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Linda Fiveson



by Linda Fiveson

Many people equate the summer with having fun. They view it as a time for enjoyment and pleasure. The weather is inviting, the sunshine makes us smile and school is out. Summer is typically reflected upon as the season we can relax and take it easy. Do you see it that way? What do you do for fun? What would you like to do?

Some of us can answer these questions easily. Others may have to give them more thought. Having picnics and barbeques are big-time summer activities. So are going to the beach and swimming – that is, for those of us who aren't self-conscious about the way we look or "think we look" in bathing suits. It's all about perception...

How do you perceive yourself? How do you perceive fun? What activities can you participate in that would bring you pleasure?

I often say, "You are what you eat." I mean that both literally and figuratively. In the literal sense, if you follow a healthful diet you will look and feel better. In the figurative sense, if you eat things which are less nutritionally sound you will feel more sluggish and less fit; the perception you have of yourself will be altered negatively.

We are never too young or too old to start practicing good eating habits or begin exercising. Of course, due to medical conditions and the like, some of us may have limitations. Still, there are ways to do more than "just manage" – and still find success! The key is making "good" choices.

Since the weather is so welcoming why don't we think about taking advantage of it? What about taking an evening stroll on the boardwalk? Visiting one of the many botanical gardens or arboretums? As you enjoy the beautiful flowers you won't even realize you are getting exercise! Some of these outdoor nurseries even offer twilight walks... That can bring a whole new type of appeal into the picture!

(Continued on page 2)

Summer is a time to play tennis outdoors and golf, visit a vineyard, walk around a corn maze or meander in one of the many community parks. You can find pleasure walking along the outskirts of a lake or river, around a nature trail or on the periphery of the beach's shore.

Did you know that July is street fair month? There are many different fairs and festivals going on all the time. They all offer the opportunity to walk endlessly but they often offer many temptations too, as the scents of cooking food permeates the air. It is important to realize this and plan accordingly. That can mean eating before you go, bringing along snacks or gathering up your willpower and selecting, perhaps, a more boring item to purchase. In this day and age there are usually many "safe" selections such as fresh fruit, steamed seafood and meats prepared over open fires.

Summer is also a time to take advantage of farmers markets. On display you will find an abundance of fresh and appealing produce. It will incite you to try new recipes and add color to your table! You may even be introduced to an import you haven't previously seen or tasted. The truth is that variety is important so colors really do count! Make sure you select several different ones. Orange and yellow coloring in fruits and vegetables help protect cells from damage and prevent cancer as does red coloring. Blue and purple coloring improve memory and circulation and also help fight cancer. Green colored foods contain lutein and help protect the eyes. They also slow cognitive decline. Eating a variety of foods will afford you a well-balanced and nutritional diet and provide you with the vitamins you need. This will help you look and feel better in body and in spirit. It will give your skin an extra special glow too!

JULY 2007



BARBEQUED RIBS

INGREDIENTS:

MARINADE

- 1/2 c. sugar free Polaner Apricot or Orange Fruit Spread
- 3/4 c. water
- 1/4 c. Lite Soy Sauce
- 1/2 c. chopped scallions
- 2 cloves peeled and chopped garlic

Mix all ingredients together and let sit at room temperature for at least two hours.

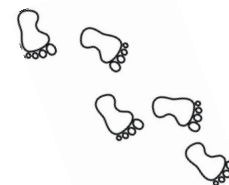
MEAT

- 1 large rack of ribs washed and parboiled for 1/2 hour. Drain and let cool to room temperature. Pour marinade over ribs and let sit as long as you desire. The more time, the more intense the flavor will be.

Place marinated ribs over hot barbeque grill and turn when halfway done. Turn again until fully cooked.

Linda Says...

"If you talk the talk be prepared to walk the walk!"



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Tastes absolutely fabulous!
FREE of gluten, sugar, flour and preservatives!

Formulated from my "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!

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DELIVERY AVAILABLE

CALL FOR HOURS AND ORDER



MAKE A COMMITMENT

"SAY WHAT YOU ARE GOING TO DO — THEN

DO WHAT YOU SAY YOU ARE GOING TO DO..."

Did you know that...?

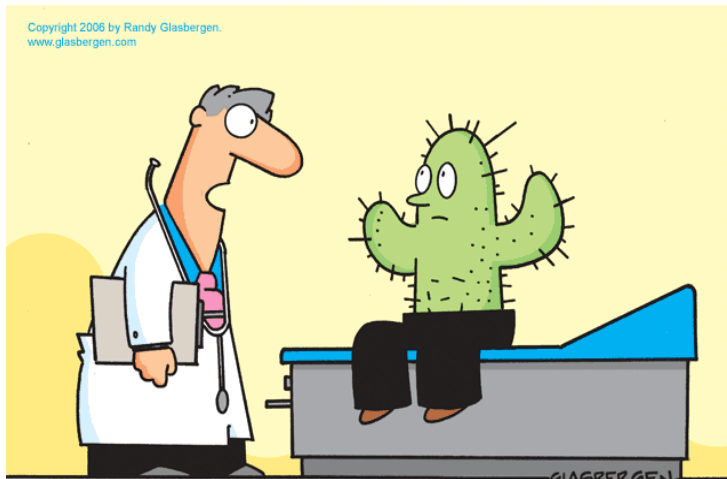


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What time of year other than the summertime can you take a boat ride in New York? Enjoy a dinner cruise? Go fishing or picnic outside a lighthouse? Visit a historic site such as Old Bethpage Restoration Village or the Cold Spring Harbor Fish Hatchery? When else can you listen to an outdoor concert on the beach, in a community park or in the atrium of a restaurant? You can watch aircrafts arrive and depart at air shows from five different Long Island sites. These include Republic Airport and Jones Beach. You can also take part in a Shinnecock Pow Wow or soar the skies in a hot air balloon. The choices are boundless...

Summer fun? It means different things to different people. The options are as varied as the likes and dislikes of the many different individuals choosing amongst them. There's something for everyone -- that is for sure!

What do you do for fun? What would you like to do? The summer is here now. Take your pick from the many activities suggested or perhaps you have an idea of your own. In any event, it is important to put some time aside to take care of yourself, relax, enjoy, drink plenty of water AND of course, remember to have "fun in the sun!"



"How many times must I remind you? *Eight glasses a day!*"

CREATE OPPORTUNITIES!

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Unscramble each of the clue words. Take the letters that appear in boxes and unscramble them for the final message! (Hint: Words are all in this edition!)

HABIT

I am your constant companion. I am your greatest helper or your heaviest burden.

I will push you onward or drag you down in failure. I am completely at your command. Half the things you do, you might just as well turn over to me and I will be able to do them quickly and correctly.

I am easily managed — you must merely be firm with me. Show me exactly how you want something done and after a few lessons I will do it automatically. I am the servant of all great men; and alas, of all failures as well. Those who are great, I have made great. Those who are failures, I have made failures.

I am not a machine, though I work with all the precision of a machine, plus the intelligence of a human being. You may run me for a profit or run me for ruin — it makes no difference to me.

Do you have a question or suggestion?
A personal strategy that you use?
Please let us know—we'll consider it for a future edition!

If so, please send an email to:

lindafiveson@yahoo.com