


LONG ISLAND WEIGHT COUNSELING, INC.



Linda Fiverson



MATTERS OF THE HEART DON'T

 The color red abounds during the month of February! Bright red dresses have become symbols to remind us that women are at risk for heart disease and how important it is to take action to reduce that risk. February has become known in recent years as American Heart Month. It is also known as "Sweet-Heart" month or Valentines Day, the traditional celebration of romantic love.

Valentines Day and American Heart Month both center around hearts and love. Thus, they share some commonalities but they also have some basic distinctions.

As we walk into stores decorated with red dresses and red hearts we are forced (or should be forced) to make a choice – to put our money in a donation box for heart research and the prolongation of health OR to buy chocolates and sugary sweets which can cause damage.

There has been a lot of publicity about the epidemics of obesity and cardiovascular disease in the United States for some time now. Research tells us how important diet and exercise are in combating these conditions. Additionally, it tells us how diet and exercise can help change the course of disease already present and prevent future disease from occurring.

The overweight condition is prevalent in people of all ages including children and seniors. A new study from Cornell University reports that more than 70 percent of brides-to-be are overweight and want to lose weight before their wedding. They vary in their degree of overweight and the time before their celebrations but commonly, they would all like to have lower weights on their wedding day so they can each be "the perfect

The study says brides-to-be are putting more emphasis on what they look like than any other aspect of their wedding. They even buy wedding gowns in smaller sizes than they normally wear so they are "forced" to diet because the dress **must** fit. This illustrates how many of us need external motivators in order to get started. It isn't enough that we feel better or become healthier – it is about looking good for a moment or an occasion. What happens later though – after the wedding when the weight has been lost and the dress has been worn? Will it still fit? Will it still matter?

When we lose weight to look good for a particular day or event, we don't usually maintain it. The weight loss is as temporary as the smaller size dress. The goal wasn't to look better in general – it was to look better for an event. Chances are these brides-to-be will now be wives who will start and re-start many diets in their lifetime. My advice to those who consult with me is the same advice I give all my clients. I tell them emphatically that I don't believe in diets. I believe in making lifestyle changes which will take them through losing the weight and the more important part -- keeping it off! This is a much healthier way to eliminate yo-yo dieting and yo-yo feelings of self love versus self hate.

We use eating as a way to soothe our emotions. By learning to make healthy choices, we stabilize the physical, mental and emotional components of our being. We become empowered and learn to combat our stressors and distracters rather than become succumbed by them. It is a process of education and we have to take what **Linda Says...** and we have to apply it to every day life.

**DON'T
INDULGE -
FIGHT
THE
BULGE!**

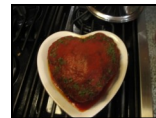


FEBRUARY, 2008

It puzzles me that giving chocolate on Valentines Day is considered an expression of love and affection regardless of whether an individual has health or weight concerns. The focus should be on safeguarding and safekeeping our sweet-hearts and ourselves! We know so much more about heart disease prevention and treatment than ever before. We understand that proper nutrition and exercise contribute to a heart-healthy state. Doesn't it make sense that we would take this information to the next level and assimilate it into our daily lives?

The next time you see a box of pastel colored candy hearts think about personalizing them. What statement do you want to make – one that says you **live to eat** or one that reflects the ideal that you **eat to live**? Remember... a food that makes you gain weight once will **always**

HEART-Y MEAT LOAF



ORIGINAL
RECIPES
by
Linda Fiverson

INGREDIENTS

2 pounds ground white meat turkey
½ cup grated zucchini
¼ cup chopped carrots
½ cup chopped onions
½ cup onion flakes
¼ cup chopped red peppers
¼ cup chopped green peppers
3 cloves crushed garlic
1 cup salsa
4 egg whites
1 Squirt Hot Chili or Tabasco Sauce
2 Tablespoons Worcester Sauce
½ tsp pepper
2 tsp sea salt

*Heart-shaped pan—optional!

TOPPING

¼ c tomato paste
1 packet Artificial sweetener
2 tbsp salsa
1/4 c water

DIRECTIONS

Preheat the oven to 350 degrees. Mix all ingredients together in a large bowl. Press into baking pan. *A heart shaped one for this month would add a special touch! Combine topping ingredients in a small bowl and stir so they are well blended. Spoon mixture on top of meatloaf. Place in oven and bake uncovered for 1 hour. Let it cool for 10 minutes before serving.



The Art of the Meal

Festive fruit and vegetable garnishes are fun to make and can spruce up any meal. Use them to add a burst of color to any plate – from side salads to main courses. Have fun, take your time and be creative! (Think about getting your older kids to help, but be sure to supervise them closely around knives and peelers.) And remember to wash your vegetables since all of the garnishes are edible.

Carrot Curls

Using a vegetable peeler, cut thin lengthwise strips of carrot. Roll each carrot strip up and secure with a wooden pick. Place in ice water for several hours to curl. Just before garnishing, remove wooden picks. Use to add a burst of color to grilled fish or chicken.

Cherry Tomato Roses

Score an X on the blossom end of each cherry tomato. Using a sharp knife, carefully peel back the skin partway down the side of the tomato to make four petals.



Radish Rose

Select firm radishes and wash. If leaves are present, trim the stem so that just the most tender green leaves remain. Trim off the root. Using a paring knife, cut "petals" around the radish, from root end to the stem. Do not attempt to pry the petals open; they will break. Place the radishes in cold water and refrigerate until they "bloom"; drain.

Radish Pompoms

Remove a thin slice from each end of the radish. Starting at either end, cut each radish lengthwise into thin slices, cutting to, but not through the other end. At right angles to the first cuts, make a similar series of parallel cuts to the same depth. Place in cold water; refrigerate until crisp.



Fluted Cucumbers or Zucchini

Draw the tines of a fork lengthwise down a cucumber or zucchini; repeat all around vegetable. Cut crosswise into slices.

Green Onion Brushes

Slice off the roots and most of the top portions from green onions. Make slashes at both ends to produce a fringe. Place the green onions in ice water, and the ends will curl back to resemble brushes.

Lemon Twists

Cut 1/8-inch-thick slices from a lemon. Cut halfway across each slice, stopping at the center, and twist the ends of the slice in opposite directions.



Strawberry Fans

Use fresh strawberries with the green tops still attached. Slice each berry from the tip almost all the way to the stem end; carefully fan out the berry slices.

FIND THE WORDS BELOW AND CIRCLE THE M. THEY GO IN EVERY DIRECTION, BACKWARDS AND FORWARDS AND DIAGONALLY. SOME LETTERS OVERLAP.

Y C O P U A R R E W H S E A G
 T H P R Y O U E E A T U G W N
 Q O Q E V E U B T E L O L N I
 S L V V R V T X S A T I U L D
 D E O E P C S D M K W T D Y I
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BRIDE
 CHOLESTEROL
 COMFORT
 EXERCISE
 HEALTHY
 HEART
 HIDING
 HYDRATE
 INDULGE

NUTRITIOUS
 OVERWEIGHT
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 VALUE
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 You may send an email to:
 lindafiveson@yahoo.com

apple a day helps keep the pounds away!" "An