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the balls calm fidgeters and provide exercise for arthritic hands. The Moon Balls are bestsellers in specialty shops around the country. They can be ordered by calling toll-free 1-800-456-4449.

■ **Attitude tune-ups** — Much stress is caused by our attitudes, not our environments. The secretary who feels like a slave should take an assertiveness training class. The housewife who has too much to do should learn to delegate. If you can identify the cause of your stress, you can join a support group with similar concerns. Call the Michigan Self-Help Clearinghouse, 1-800-762-5858.

■ **Meditation** — This simply involves taking a few quiet moments to focus your attention on a specific thought, word, sound or bodily sensation like breathing. Meditation helps settle the mind so it can process thoughts calmly and in an organized way throughout the day. It all comes down to paying attention on purpose to the present moment.

■ **Expand your experiences** — Get out of yourself. Enlarge your world and life's daily snags seem less important. Some tried-and-true escapes are gardening and giving. Get involved with a cause you care about.

■ **Short vacations** — Two- to three-day outings rather than two-week marathon vacations can improve health and reduce stress. Sometimes you just need to get away for a while.

■ **Self-acupressure** — There are two points on the base of the skull that when pressed, cause the whole body to relax. "Stick two tennis balls inside a sock. Place the sock behind your head and lay down on it for 10 minutes each evening," Smith advised. "So many of us carry our tensions in our neck and



ART EMANUELE/STAFF PHOTOGRAPHER

Wonder Walkers:
Members of Wonderland Mall's walking club enjoy each other's company while keeping fit. From left: Vena Sedore of Livonia; Paul Lentz of Redford; Mary Ellen and Jim Holle of Garden City; Mary Maas of Westland; Ann Bradani of Livonia.

this seems to help."

■ **Mellow to music** — Music with classical adagio and largo beats forces you to relax. Experiments in Europe with high-energy children have shown listening to such music relaxes the children.

■ **Mini stretch breaks** — Many people work with their jaws clenched and their shoulders hunched. Remind yourself to relax with head rolls, deep breathing, and arms-above-the-head stretches several times a day.

■ **Photo power** — Keep happy, tranquil pictures by the phone so when

you're put on hold you can daydream and relax.

■ **Soak in the tub** — Warm water soothes and relieves tensions. Fragranced water (aromatic therapy) seems to intensify the water's calming effects.

■ **Massages** — A good rubdown brings blood into tired, stiff muscles and helps the body relax.

For the stress reduction seminars nearest you, contact the following hospitals' health education departments:

St. Mary's, Livonia, 313-591-2600;
Botsford General Hospital, Farmington Hills, 810-477-6100; Oakwood Hospital, Dearborn, 313-278-2764.

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Middlebelt. Opens daily for walkers at 7:30 a.m., Sunday at 9:30 a.m. Use Entrance G. There's no formal walking club.

■ **Fairlane Town Center, Michigan and Hubbard, Dearborn.** Opens daily for walkers at 7 a.m., Sunday at 10 a.m. Use side mall doors. Sign up for one of the area's largest and oldest mall walking clubs through the Oakwood Health Center office on the upper level near J.C. Penney's. Mall walkers get discount card. Warmup exercises each Tuesday, Wednesday and Thursday, 8:30 a.m. in Lord & Taylor Court. Walkers must sign release form. Prizes for miles walked. 313-593-3330.

■ **Twelve Oaks Mall, 12 Mile and Novi.** Opens daily for walkers at 8 a.m. Use entrance doors at east side of mall between Lord & Taylor and J.C. Penney's. Club meets four times a year for health education seminars co-sponsored by University of Michigan Medical Center. Next session is April 12. A doctor will discuss prostate cancer with male walkers. Female walkers will hear update on estrogen replacement

therapy. Walkers receive instruction and club pin. Register at Customer Service desk. Walkers must sign waiver. 313-348-9438.

■ **Laurel Park Place Mall, Six Mile and Newburgh, Livonia.** Mall opens daily at 8 a.m., Sunday 11 a.m. Use Security Office entrance adjacent to park-

ing deck. Once around the mall equals a half mile. Club is co-sponsored by Botsford General Hospital, Farmington Hills. Special seminars and blood pressure testing 8-10 a.m. each first Monday of the month. Register in Security Office. Mileage cards and club buttons available. 462-1100.

Trim the fat from your recipes

Here are some suggestions for reducing the amount of fat in your favorite recipes:

- Replace some or all of the nuts and coconut in cookies or fruit crisps with uncooked oatmeal (for the nutty taste and texture without the fat).
- Modify cake, muffin and other dessert batters by reducing the whole eggs by one, then adding two egg whites. For example, two whole eggs and two whites instead of three eggs.
- Sauté with vegetable-oil sprays or small amounts of vegetable oils (2 teaspoons, heated, coats a 12-inch skillet)

instead of butter or margarine.

- Use small amounts of strong cheeses to add flavor without a lot of fat. For example, add 1 ounce of blue cheese to a recipe for vinaigrette instead of making a classic blue cheese-mayo-sour cream dressing.
- Top casseroles with fresh bread crumbs or bread crumbs tossed with a tiny amount of vegetable oil instead of high-fat cheese toppings and sauces. Or, if the recipe calls for 1 cup of grated cheese topping, use ¼ cup (1 ounce) instead and toss with ¼ cup of bread crumbs.

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