surgery by helping women be stylish, comfortable and healthy at the same time. For more information, visit www.isobella shoes.com or call Toll-free 1-866-4-isobel.



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Marcie Gorman

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String of Pearls
by Michele Lowe
March 18 - April 22
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Cast from 2003/2004 production of *The Gulf of Westchester* by Deborah Zoe Lauffer
From left to right: Kim Ostrenko, Blair Sams, Stephen G. Anthony, Andrea Cirie and Ian Hersey. Photo by: Janine Harris

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