

Tired of plain old chicken dinners?  
 Try a little lemon flavor!  
 Use chicken breasts.  
 Lift the skin and slip the lemons,  
 rosemary and garlic underneath.  
 Proceed with cooking the breasts  
 for about 30 minutes at 350 degrees,  
 basting frequently.

## Summer Is Soon Approaching And That Means Bathing Suit Time! Will You Be Ready?

By Marcie Gorman

The warmer weather is well on its way and many individuals begin to evaluate their goals and reasons why they wanted to lose weight. Revealing summer clothes, bathing suits and upcoming class reunions come to mind, yet the good intentions of January resolutions have long been forgotten. I'm sure most of those resolutions did not include specifics like losing just one pound a year—certainly an achievable goal. The Framingham Heart Study from Boston University noted that **even losing one pound per year improved the health of its participants.** The best news of all is that those people 50-65 years of age reduced their risk of high blood pressure and associated threats (stroke, heart attacks) by 30 percent. The bad news was that the participants who lost and regained showed no benefit whatsoever.

Don't let the idea of weight loss overwhelm you—one pound a year could be lost with very little effort. Start slowly in your choice of habits you wish to "skill build" upon and make a commitment to that habit until you do it without hesitation. Consider the following:

- ☞ Drinking 6-8 glasses of water a day
- ☞ Eating five (5) fruits or vegetables a day
- ☞ Limiting or eliminating refined foods and beverages high in sugar and and/or fat
- ☞ When dining out, cutting your portion in two and asking the waitress to put half in a take-home container be-

- fore the meal—not afterwards
- ☞ Asking for broiled or steamed cooking methods vs. fried or battered versions
- ☞ Asking for salad dressing or sauces on the side—you can greatly reduce the calories by dipping your fork into the side to keep the flavor in every bite (versus pouring a much larger quantity over your food)
- ☞ Get moving—this could be stretching wherever you are, walking after dinner with friends or loved ones, or feeling the resistance of moving in the water as you cool off in the pool
- ☞ Eliminate snacking after 7:30PM

The above suggestions don't mean a drastic lifestyle change because in reality, you can keep it sumptuous, if you're willing to explore the possibilities. Regardless of where you choose to begin, keep it simple and you're sure to succeed—I know you can do it!

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](http://www.wwpbc.com).



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**"When I go into my garden with a spade, and dig a bed, I feel such an exhilaration and health that I discover that I have been defrauding myself all this time in letting others do for me what I should have done with my own hands."**

— Ralph Waldo Emerson

# 10 Reasons



You will receive 10 free trees when you join The National Arbor Day Foundation

## You Should Plant Trees ... Now!

- 1** Trees conserve energy in the summer, and save you money. Properly planted trees can cut your air-conditioning costs by 15-35%.
- 2** Trees help clean the air. Trees produce the oxygen we breathe, and remove air pollution by lowering air temperature, through respiration, and by retaining particulates.
- 3** Trees bring songbirds close by. Birdsong will fill the air as trees provide nesting sites, food, and cover for countless species.
- 4** Trees around your home can increase its value by up to 15% or more. Studies of comparable houses with and without trees place a markedly higher value on those whose yards are sheltered by trees.
- 5** Trees help clean our rivers and streams. Trees hold the soil in place and reduce polluted runoff into our waterways.
- 6** Trees conserve energy in the winter. Trees can slow cold winter winds, and can cut your heating costs 10-20%.
- 7** Trees fight global warming. They remove carbon dioxide from the atmosphere, the major contributor to the threat of global warming.
- 8** Trees make your home, and your neighborhood, more beautiful. Trees mark the changing seasons, and add grace and color.
- 9** Trees are fun! Planting and caring for trees can be a great family and community-building activity.
- 10** It's easy! Here's how: Join the nonprofit Arbor Day Foundation and we'll send you 10 trees ... FREE ... with easy-to-follow planting instructions.

When you join you'll receive 10 flowering trees--2 Flowering Dogwoods, 2 Flowering Crabapples, 2 Goldenrain trees, 2 Washington Hawthorns, and 2 American Redbuds, or other trees selected for your area. You'll also receive the Foundation's colorful bimonthly, *Arbor Day*, a membership card, and *The Tree Book* with tree planting and care information. Your six to twelve inch trees are guaranteed to grow or they'll be replaced free of charge. Trees are shipped when conditions are right for planting in your area, February through May in the spring or October through mid-December in the fall.

To receive your free trees, send a \$10 membership contribution to 10 Flowering Trees, The National Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, or join online at [arborday.org](http://arborday.org).

Join now, and plant your Trees for America!





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**Marcie Gorman**

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Regular Joining Fee for Palm Beach County is \$38.00 / Seniors \$33 and the weekly fee is \$15 / seniors \$13.  
 Regular Joining Fee for Martin County through Brevard County is \$35 / Seniors \$30 and the weekly fee is \$14 / Seniors \$12.  
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