

Dieters need helpful support

Even the most knowledgeable dieter may not succeed in battling bulges without cooperation from family and co-workers, according to a study recently published in the Journal of The American Dietetic Association.

A sociological study of working women shows that these women - who want to control their weight and are well-informed about nutritional ways to do it - still are likely to fail unless they get solid support to change poor eating habits.

Conducted by Ann A. Hertzler, Ph.D., R.D. (registered dietitian), and Robert S. Schulman, Ph.D., the study focused on 100 women who say their families are all talk and no action when it comes to helping them lose excess pounds.

More than half the

women surveyed are working mothers whose families prod them to diet and even scold them for not losing weight. But, at the same time the mothers are counting calories, their families bring fattening foods into the home.

What makes dieting even more difficult, says Hertzler, is when dieting mothers return home after work to face cooking high-calorie meals the women said their families demand.

While on the job, these women were not threatened by the anti-diet temptations they confronted at home, researchers found. Nearly 70 percent of them discuss dieting with their co-workers, and only three percent of their fellow employees indulge in high-calorie snacks or lunch on fattening meals and desserts.

Health food

People are more aware of diet, says manager of Foodstuffs

When Marcia Dye opened Foodstuffs in downtown Georgetown over a year ago, the bulk food store concentrated on buying in large quantities to give customers bargains.

Now the store is beginning to stock more foods that are considered 'healthy'.

Foodstuffs attracts a wide variety of customers looking for health-oriented foods. "A lot of older people are into it (health food) because they feel better when they eat better," says Marcia.

"You don't have to be fanatical about choosing foods as long as you know what you're eating," she said, but stressing that a balanced diet and overindulging in some types of food can be bad for you.

She sees a marked difference in the 1980s on how people feel about their diet. Now many

are more concerned about eating healthy, but not in a fanatical way. Also, it's just not one age group that is buying health foods - everyone is interested to a greater extent, she says.

The vitamin supplements available at Foodstuffs sell according to the age group. Some of the older people like vitamin B while the younger men like minerals such as zinc to help them cope with stressful exercise.

People are aware of the need to take less sugar and salt in their diet and are looking for substitutes such as honey, she says.

A lunch snack that is popular at Foodstuffs is yogurt or mixing bags of dried nuts and fruits.

The management at (Cont. on Page 7)



Marcia Dye (left) and Jessica Hannah team up to fill one of the bulk food containers at Foodstuffs on Main Street in Georgetown. (Herald photo)

Healthy eating: a new passion

America has built health and fitness into its lifestyle. The evidence is all around us - from the number of health clubs springing up across the country - to the new "lighter" food choices in supermarkets and restaurants.

Restaurants have made great strides in giving the health-conscious customer food that he wants. Fast food chains, in fact, are in the forefront of responding to our changing eating

habits.

The Ponderosa Steakhouse, for example, a family restaurant chain with locations nationwide, features a 30 foot long salad buffet with items ranging from typical salad ingredients to more unusual items like alfalfa sprouts and sunflower seeds.

With restaurants offering lighter options to keep pace with our changing tastes, you can still eat out and stay on the fitness track.

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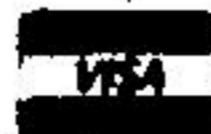


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