### Feast and enjoy the holidays, says Weight Watchers expert

With homes, stores, restaurants and parties filled with the offerings of a vest array of holdsy foods, it makes one wooder if it is possible to embark on yet another holdsy season and get through it without gaining weight.

All it takes is remembering a few

ing weight.

"All it takes is remembering a few simple tips and a little bit of planning." says Florine Mark, area director of Weight Watchers.

Statistics indicate the average person will gain between two and to good the watchers of the same states of the sam

you could do without. Eat slowly. Put your fork down between bites and savor each flavor. Share your dessert with a friend," she said.

IT TAKES 20 minutes for food sig-nals to reach your brain and tell you if you are full. Eating slowly aids this process, and by the time you are finished with your plate, signals will have begun to reach the message

center.

Exercise is an important part of any weight loss program. During the boildays, exercise plays an even more important role.

Besides eating greater amounts of food, the holiday season often brings on additional stress. Exercise not only burns calories and fat, but is very helpful in relieving stress.

fers for controlling your weight is to remember that you are not perfect. 
"Don't be too hard on yourself," she says. "If you eat a piece of cake after telling yourself you wouldn't, remember that we are human, these things happen. Just go on from that point."

point.
"Set goals that are realistic and attainable. Take each day at a time, each party at a time.
"The holidays are for enjoying friends and family, so have fun and don't worry."

#### Evangelist will speak

world.
First Church of the Nazarene is at 21260 Haggerty Road, north of Eight





#### Decorations at Botsford

The scene around the fire-place is but a small portion of the holiday decorations that are up and around Botsford inn this month, de-Botsford Inn this month, designed by Carolyn Arien, designed by Carolyn Arien, the far left), who got help in decking the halls from Inn employees Rary Sheets and Jackie Buell. Arien, who customizes slik floral arrangements from Carolyn's Creations in Northville, used an old-fashioned Christmas theme in keeping with the historical inn's tradition.

# on additional stress. Exercise not only burns calories and fat, but is and calories so that you can egloy the dinner meal," Mark said. Another important habit to get into is to say "no," egloy small portions, especially when it comes to dessert. "Look at the table, enjoy the view first. Then decide which foods you really wan to eat and which foods are always and the same as it was learned to the same as it was leaf year awhen the realiors coherent and provided consumers and the same as it was leaf year when the realiors cohered as year when the realiors cohered as year and a great of their holdsy party will again be "Bears and 25 books for Beaumont Hospital's pediatrics unit, now for seal was leaf year when the realiors cohered as year when the realiors cohered as years and the solution of the Nazarene college bondered in will be a great was the same as it was leaf year when the realiors cohered as years and 25 books for Beaumont Hospital's pediatrics unit, now for seal with the same as it was leaf year when the realiors cohered as years and 25 books for Beaumont Hospital's pediatrics unit, now for seal with the search was leaf year when the realiors cohered and year when the realiors cohered as years and 25 books for Beaumont Hospital's pediatrics unit, now for seal was leaf year when the realiors cohered and year when the realist year when the realiors cohered and year when the realist year when the r

Farmington Hills Real Estate One holiday has announced the theme of their holiday party will again be "Bears and Books."
The party theme is the same as it was last year when the realtors collected 35 bears and 32 books for Beaumont Hospital's pediatrics unit, one for each child confined for the holidays.
"All of us in this industry recognize that the community provides

Burke says that she would like to extend the concept compaywide next years, and perhaps wider in the fu-ture.

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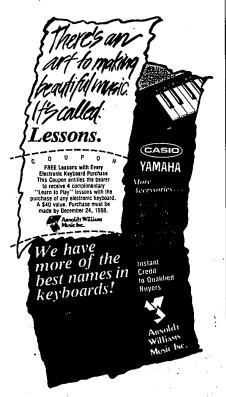
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