

# HEALTH & FITNESS

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FLORINE MARK

## Cooking a low-fat way is easy

We all know that low-fat cooking is the key to long-term successful weight management. But let's get real at the end of a long, hard day, do you really have the time or energy to shop or follow a long, complicated recipe? Well, I've got good news, it really can be easy. In fact, all you need is a little planning to stock the perfect pantry and prepare a healthy meal.

**Outfit Your Kitchen:** You don't need a lot of fancy tools to cook light. A few good non-stick fry pans and a plastic spray bottle for spritzing oil in pans or on food should do the trick. A rice cooker or crock pot allows you to combine ingredients before work and come home to a hot meal.

**Restock the Pantry:** Upgrading the nutritional value of the items in your pantry will instantly make for healthier cooking. Replace white flour with a whole-grain variety (whole wheat or oat), white rice with quick-cooking brown, and high-fat condiments (creamy dressing and mayo) with non-fat salad and mustard. Also change your oil — try to more flavorful extra-virgin olive or sesame oil.

**Make a Plan:** Spend a few hours looking through lot-fat cookbooks and select five meals that appeal to you and your family. Write them down on index cards with the list of ingredients on the back. Make several copies and keep them as your master shopping list. When you run out of something, circle the item on the list and refer to it next time you go to the store.

**Shop Smarter:** When buying produce, take advantage of all the new cooking conveniences at the stores today (ready-to-eat tossed salads and prewashed cut veggies). In the meat department, always choose the leanest meats like loin or round cut. Whenever possible, select the lower fat version of your favorite foods.

**Build the Pyramid:** The government recommends filling up on grains and veggies with protein as an accompaniment. Divide your plate into sections and fill half with fruits and vegetables, one-quarter with rice or grains and the remaining quarter with protein. Also, try vegetarian versions of your favorite dishes like meatless chili or vegetable lasagna.

**Accent with herbs:** Freshly picked herbs give food lots of flavor without adding any fat. Don't have a green thumb? That's alright, just pick up your favorite herb already potted at your local supermarket and keep on a sunny windowsill. Then snip off just what you need while cooking. The more you snip, the faster the plant will grow.

**Stock Up On the Weekend:** With more time to prepare healthy meals, you can make a double or triple batch of a healthy recipe and freeze extra portions for a great mid-week meal. If you do this two weeks end a month, soon you will have a variety of ready-made dinner options in the freezer.

Giving up calories and fat doesn't mean giving up taste! Try these low-calorie, low-fat substitutions and tips to still enjoy your favorite recipes.

- Add cooking oil or butter last, the taste will really come through and you can use a lot less.

- Saute or steam with one or two tablespoons of low-fat broth or cooking wine instead of oil.

- Make your cheese count by cooking with super flavorful varieties (such as aged Parmesan) and use less.

- Replace fat with equal parts of unsweetened apple or prune puree.
- Use ground turkey instead of ground beef.

Making just a few small changes in the way you prepare and serve food can lead to large steps towards a healthier way of life.

I love hearing from you! Please submit any question, inspirational stories or suggestions for upcoming articles to: "Talk to the Mirror," Weight Watchers Corporate Communications, P.O. Box 5072, Farmington Hills, Mich. 48334-2974, or fax: (810) 553-7108.

## Kids get a kick out of karate therapy

BY BARR PEIT TEMPLETON  
SPECIAL WRITER

Physical therapy "with a kick" — that's the way Stephanie Herrie, of Farmington Hills, describes the martial arts therapy courses she oversees at Providence Hospital in Novi.

Herrie, who is a physical therapist and program developer at the hospital, was already familiar with the unique therapy when she was hired at Providence in 1995. Shortly thereafter, the Southfield-based hospital agreed to sponsor the course for area special needs children. Herrie welcomed the opportunity to introduce it to her patients in pediatric.

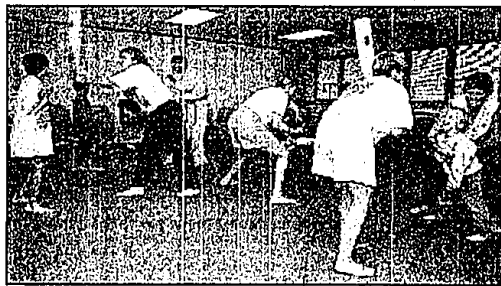
"This program is particularly good because so many of the children we see have balance, coordination and attention problems," said Herrie. "With the martial arts, you have to pay attention, listen and work on your balance and coordination."

The course at Providence is taught three times each week by Martial Arts Therapy, Inc. The firm, located in Berkley, has been offering the program locally for several years.

David Reicher, an exercise physiologist at St. Joseph Mercy Hospital-Oakland, is one of the founding partners in the business. He said they often host classes through recreation programs in communities such as West Bloomfield, Sterling Heights, Pontiac and Flint.

"This is a lot of fun and we get really good results from the kids," Reicher said. "One of our goals is to keep this as real as possible for them. We provide the sense who is a black belt and we offer training courses to the therapists who assist in the classes."

Herrie took Martial Arts Therapy's 24-hour training course prior to the inception of the program at Providence. That experience allowed her to see what type of moves would be required of the



STAFF PHOTO BY LAWRENCE R. MCKEE

**Karate kids: Children with balance, coordination and attention problems are benefitting from a martial arts program through Providence Hospital.**

students so that she could assist the instructors in planning the pace of the courses.

"Being a physical therapist, I was used to seeing the movement patterns of the children, but I had never taken any martial arts before," said Herrie. "I learned about the rules, the etiquette and the history."

Children ages 4 to 16 are invited to register for the courses which are eight-week sessions with 60-minute classes once a week. They get a T-shirt when they register and after the first eight-week course, they have the opportunity to get a karate uniform.

"We do start out slower but they get into front punches and block kicks and everything," Herrie said. "And it's broken down so they can earn their belts."

Two different courses are currently being offered at Providence. The therapy model course has the children more

involved in a one-on-one with the therapists. They are assisted in maintaining their balance whether it be while standing or practicing punching. Generally students attending this level course have cerebral palsy, Herrie said.

The amount of assistance depends on the child's needs," she said.

A new course recently added to the therapy program is a fitness model. The class can accommodate up to 12 students and a majority of the participants can stand independently. Students enrolled may have a less severe form of cerebral palsy, or Downs Syndrome, Autism, sensory problems or Attention Deficit Disorder, Herrie said.

"We are very formal and disciplined with them," Herrie said. "The instructors use the same protocol they use with other classes. If they don't pay attention or talk a lot they have to do push ups."

"We are not just interested in the

physical aspects," added Reicher. "Social interaction and motivation to try new, and different things are part of the program, too."

Instead of just practicing punches and performing blocking moves into the air, students use X-ray films and foam bats.

"We use the X-ray films for the punches and kicks because many of the children have sensory deficits and so hitting the X-ray allows them to feel it, hear it and see it," Herrie said. "The Nerf foam bats are used, we just tap them, so they can tell they are blocking something."

They also use cones for mini obstacle courses to fine tune balance and coordination. The last portion of the class is set aside for short sparring matches between the students and instructors.

Feedback from parents has been "wonderful" and a core group of students have been very enthusiastic and consistent in their attendance, Herrie said.

"We already have one student who will be ready for testing soon," she said. "It's really fun to see him and really the difference in all of them is so interesting to see. They have a whole different level of enthusiasm for the martial arts compared to when I see them for physical therapy."

Noting that the course's popularity is growing, Herrie is currently working on a grant proposal in hopes of garnering funds to offer the course to all special needs children regardless of the status of their medical coverage.

"This had really been enjoyable because I'm used to playing with children in physical therapy but this is so important to them, it's not just something they have to do. It's wonderful for their self esteem and they are so excited to tell their friends they do it."

To find out more about the course, call Martial Arts Therapy, Inc. at (248) 338-8858 or Stephanie Herrie at Providence Hospital (248) 380-4190.

## Violence is never the tip of the iceberg in a relationship

### HEALTHY TEENS



DR. ARLY MC CARTHY

Editor's note: The following is an excerpt from "Healthy Teens: Success in High School and Beyond" by Alice McCarthy, Ph.D. The Birmingham resident is a columnist for the country's public health and medicine. Read her More About Families column in Thursday's Suburban Life section.

More and more, today's teens are finding themselves in the kind of abusive relationships that in the past have been associated with adulthood and usually marriage. The following three paragraphs explain what every adult should understand about some of the characteristics of abusive relationships.

Violence in any relationship is never the tip of the iceberg. Violence is the iceberg, and any proof or sign of violence in your teen's relationship should mean an end to that relationship, whatever it takes to accomplish that. Adults need to clearly communicate displeasure about the violence in the relationship instead of just saying they dislike their teen's friend. Your direct verbal attack on an abuser may make your teen defensive, and make him or her want to stay in the relationship because you disapprove.

Adults need to step in — and step in strongly — in any instance where they believe their child is being verbally or

physically abused, coerced for sex, or has become involved with another teen or young adult that is breaking the law, using drugs or alcohol, or driving drunk.

### Relationship Dynamics

Abusive relationships are not always violent. Many times, the abuse takes the form of verbal, emotional and sexual behavior designed to intimidate and control the victim. If violence does occur in the relationship, it is rarely in the beginning, and even more rarely something that will end.

As in adult relationships, males are most frequently the abuser. Families of teenage girls should be wary of boys that seem violent, excessively jealous, or show signs of abusing alcohol or drugs. That much is just common sense. You may notice behavior in other young men that simply doesn't make your daughter feel good about herself. You may need to be very direct and ask your daughter what it is that makes a person attracted to someone who makes them feel bad. Below are some more warning signs of an abusive relationship.

■ **Isolation** — Families and teens need to know that isolation — from other social activities, friends, and even family — is really the first step into an abusive relationship. The abuser seeks control, and there is no better route to control than cutting someone off from all the other things in life that would point to the fact that something is wrong with the relationship. Isolation keeps

the victims of abuse silent and allows the relationship to continue.

■ **Fear** — Intimidation is another key part of abusive relationships. A victim may be subjected to almost constant criticism and made to feel accountable to the abuser for every action.

■ **Bruises and injuries** — As a caring adult, you have the right to ask your teen about bruises or injuries that you see. You may not get a straight answer back, which in itself should tell you something. Your teen may also try to hide bruises with clothing — long sleeves, slacks, or turtlenecks — or sunglasses or excessive make-up. He or she may try to avoid being seen by you for several days after an abusive incident.

### Stormy Relationships

Although not always violent, pay special attention if you see your daughter is involved in a relationship that is frequently stormy. The classic pattern for a battering relationship involves cycles of tension and emotional or physical "explosions," followed by apologies and attempts to win the partner back. The danger in stormy relationships is that the level of violence may increase with each succeeding cycle.

### Getting Your Teen Out

The victims of abuse are usually the last to see the abuse and frequently the least able to stop the abuse. Abusers in this sense, victims as well — are also unable or unwilling to see the relationship rationally. Your role as a parent is to put an end to the relationship and to

protect your teen. To end an abusive relationship, you may need to first seek help for yourself before you can help your teen. Talking with another adult you trust is always a good first step — your religious leader, your teen's counselor or school official, a crisis center counselor or someone in your state's or country's public health department. These individuals may be able to provide referrals for long-term assistance.

Use the tips below to talk with your teen, whether or not he or she is involved in an abusive relationship.

■ **Abuse in a relationship is a crime.**

■ **Violence against another person is a crime.**

■ **The abuser — not the victim — is the one at fault in abusive relationships and the one who is responsible to the legal system for criminal behavior.**

■ **The police can and do treat abusive relationships as a crime.** You or your teen can report abuse at any time.

### To Families of Young Men

Parents and other caring adults, schools, and law enforcement agencies are increasingly holding young men accountable for aggressive or violent behavior that in years past was largely considered "normal." Many families today are teaching their young children and their teens that violence is never the solution to a problem. If you suspect that your son is the abuser in a relationship, understand that your son needs help. The first step is putting an end to the abusive relationship. The second step is getting him some professional help.

## HEALTHY LIVING

**Healthy Living spotlights Oakland County-related health and medical news and information. To submit information write: Healthy Living, Observer & Eccentric Newspapers, 805 E. Maple, Birmingham, 48009. Fax: (810) 644-1314. Email: obrienm@oeonline.com.**

### LECTURES & TALKS

#### BREAST FEEDING PREP

A two-hour class providing information and encouragement to expectant mothers as they prepare to breast feed, is being sponsored by Providence Hospital in Southfield. The class will be held from 7-9 p.m. July 29 at the hospital in Southfield. It will cost \$15. For information call 1-800-969-6695.

#### WEIGHT REDUCTION CLASS

Learn to lose weight, burn fat,

make new habits and use calorie-free stress reducers at the weight reduction class sponsored by the Oakland County Health Division. The free class will meet five consecutive Tuesdays from 8:30-8:30 p.m. Aug. 26 and Sept. 2, 9, 16 and 23 at the division's west office classroom, 1010 E. W. Maple Road, Walled Lake. You must preregister by calling (248) 645-1150, ext. 85316. Class size is limited.

#### NEW DADS

A Donors Hospital class for "Dad's Only" will teach the basic care and safety techniques for a baby's first year of life. The class will be held from 7-10 p.m. Aug. 6 in classroom F of William Beaumont Hospital, 44201 Dequindre Road, Troy. The class is \$20. To register, call 1800-633-7377.

#### LASIK SEMINAR

A free vision correction seminar is being sponsored by the Beilman Laser-Eye in West Bloomfield will be held at 8:30 p.m.,

Aug. 6 at the DoubleTree Hotel in Novi. The seminar will discuss LASIK, a surgical method to correct moderate and high degrees of nearsightedness and astigmatism. For information call 1-800-826-EYES.

### ONGOING PROGRAMS

#### WELL CHILDREN

Oakland County Health Division's Child Health Conferences provide free, ongoing well care for children from birth to school entry. Families who do not have an HMO or Medicaid may be eligible. Clinics are held at 14 locations throughout Oakland County. Services include heights and weights, physical examination, immunizations, vision, hearing and lab tests, growth and development, screening and counseling. For more information, call (248) 858-1311 for northern Oakland

County or (248) 424-7066 for southern Oakland County.

### WHAT'S NEW

#### HOSPITAL RELATIONS

Rhea Heil of Oakland County was recently elected public relations director of the Michigan Association of Hospital Auxiliaries at its annual meeting. Heil has volunteered more than 16,000 hours during 34 years of volunteering at Grace Hospital in Detroit.

#### BIPOLAR STUDY

The Davis Counseling Center and Michigan Youth and Family Development in Farmington Hills are launching a study of the long-term effects of early diagnosis and treatment on bipolar disorder in children. The center is looking for children under 6-years-old to participate in the first-ever study. For information, families should call (248) 653-8550.

#### MANAGED CARE STUDY

Dr. Kathleen Yaremchik, an otolaryngologist at Henry Ford Hospital, was elected to the National Committee for Quality Assurance Practicing Physicians Advisory Council. As a member of the council, Yaremchik will identify areas for improvement in managed care systems. She is a resident of Bingham Farms.

#### NEW OPTOMETRY OFFICE

Henry Ford/First Optometry has moved its Lake Orion office to a larger office next door. The new location is 684 S. Laplace Road and will bring new services and expanded hours. Among the new services are same-day contact lens fitting for most prescriptions. An on-site lab will allow many patients to receive new glasses in an hour. The office will be open from 8 a.m. to 4 p.m. with evening appointments in addition to regular weekday hours of 8 a.m. to 6 p.m.