

## Gut Wrenching but True

My thirty two inch waist is gone. What you can do ...

How did it go from 32 to 38 and I hardly noticed? The biggest male fear is now reality - the gut is there. It doesn't look good and it isn't healthy. There is no alternative but to adopt a healthy lifestyle and change our eating and exercise patterns.

The good news is that we can do it!

Live Long and Prosper

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A healthy weight is essential to a long and healthy life. A healthy weight can be achieved by eating well and exercising. This does not mean that food has to be unexciting, that we have to eat things we don't like, or that we have to spend hours on a boring treadmill. It means we need to find the foods that are right for us, and the exercise that works for us.

Finding the healthy lifestyle that's best for us is the key!

What is a Healthy Weight?

Everyone is unique. So one man's healthy weight may be very different from another's. Muscle weighs more than fat, so a man who works out regularly may weigh more than his couch potato friend, but look a lot better. Each man needs to know his own body and decide on healthyweight goals based on his unique characteristics.

Going from Spud to Stud

Winter is the worst time! Summer is ok, because there is lots to do outdoors - mowing lawns, digging gardens, walking with the kids and dogs, hiking, football, basketball .... all mean that you are getting lots of exercise. Plus, fresh fruits and vegetables mean a healthy diet. Winter, alas, is the reverse. Winter is the time to cuddle under the blanket and watch tv. Probably while drinking beer, wine, pop (soft drinks), and eating chips, biscuits .... Ouch, not very healthy. So, what to do?

- Turn your tv watching time into exercise time. Have free weights right there, and use them! Try ankle weights and leg lifts, while you enjoy your favorite tv show.

- Develop the healthy snack alternative. Make healthy snacks that you like ahead of time so that they are always available. Try alternatives like smoked oysters and mussels. Rather than beer, wine, or pop (soft drinks), make yourself a healthy fruit punch (calories may be the same, but you are getting more benefit for each calorie).

