



Linda Fiveson



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## WHO'S "Going Back to School?"

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Even though the warm weather will still be here after the school season begins, it's time to start making lists, shopping and planning the school schedule. But WHO is "back to school" really all about? I doubt it's the kids. They are still at camp or at the beach or doing the fun, care-free things summer vacation represents. The parents are the people really "going back to school." If you have to un-pack camp trunks, or get a college student packed up to leave, your house will become a warehouse of clutter!

My experience has been that once things seem to get "out of our control," it translates into other areas of our lives as well. We have to keep a focus on making sure to have a "time-out" every day to think and plan for ourselves. Being too busy can be a great excuse to forget about eating healthy, exercising, and keeping up with what makes us feel good about ourselves. And it's so easy to justify this by saying to yourself, "Once the kids get back to school, I'll be on a better schedule and I'll start my diet and exercise again." It's like a New Year's resolution in September. Right?... Wrong!

Procrastination is our worst enemy; it's human nature to put off today what you THINK you'll do tomorrow.... But what if you won't do it tomorrow? Or the next day? So, included in your planning and shopping for the up-coming school year, put yourself on the list too.

We work so hard to get the kids off to a good start, why not put the same priority in ourselves. This time you, as well as the kids will start off with the right attitude. When you buy them their new clothes for school, maybe you'll treat yourself to something new to wear too because you deserve a reward for working so hard to get EVERYONE ready. Why not include yourself? It certainly makes sense!

Get your house ready too. Stock your pantry and refrigerator with healthy food and snacks. Having these readily available will make all the difference. You won't grab the "wrong" thing or have to give thought about what you're going to feed yourself or your kids. The best part about being prepared is you will still have choices and all of them will be healthy, nutritious and believe it or not, delicious too! You can also make it fun by including the kids in the grocery shopping and food preparations. Check out my website [www.lindafiveson.com](http://www.lindafiveson.com) for some new recipe ideas!

I know that schools are getting on board with nutritional guidelines these days and offering healthier foods in their cafeterias and vending machines but if you pack up your kids' lunch and snack, you won't have to wonder what they're eating. It's not all about weight, you know. It's also about being healthy and developing good eating habits and attitudes about food. This too, is an education and it will impact learning in and out of the classroom. It will also boost self-esteem and confidence. We sometimes forget that when we feel good about ourselves, we have more energy and better performance. We're lifetime learners and that's why going "back to school" is a great opportunity to reflect on the past and plan for the future!

## PINEAPPLE LASAGNE

### INGREDIENTS:

Fresh Pineapple  
6 oz. Part Skim  
Ricotta Cheese

### DIRECTIONS:

Peel pineapple and slice. Broil or grill six of the slices.

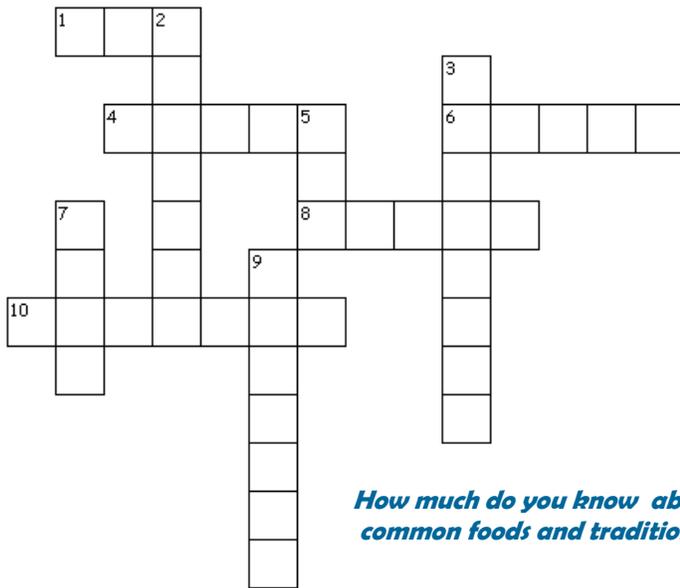
Layer the pineapple and Ricotta Cheese. Bake for approximately 20 minutes. Remove from oven and serve.



Linda Says...

**IT TASTES BETTER  
IN YOUR MIND  
THAN IT  
LOOKS ON YOUR BODY!**

## FOOD TRIVIA PUZZLE



*How much do you know about common foods and traditions?*

### CLUES

#### ACROSS

1. Fast food usually has a lot of this.
4. Tomatoes and eggplants are really this and not vegetables.
6. This country produces two thirds of the world's garlic.
8. A poem says this fruit keeps the doctor away.
10. Cumin belongs to this family.

#### DOWN

2. Jack-o-lanterns were originally made from this vegetable.
3. Dark green vegetable related to onion.
5. It is the most popular beverage in the world.
7. The healthiest cuts of meat are ones that are considered this type.
9. The ancient Greeks believed that this vegetable induced sleep.

### Snapshots



"Holding in your stomach won't help, sir."

## Fiveson's Food

Tastes absolutely fabulous!  
**FREE** of gluten, sugar, flour and preservatives!  
 Formulated from Linda's "own" personal recipes since 1989

#### CHOOSE FROM:

Assorted blintzes, muffins, breads, pancakes and cheesecakes, steak, chicken, turkey, veal and seafood entrees, various soups, squash fries, turnip latkes, soufflés and other vegetable dishes, mousses, custards, puddings, cakes, cookies, and fruit options...  
*Over 100 menu choices! New items added often!*

#### NOW OPEN 7 DAYS A WEEK!

(516) 496-2300 or visit  
 our website [www.lindafiveson.com](http://www.lindafiveson.com)  
 for hours and order sheets

**Consultations with Linda are by appointment only!**

**FIVESON'S FOODS ARE MADE FOR  
 AND SOLD EXCLUSIVELY BY**

*Linda Fiveson*

Across: 1) Fat 4) Fruits 6) China 8) Apple 10) Parsley  
 Down: 2) Turnips 3) Scallion 5) Tea 7) Lean 9) Lettuce

Answers to Crossword Puzzle

Do you have a question or suggestion? A personal strategy that you use?  
 We'll consider it for a future edition!

Send an email to: [lindafiveson@yahoo.com](mailto:lindafiveson@yahoo.com)

VISIT MY WEBSITE FOR MORE INFORMATION:

<http://www.lindafiveson.com>