

## Beautiful bodies come in small packages

If you don't exercise regularly, you've probably made a New Year's resolution to begin. But, if your last encounter with physical fitness was in high school gym class, you may not know exactly where to start.

Most women find that aerobics and calisthenics classes offer the best all-around workout for shaping and toning the body and strengthening all the muscles. But joining a health club can be a big investment. And if you're a beginner to exercise, you may feel very self-conscious about the idea of exercising in a group.

If that's the case, why not look into the many exercise videotapes which are now available?

Last year, millions of women bought tapes produced by *Cosmopolitan* magazine and GoodTimes Home Video. Women trust *Cosmopolitan* to show them how to look and feel their very best, and the first four exercise and beauty tapes released were phenomenal best-sellers.

The slender, fit and healthy, vibrantly sexy, and thoroughly self-confident "Cosmo girl" is an ideal that many women strive to attain, and they jumped at the chance to acquire *Cosmopolitan's*

secrets on videotape.

This year, in response to continuing demand, *Cosmopolitan* and GoodTimes Home Video are releasing two new tapes, "Aerobics Lite" and "Optibody," starring Carol Alt. Super model and successful actress Carol Alt knows that you have to feel your best to look your best, and regular exercise is the best way to improve your health.

The combination of *Cosmo's* expertise and Alt's inspiring presence are sure to make these new tapes hits. The tapes, sponsored by Finesse hair care products, will sell for \$12.95 each, truly bargain prices for exercise videotapes.

"Aerobics Lite" is a new light-impact, high-intensity aerobic workout. The program includes a stimulating warmup, 20 minutes of light-impact aerobics, and a soothing cooldown. It's a great way to get started on an exercise program, because the workout is invigorating, but easy to follow and stick with.

Light-impact aerobics are the best choice for most women, since they work the muscles and cardio-vascular system, but don't put excessive strain on the joints—an important consideration for women who are older, beginning exercisers, or who have a history of exercise-induced injuries.

If you already exercise regularly, "Aerobics Lite" will help you maintain your level of fitness and will add variety to your routine.

"Optibody" is a unique toning system that allows you to concentrate on your own special problem areas—and who doesn't have at least one? The "Optibody" program includes an all-around toning workout that will stretch and subtly define your muscles, without overdeveloping them. (After all, most women don't really want to look like body-builders; they want to look toned and trim.)

Maybe you'll never look quite the way Carol Alt does in a swimsuit, but by finding the right exercise program for you, and sticking to it, you'll be well on your way to a fit, slender body, increased vitality, and a greater self-confidence.

Written by leading experts in the field, these two new tapes are now available in more than 50,000 retail, drug and grocery outlets nationwide or by calling 1-800-FASTVID.



**SUPER MODEL AND SUCCESSFUL ACTRESS CAROL ALT** knows that you have to feel your best to look your best...and regular exercise is the best way to improve your health while banishing unwanted pounds and inches. Alt is the star of two new home videotapes, "Aerobics Lite" and "Optibody," from *Cosmopolitan* magazine and GoodTimes Home Video. Suggested retail \$12.95 each.

## Childhood nutrition can influence eating habits as an adult

Traditionally, it was assumed that the grade school years were relatively "free" nutritionally, with no significant or permanent harm caused by the less-than-ideal eating habits characteristic of school aged kids.

But experts now say that proper nutrition in childhood can greatly influence later eating habits, as well as reduce or prevent risk of everything from obesity to cancer, clogged arteries and heart disease.

Don't despair. Just follow these A-B-C's of good nutrition: Add more fruits and vegetables. Balance good foods and bad foods. and Cut fat intake. You'll be surprised how easy it is to offer your children healthier food and beverage alternatives to the phooey-gooyes—and satisfy everyone.

### Add fruits and vegetables

Here are some palate-pleasing ways you can painlessly incorporate into your child's diet the five daily servings of fruits and vegetables experts recommend.

- Add finely chopped carrots or green, red or yellow peppers into your child's tuna or chicken salad sandwich. They'll love the "crunch," and you'll be glad they're eating their vegetables.

- You can modify an old favorite, peanut butter and jelly, by substituting apple sauce for the jelly once a week. The apple sauce constitutes a fruit serving; the jelly does not.

### Balance "good" foods and "bad" foods

Parents can't realistically expect to eliminate fat-laden foods from their children's diets. However, it is possible to increase the nutritional value of children's meals by giving them healthy foods with the not-so-good foods that they love. Here's how:

- Cookies and chocolate rank among children's favorite foods. Parents should accept this and, rather than try to eliminate them totally from their children's diets, try to make the most of snack time by providing healthy beverages, such as apple juice, with the less-than-ideal treat. This is also probably the easiest way to "sneak" another fruit serving into your children's diet.

- If your kids will only eat bologna sandwiches for lunch, add a nutritious dessert, such as apple sauce, to their lunch boxes. For a special treat, try Mott's single serve apple sauce. Each four ounce single serve container is equivalent to a fruit serving—and it has

kid appeal. Or, try Mott's® Fruit Paks, which combine apple sauce with fruit—cherry, peach, pineapple, strawberry or mixed fruit.

### Cut fat intake

Experts recommend that total fat intake, beginning at age three, should be no more than 30 percent of total calories. But, limiting fat intake does not have to mean completely revamping your children's diet.

Parents can start with some easy substitutes for childhood favorites, such as hamburgers, hot dogs and French fries. It's not necessary to eliminate them from your kids' diet, just limit them and be aware of healthier alternatives, such as chicken, fish and baked potatoes.

Here are some other practical ways you can reduce fat in your children's diets:

## Tips on handling teen stress

It isn't easy being a teenager. There are a lot of things to think about—friends, school, job, family. Life can be pretty stressful.

Exercise is one way to relieve some of the tension. You'll not only feel better, you'll look better too. When you're physically fit, you have more energy and are better able to deal with everyday stress.

To decrease stress and improve your fitness:

- Find an activity you enjoy, such as jogging, dancing, swimming or walking

- Children love the single serve desserts that are convenient and fun to eat at lunch time or as an after school snack. But beware of puddings, which can contain six to eight grams of fat in a four ounce serving. Instead, try the single serve apple sauces, which contain no fat—and constitute a fruit serving.

- Ice cream is another treat that is popular among kids. You're not going to be able to eliminate it from your children's diet, but you can provide lower fat substitutions once in a while that your kids won't mind. Ice milk has less than half the amount of fat of regular ice cream, and sherbet has even less fat than that. Frozen yogurt is another low fat alternative, but check the labels—some frozen yogurts have as much fat as regular ice cream.

Following the A-B-C's is the first step to better nutrition for your children.

and do it at least three times each week, preferably every day.

- Do stretching exercises regularly to increase your flexibility and relax your muscles.

- Try to exercise before you have to face a stressful situation. You'll think more clearly and will be better able to cope with the problem.

- Exercise with a friend. You can talk about what's bugging you while you help each other get through your workout.

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## Want to become a legend? Take care of your legs

Just when you thought you'd heard of everything, along comes a new beauty predicament to tangle with: Leg dandruff!

It's those annoying white flakes that poke out of your chic black hose at the most inopportune moment, like the formal dinner dance when you're wearing that elegant dress with a slit up to there...or the uncontrollable leg itch that attacks from knee to ankle right in the middle of the job interview you've been waiting for all your life.

Leg dandruff can result from improper care of your precious gams—insufficient moisturizing, harsh hair removal methods, sunburn and winter's drying indoor heat, among others. What's a woman to do? Heed the following leg-care advice...

- Since hair removal is a must, why not try shaving? It's the fastest and most economical method, and if you use a sharp, fresh razor and an emollient-rich shave cream, your legs will be silky smooth and flake-free.

Try Noxzema's new Medicated Shave Cream with Cocoa Butter and Vitamin E for a truly luxurious and comfortable shave. Its unique, lightly-scented formula really helps soften legs and prevent dryness too!

- If you're out in the sun any time at all, make sure your legs are protected with a high SPF sunscreen to prevent burning and the inevitable peeling that

follows. Be particularly vigilant at the beach or any time your bare legs will be exposed to an extra dose of those ultra violet rays.

- Women who live in cold climates should be extra careful to stave off winter's double whammy: icy cold air outdoors and dry, overheated air indoors. There's only one way to keep those itchy winter flakes at bay: Moisturize!

Before you go to bed at night, apply a liberal amount of moisturizer—Rain Tree, with its aloe formula, is an excellent choice. Repeat in the morning, immediately after showering and shaving.

- Last but not least, exfoliation is the name of the game. This process, removal of dry, dead skin cells, can be achieved by shaving. It is also recommended that you use an exfoliant cream or a loofah sponge (available in beauty supply stores) on a weekly basis. Massage legs gently to remove dead skin and invigorate those muscles, for healthiest, loveliest legs.

Note: Never exfoliate recently sunburned skin. Wait at least 48 hours or until redness and puffiness subside completely.

Keep your gorgeous legs smooth, silky and free of unsightly "dandruff" by shaving properly, protecting against sunburn, moisturizing faithfully and exfoliating when needed. And wear your black stockings and shortest skirts without a care!

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