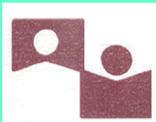


LONG ISLAND WEIGHT COUNSELING, INC.



Linda Fiveson

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Reading, Riting and Re-thinking



by Linda Fiveson

The madness seems to start earlier and earlier each year. The summer has barely begun and yet, as soon as we open the Newspaper, assorted flyers compete for our attention, urging us and reminding us to get ready for Back to School shopping!

Isn't it interesting that advertisements illustrate all the popular clothing choices and school tools but nothing about what should go inside the new lunch boxes? Why is that, do you suppose? What does it say about us and our culture? It seems to imply to me that more value is placed on outside appearance than inside content.

Research shows that one out of every four pre-school-aged children is overweight and there is a 70 percent chance that an overweight adolescent will become an overweight adult. It is startling to realize that obesity rates have doubled in children and tripled in teens over the last two decades! We cannot hear these numbers and just sit back and let things be!

Obesity is a serious epidemic which can greatly compromise the quality of life. Asthma, diabetes, high blood pressure, cholesterol levels and cardiovascular disease are all linked with being overweight. Extra poundage makes it harder to keep up with friends who play sports and even makes walking from classroom to classroom at school a burden. In addition to causing physical ailments, being overweight can have psychosocial and emotional consequences. It can decrease self esteem, increase feelings of depression and anxiety and force children to isolate themselves. It is a serious matter and one we should ALL contemplate.

Recent legislation requires ALL school districts in the nation to develop and implement a Wellness Plan and Policy. This is in order to promote the health and wellness of ALL students on ALL levels. Prior to this time, wellness was a subject best addressed at home or in the pediatricians' office. Schools were not involved in what our children ate or didn't eat. The fact that such action has been



taken says to me that this is more than just a federal mandate. It emphasizes that we ALL should recognize this as a personal obligation to educate and guide ALL of our children!

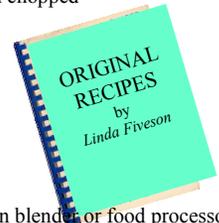
Next time you hear the words, "Back to School" what will you think? I suppose it might be hard to get school supplies out of our heads after a lifetime of conditioning but certainly there is no harm in that...as long as we start to think about what we can stuff in our children's lunch boxes too. The operative word is "think" because if we give thought to this, we will plan, purchase, prepare and prevent the incurrance and continuance of obesity!

The high occurrence of overweight is attributed to two things; eating too much of the "wrong" foods and not getting enough physical activity. There is a definite connection between the energy our bodies take in from the foods and beverages we ingest and the energy our bodies use from the activities we do. Both of these factors should be incorporated into any action plans we design. Going Back to School is often hectic but it also means getting back on a schedule -- so this can really be the perfect time to begin a new regimen!

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Tzadiki Sauce

- 1 c. Greek yogurt (FAGE TOTAL 0%)
- 3/4 cucumber, peeled and chopped
- 1 bunch of Dill
- 3 garlic cloves
- 4 Tbsp. Olive Oil
- Pinch of chopped onion
- Pinch of salt



Combine all ingredients in blender or food processor and puree until smooth. Chill in refrigerator and serve with salad or as a dip for vegetables, lean meat, chicken, fish or seafood kebobs. It may also be eaten alone as a protein.



Linda Says... THE ROAD TO SUCCESS

"DON'T choose food according to your mood!"
(or its packaging!)



SUCCESS is not a race, be patient.
SUCCESS leads to SUCCESS.

SUCCESS is always a work in progress.

SUCCESS doesn't come to you -- you go to it.

SUCCESS is a journey, not a destination.

Focus on the process.

Some people dream about SUCCESS...while others wake up and work hard at it.

SUCCESS is achieved and maintained by those who try -- and keep trying.

Every day is a good day to SUCCEED...

If at first you don't succeed -- try, try again!

