



CROSS-TRAINING is a good way to achieve greater overall fitness as well as end workout boredom. Nike's performance footwear and apparel gives any fitness participant the leading edge.

Cross training means no more boredom for fitness fanatics

What fitness fanatic hasn't longed for one set of clothing and one pair of shoes that would take him with ease from the tennis court to the weight room and on to an aerobics class? Everyone wishes for a complete outfit that is technically durable and versatile, yet looks good no matter what the activity. Now that wish is granted—cross-training is here.

Cross-training is a relatively new sports category that was created to satisfy the burgeoning number of people who have decided that variety is definitely the spice of life. People aren't just spending their time jogging but want to get themselves in the best possible shape by mixing it up in several different sports. Specialization isn't the buzz word anymore; diversification is.

To make life easier for sports enthusiasts, a special line of apparel and footwear has been created to meet the requirements of the most demanding activity. One of the top collections is made by Nike, who led the way by inventing cross-training. Their clothes and shoes are sure to satisfy the most serious athlete as well as the dedicated weekend warrior.

Nike has used innovative fabric combinations like Coolmax[®] and Lycra[®] to provide the coolest, most comfortable workouts possible. The shorts, tights, tanks and tees flatter but allow for any kind of movement. Stretch fleece pull-overs can be matched up with training pants when nature's ultimate gym, the great outdoors, beckons. An especially versatile piece is a swim brief for men and a fitness leotard for women that has been chlorine treated to go from gym to pool.

To round out the collection, Nike's cross-training shoes coordinate with their apparel. The Air Trainer SC and the Air Trainer TW combine the cushioning of a running shoe with the stability of a court shoe. The TW has the big advantage of being completely washable.

Now that you know all the pluses about your gear, it's clear that one of cross-training's biggest benefits is that it takes the boredom out of exercise and lets everyone be as creative in their choices as they want. No more excuses. You've got all the tools. Having a healthier body doesn't have to be wishful thinking.

Some facts and myths about headaches

Virtually everyone suffers from headaches now and then, but for some, the pounding pain is more of an annoyance than we realize. The National Headache Foundation emphasizes a need for people to recognize and treat headaches and corrects some of the common myths about them:

1. **Myth:** Headaches are "all in your head."

Fact: Of course they are; however, headaches are often thought of as an excuse or as a purely psychological phenomenon.

2. **Myth:** All headaches are alike.

Fact: Not true. There are numerous types of headaches including sinus, cluster, tension, and migraine, which is the most debilitating. Your specific symptoms will help a physician treat and determine your headache type.

3. **Myth:** Migraines can't be prevented.

Fact: According to Dr. Seymour Diamond of the National Headache Foundation, there is preventative medicine for migraine sufferers. Infrared LA can be taken daily to eliminate attacks completely. It provides continuous protection against migraine and significantly improves the quality of life for sufferers. Also, modifications in diet and lifestyle have proven effective in preventing migraine.

4. **Myth:** Men get more headaches than women.

Fact: Women experience three times

more headaches than men. In fact, 70 percent of migraine sufferers are women. Scientists suspect that changing hormone levels during menstruation and ovulation can be a factor in provoking an attack.

5. **Myth:** Food has nothing to do with headaches.

Fact: Certain foods can indeed cause headaches. Common culprits include: Chocolate, caffeine-containing drinks, nuts, Chinese food containing monosodium glutamate, and processed meats made with preservatives, such as hot dogs, salami and bacon.

6. **Myth:** Headaches aren't hereditary.

Fact: According to research, there appears to be a hereditary component to

the disorder. In fact, 70-80 percent of people with migraines have a family history of the ailment. If both parents suffer from migraines, there is a 75 percent chance that their children will have migraines; when only one parent is a migraine sufferer, there is a 50 percent chance the child will be afflicted.

7. **Myth:** Weekends and holidays offer relief from headaches.

Fact: Unfortunately, those late-night parties during weekends and holidays are a prime cause of headaches. Amidst all the merriment, headaches thrive in smoke- and perfume-filled rooms. Also, excess amounts of alcohol and poor lifestyle habits, such as irregular sleeping and eating patterns, can contribute to the onset of headaches.

The right way to influence smokers to quit

By TOM FERGUSON, M.D.

Most smokers feel that most non-smokers do not know how best to help a health-conscious smoker. Smokers feel they receive little support or encouragement from their nonsmoking friends. Complaints range from minor nagging to shockingly rude put-downs.

It seems apparent that most nonsmokers with smoking friends are missing an important opportunity. Nonsmoking friends can play a major role in helping a health-conscious smoker cut down or quit, but to do so most effectively, they should reinforce the idea that it is possible for smokers to take control of their smoking, while remaining supportive of the smoker as a person. The ideal approach does not include hostile confrontation, threats, put-downs, preaching or nagging.

The health-conscious smokers I interviewed for my book suggested the following guidelines for concerned nonsmokers who wish to support a friend or family member's efforts to reduce their health risk:

- **Separate the smoker from the smoking.** Let the person know that you will continue to care about them no matter what they decide to do about their smoking.

- **Try to envision the problem from the smoker's point of view.** Smoking can help you deal with stress. It can help you relax. It can help you concentrate. It can keep you from becoming bored. It can be such a cherished part of your life pattern that giving it up would be like losing a good friend.

- **Realize that smoking is a powerful physical and psychological addiction.** Quitting can be painfully difficult. Thus, the temptation to simply ignore the negative health effects of smoking can be very strong. Smokers who do exhibit the courage to confront this dilemma deserve compassion and understanding, not ridicule and blame. A supportive relationship with a caring and nonsmoking friend can make the smoker feel more secure and can thus help provide the positive psychological motivation for change.

- **Don't tell your smoking friends what to do.** Encourage them to do what they think is best. Remember, it is only when they want to do something about their smoking that progress can occur.

- **Encourage your smoking friends to engage in healthful, enjoyable activities that are incompatible with smoking.** Get them involved in sports—walking, hiking, volleyball, swimming, tennis, etc. Accompany them to activities at which smoking is not allowed—religious services, concerts, etc.

Refraining from open criticism does not mean that you cannot subtly "train" your smoking friends to follow more healthful practices. While you should, at

all costs, avoid nagging your friends and family members about their smoking, there is a role for supportive, loving confrontation.

Love and understanding from friends and family are particularly important in the days and weeks immediately after quitting. Here are some guidelines for supporting a friend during this time:

- Let your friend know that you are overjoyed that he is quitting and that you are confident he will be able to remain smoke-free.

- Make a commitment to "adopt" the recent quitter. Tell your friend that during this quitting period, you will be delighted to provide whatever support you can. This should include encouragement as well as such mundane services as preparing food, cleaning house, taking care of the children, doing laundry.

- Make yourself available as frequently as possible, either in person or by phone, for your adoptee's first days as a nonsmoker. Be prepared to listen to his hostile or angry feelings. Accept the fact that he may react to the stresses of withdrawal by lashing out verbally at whom-ever is around—you included. Be prepared for somewhat bizarre behavior. Accept the fact that the loss of his cherished habit may be very painful to him. Be prepared to forgive him in advance, and encourage him to do anything he needs to do to get through this difficult time. Smoking is a habit that takes a long time to learn; it can take a long time to unlearn.

- After the first few days, the worst should be over. Arrange to see your friend regularly for several weeks thereafter, and to check in with him regularly for the remainder of his first year as a nonsmoker.

- Help your friend keep as far away from smokers and from cigarettes as possible. It is worth considerable trouble and inconvenience to avoid a situation in which it could be all too easy for your friend to smoke "just one cigarette."

- Consider giving up something yourself—candy, desserts, or coffee—for the first days or weeks of your adoptee's new life as a nonsmoker to show that you really care.

- Encourage your friend to talk about what he is feeling or experiencing. Listen sympathetically and supportively, without judging or offering advice.

- Send flowers or take your adoptee to dinner (to a restaurant with a no-smoking section) to celebrate the first week or first month as a nonsmoker.

- Offer direct rewards for continued nonsmoking ("I'll give you \$50 if you can go without smoking for 100 days").

- Offer indirect rewards ("I'll give each of your kids \$50 if you can go without smoking for 100 days").

If you are a smoker, be aware that you

may feel threatened by a friend's efforts to quit. Knowing that your friend desperately wants to quit may make you painfully aware of the ways smoking is harming your own body. You may justifiably feel that if she is successful in quitting, she will now begin to avoid you because you are a smoker. Share these concerns with your friend. Make a deal with your friend: You will support the way she has chosen to deal with smoking if she will support the way you have chosen to deal with it.

Realize that to succeed in the decision she has made, she is in great need of your support. Here are some of the things you can do to help:

- The smell of smoke can be extremely tempting to a recent quitter, particularly during the first few days after quitting. Make a commitment to your friend that you will not smoke in her presence until she invites you to do so.

- Your friend may go through a period of being irritable and grumpy in the weeks or months immediately after quitting. She will greatly appreciate it if you are understanding of this short-lived irritability and refrain from suggestions that a cigarette might calm her nerves.

- Be aware that as a quitter becomes a successful nonsmoker, she may become more critical of smokers, cigarette ads, tobacco companies, and everything else associated with her former habit. If this occurs, remind her of your "deal," and gently explain that she is exhibiting some of the warning signs of becoming a self-righteous ex-smoker.

- Smoking together can be an important part of a friendship. Show your friend you really care for her by working with her to develop other activities that you can now do together.


- If you are supportive and understanding during your friend's efforts to become a nonsmoker, then you can be sure that if and when you decide to cut down or quit, you will be able to count on her encouragement, support, and understanding during this difficult time in your life.

Why fat is important for infants

Fat is a vitally important source of calories for infants and young children:

- Fat is an excellent source of calories, providing more than twice as many calories per gram as either protein or carbohydrate.
- Fat also provides a feeling of fullness and satisfaction.
- Fat provides essential nutrients important for proper growth and brain development.
- Fat is needed to carry and absorb the fat soluble vitamins: A, D, E, and K.
- Fats are a source of the essential fatty acids needed for growth, which cannot be compounded by the body.

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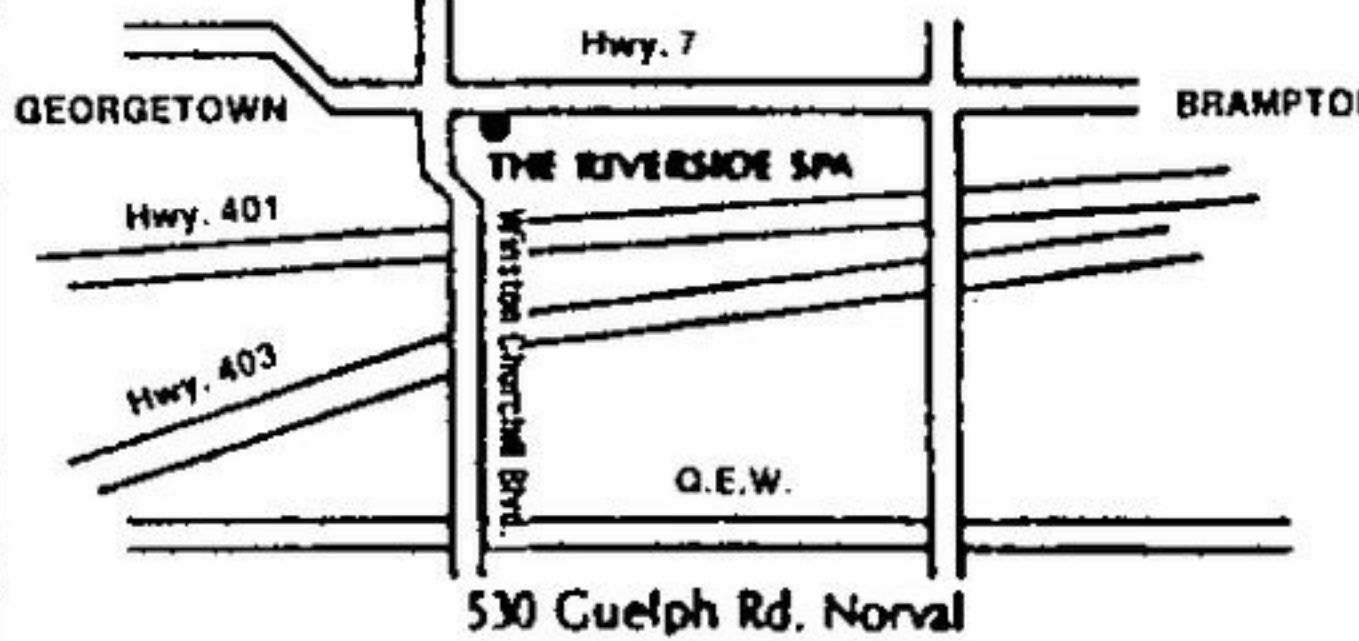
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