

Weighing In During The Holidays—

Why You're (Almost) Never Too Old To Worry About Your Waistline



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SHOW ME A WINNER!

You might think you're too old to change your habits. But "I'm proof that you can," Mary Smith says.

Smith lost more than 30 pounds (and dropped two dress sizes) in about a year. She reached her goal by eating a reduced-calorie diet (1,000 to 1,200 calories per day) recommended by her doctor, and by walking four or five days a week.

"I didn't go on any special diet," Smith says. "I did reduce portion sizes. I ate almost no desserts or fatty foods like potato chips. I snacked on slices of celery, carrots, turnips, oranges and apples instead of cookies.

"I didn't deny myself entirely though," Smith adds. "I joined in when there was special food for a special occasion, and I allowed myself a chocolate or two when I really needed a sweet."

Walking was the easiest way for Smith to exercise because she could do it almost anytime, anywhere. She built her stamina gradually, until she could walk two miles (about 40 minutes) without tiring.

Smith's efforts have paid off: Her blood pressure, blood sugar and cholesterol levels are all within a normal range, and her "good" HDL cholesterol is higher than it has been for many years.

"I was in denial for quite a few years about the health problems my weight might be causing," Smith says. "Now I feel better, and some people say I look better too. That's very satisfying."

Her husband jumped on the weight-control bandwagon a few months later when he was diagnosed with diabetes. After losing 30 pounds, his blood sugar is well below the diabetic range. And he doesn't have to take medicine to keep his blood sugar down.

"What surprised me most was how easy it has been to do things differently," Smith says. "Meanwhile we've learned what it takes to maintain a healthy weight."

Dr. Walter H. Janke is a retired cardiovascular surgeon who is now the President and Chief Executive officer of America's Health Choice Medical Plans, Inc., a Medicare + Choice HMO. (For more information, call 888-408-2338)

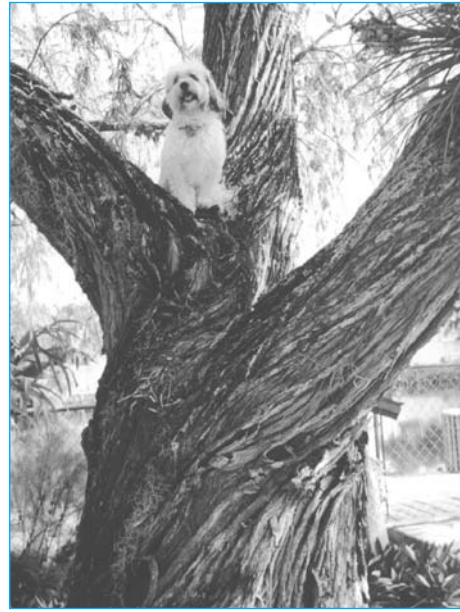
Mike Appelbaum...Continued from page 40 she's been a teacher for most of her life) and seemed to enjoy performing the numerous tricks they perfected together.

Sandy had some medical problems in 1991 and Miko was always there for us. He just knew when to be close and how to give Sandy a sense of his presence and his love. *Unconditional love...* often written about but seldom experienced in the real world of humans, yet those of us who have been fortunate enough to have that special four legged friend certainly know the meaning of the term. Miko was the "poster pup" for *unconditional love* and it never wavered or diminished.

Miko was extraordinarily special. A typical statement made by most parents (but he really was). Throughout his life Miko gave far more than he ever received, but he received everything we could possibly give him. We even planned vacations around his needs, especially in his last few years when it was obvious that we needed to be there for him. Our trips to North Carolina were always set up with accommodations that included Miko. He truly loved to travel. The car was his

favorite place in the world.

He started travelling with us just a few weeks after I brought him home



Miko acting like his cat mentor

and he enjoyed his first trip to North Carolina as much as we did. He also enjoyed his last trip to North Carolina with us this summer. As you can tell, Miko has had an incredible impact on our lives. We learned a great deal from this wonderful little creature that en-

tered our world asking for very little and giving so very much.

Although this column is usually devoted to wild animals and exotic preserves in Africa, I hope that Miko's importance to my family can be a message to others to cherish and love the dog or cat or other pet that they may be fortunate enough to call their own. Miko died last week and we miss him terribly. A wonderful company called Tender Loving Pet Services helped us take care of the sensitive issues of what to do next. I felt I had to offer this tribute to him and his memory for all he did for us. It is my hope that you can understand....

For more information on Mike's next photo safari to Southern Africa contact him at 561-499-4800.

The itinerary is now being set up for South Africa, Botswana and Zambia. All locations are chosen for comfort, safety and quality of wildlife experience. Mike Appelbaum is the owner of Wildlife Adventures, Inc., 3804 Lawson Blvd., Delray Bch, FLA 33445. Go to his website at www.Safarimike.com



Mike Appelbaum and friend

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