

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 MI, 48009. Or fax: (248) 644-1314.

GILDA'S CLUB

Located in a renovated farmhouse at 3517 Rochester Road, Royal Oak, Gilda's Club, Metro Detroit is now open for men, women and children with all types of cancer.

"It seems fitting," said Executive Director Joyce Biehler, "that in a month celebrating Valentine's Day, Gilda's Club is open to offer people living with cancer a place to share their experiences and develop strategies for living with cancer. This is the realization of Gilda Radner's dream, it is her Valentine to our community."

Named in memory of the late comedian and former Detroit, Gilda Radner, Gilda's Club is a free cancer support community for all people with all types of cancer. It offers social and emotional support to augment medical treatment received elsewhere. Persons recently diagnosed with cancer should call (248) 577-0800 to inquire about the weekly New Member Meetings.

A staff of registered/certified professionals facilitates the program at Gilda's Club which includes weekly wellness groups for people with cancer and weekly family groups for family members and significant others.

Teen troupe offers a volunteer opportunity for teens with cancer or affected by the cancer of a family member or friend. Lectures on cancer related topics, and workshops in yoga, meditation, light exercise, healthy cooking, nutrition, art, music, and writing will be included in the schedule. Children with cancer or children affected by cancer will enjoy Nookiland, a supervised children's play area, enriched with fantasy murals created by volunteer Kate Paul, artist.

Gilda's Club, Metro Detroit is the third Clubhouse to open in the country after New York City and South Florida. Clubs in Chicago and Quad Cities will open in 1999 and there are plans for clubs in Greater Toronto; London, England; Nashville; North Coast, Ohio; Seattle; Grand Rapids; Westchester and Northern New Jersey. Festivities celebrating the opening of Gilda's Club, Metro Detroit will be Thursday evening, April 30, 1998, May 1 and May 2. On Thursday, April 30, Founding Members will be invited to a strolling buffet supper. Founding memberships, at five hundred dollars per person, are available by calling (248) 577-0800. The names of Founding Members will be permanently displayed on a plaque in the Clubhouse. On May 1 and 2, the community is invited to complimentary open houses.

STOTT CORE CONDITIONING

If you have resolved to get in shape - and this time you really, really mean it - an intelligent approach to exercise may be just what your body and mind need.

Stott Core Conditioning, based on the teachings of late fitness guru Joseph Pilates (pi-la-teez), is a neuromuscular approach to fitness promising stronger, leaner muscles, improved posture and pain relief. A new video, Stott Core Conditioning: Essential Matwork, produced by Motra Stott, a former dancer with England's Ballet Rambert and City Ballet of Toronto, is designed to help people get started (\$24.95 call 1-800-567-8688). See www.stottconditioning.com.

"Stott Core Conditioning yields such significant results and feels so good to do that people stick with it," says Ms. Stott, whose video Health & Fitness Magazine (U.K.) describes as "a godsend for all those keen to try Pilates-based exercise but unable to find or afford personalized instruction."

Beginning with a selection of precision exercises done on a mat, the 55-minute video finishes by incorporating the Fitness Circle(R) Exerciser - a versatile piece of resistance equipment. An emphasis on proper breathing ensures participants finish the workout feeling refreshed, not exhausted. The method of exercise has been a well kept secret among dancers for years but is quickly gaining mainstream popularity with burnt-out baby boomers, pro-athletes and rehab patients.

"By taking the teachings of Joseph Pilates and updating them to include what we now know about body, we can offer a totally effective and safe exercise regime," says Ms. Stott, co-founder, with husband Lindsay Merrithew of the Stott Group of Companies, which provides classes, videos, teacher training, certification, and fitness equipment - all based on the teachings of Joseph Pilates. For Stott Core Conditioning: Essential Matwork (\$24.95) Fitness Circle(R) Exerciser (\$59.95) call 1-800-567-8688 or see www.stottconditioning.com.

BULLER CHIROPRACTIC CLINIC

The Rochester Hills-based Buller Chiropractic Clinic has announced the opening of a new community resource - the Children's Chiropractic Information Center (CICC). The Children's Chiropractic Information Center has been established for the use of all parents concerned with their children's health. If your child suffers from asthma, allergies, ear infections, hyperactivity/ADD, colic, frequent colds, for example, this facility will enable you to discover your health care options. And if you have questions about antibiotics, vaccines, or other medications given to children to treat illness, the CICC can provide answers.

The CICC, located at 294 W. Tienken Road inside of the Buller Chiropractic Clinic, is open to the public Monday through Saturday during regular office hours. Call 1-888-880-KIDS for specific times or more information.

AMERICAN HEART ASSOCIATION

The American Heart Association's Michigan affiliate will present Jimmy Launce with the Cor Vitae (Heart of Life) Award next month. The award will be made on Friday, March 6 at the AHA's 11th Annual Heart Ball in Dearborn. Launce has been involved with various AHA events since 1988, the same year he underwent quintuple by-pass surgery.

The Dearborn Inn is the site for the event, which features cocktails at 7 p.m. and dinner at 8 with a live auction to follow. Tickets are \$200 each and proceeds will be used to fund research and community education programs.

For more information about the Heart Ball, contact Mary Ann Sinar at (248) 557-9500, ext. 27.

WILLIAM BEAUMONT HOSPITAL

A Childbirth Education Refresher class, a review of the labor delivery process and newborn breathing techniques, for expectant couples is scheduled for Saturday, Feb. 28 from 9 a.m.-1 p.m. at the Beaumont Medical Building, First Floor Classroom, 6700 N. Rochester Road, Rochester Hills. Cost is \$25. Call 1-800-633-7377 to register.

VOLUNTEER OPPORTUNITIES

Your local American Cancer Society is in need of help from volunteers. There is something for everyone, whether you wish to volunteer on a regular basis or when your busy schedule allows. Contact the ACS's Volunteerism Department at (248) 557-5353 ext. 336 to find out how you can be a member of the American Cancer Society Team.

Quick to the punch

New classes a hit at karate studio

BY CHRIS MAYER
STAFF WRITER

Tae Box Aerobics was an instant hit at the Birmingham Karate Studio. And studio owner and head instructor Peter Malota is not surprised.

"To be honest, I kind of knew it was going to be popular," Malota said during a recent phone interview from Los Angeles. "It's so unique and so different. It encompasses a lot of the things people will like to do as far as a workout is concerned."

Tae (meaning foot) Box Aerobics, a low-impact kickboxing-style class set to music and combining high energy conditioning with controlled boxing and kicking techniques, and Kick Boxing are the two latest additions to the Birmingham

Karate Studio's repertoire. Both classes began last December, and the response has been outstanding.

Malota, who is in California working on a movie project, sports over 24 years experience as a martial arts expert in Tae Kwon Do and Hapkido (Tae Kwon Do is characterized by a variety of kicking techniques and Hapkido is an excellent self-defense art that utilizes close-up defense movements.) He says combining martial arts with aerobics is appealing for a variety of reasons and the workouts will quickly flourish among fitness enthusiasts.

"The Tae Box Aerobics started here in California about six or seven years ago and I think it's a tremendous addition to

our studio," Malota said. "It gives you an opportunity to learn some basic self-defense skills and enjoy a aerobic workout. It's a structured, 60-minute class, but it's not a rigid martial arts class. Participants can wear sweatpants and T-shirts and things like that, and it's really a fun atmosphere."

"This is a great way to introduce people to martial arts - especially for those interested in getting involved but maybe were afraid to."

Kick Boxing is an all-bag workout, combining various martial arts and boxing techniques. Participants will learn quickness, balance and coordination while getting in shape.

Malota says everyone can benefit from martial arts train-

ing, but he admits the new classes at the Birmingham Karate Studio have appealed to women in particular.

"I think women like the punching and kicking and learning the self-defense moves," he said. "And the classes provide a great workout and an effective way to reduce stress."

The Birmingham Karate Studio is located at 555 S. Old Woodward Avenue in downtown Birmingham. The facility also offers Kids Karate (Tae Kwon Do) for children 6 years and older, a basic Tae Kwon Do class for children 4-6 years of age called Power Rangers, and Adult Karate.

Call (248) 646-6608 for more information.



STAFF PHOTO BY BILL KARPEN

Welcome workout: Instructor Katrina Malota (front) helps lead a recent Tae Box Aerobics class at the Birmingham Karate Studio. Tae Box Aerobics is one of two exciting additions to the studio's list of classes.

Maintain healthy lifestyle at work

If you've ever tried to lose weight and get in shape, then you know how important it is to only keep healthy foods around the house to avoid temptations.

If you open up the pantry and your choices include cookies, chocolates and potato chips, it will be pretty difficult to opt for a celery stick instead. That's why it may be easier to eliminate those selections from your cupboards altogether, so you can live in a more controlled environment.

However, at the office it's a whole different story. In many companies, the break room is lined with vending machines stocked full of candy. The cafeteria may feature burgers, french fries, and chicken nuggets, and every other cubicle has a tempting candy jar on the desk. The fat and calories can be almost impossible to avoid. Despite all the common dieting pitfalls at work, you can have control over what you put in your mouth. If your company won't change its ways to offer healthier options, you'll have to take matters into your own hands.

Bring your own lunch to

work

When you grocery shop each week, plan for healthy lunches as well. They don't have to be difficult either. Most supermarkets carry a variety of salad-ready mixed greens in a bag. Add your favorites fresh veggies and a low-fat dressing and you have a quick, healthy lunch! Or load up a pita pocket with some tuna, tomatoes, sprouts and mustard for a delicious sandwich.

You can also bring a piece of fruit or some non-fat yogurt. All that adds up to a hearty, healthy, low-fat meal, possibly saving you hundreds of calories and dozens of fat grams.

And don't forget about something to drink. Soda pop is very high in empty calories and diet sodas aren't good for you either. Bring some bottled water with a slice of lemon if you prefer or some fruit juice to accompany your lunch.

Keep healthy snacks in your desk for those midday munchies

Fresh fruits and vegetables like bananas, oranges and crunchy baby carrots are ideal for snacking on, but other healthy options include dried fruits, air-popped popcorn, rice cakes, salt-free pretzels and fat-free granola. Another great pick-me-up is low-fat string cheese with crackers.

Recruit support

Everything is easier with

encouragement and praise. If you can get even one colleague to join your healthy habits, it will help your efforts a lot. Maybe your friends can take their candy jars off their desks to eliminate the temptations for you.

The next time you have a morning meeting, add bagels, sliced fruits and low-fat bran muffins to the menu to avoid the tempting selections of donuts and coffeacakes.

Take a break from the calorie pitfalls

The easiest way to avoid dieting pitfalls at work is to get away from the places that are the most dangerous to dieters. Don't even go into the cafeteria if that's where your willpower is weakened. Instead, find a pretty park or a quiet bench in a nearby mall where you can eat your packed lunch. Bring a book along for a relaxing escape.

Don't just sit there!

Sitting all day at work is not a good way to shed those unwanted pounds. You need to try to get more exercise at work. Sound crazy? It may be easier than you think.

You can start by parking at the farthest end of the parking lot. When you walk inside, skip the elevator, and take the stairs whenever possible throughout the day. If you take a few five-minute breaks during your workday to walk up and down the stairs, you will energize

yourself as you burn calories.

Do arm curls with hand weights while you're on the phone or when you have a free minute between meetings. Walk down the hall to give someone a message rather than picking up the phone and making a call.

Bring your tennis shoes so you can spend 20 or 30 minutes of your lunch hour taking a brisk walk. Getting bits of exercise throughout your workday can really help your health and rejuvenate you upon returning to work.

A healthy lifestyle cannot just be in effect on weekends and evenings. In order to maintain a weight-loss plan, you must include healthy eating and exercise into your schedule each day, including at work.

Actually, it's fun to do something different during your workday. And who knows? Maybe your healthy habits will catch on and you'll have the whole office joining you on your daily walk!

I read every one of your letters and I love your comment! Please keep writing me with any questions, inspirational stories or suggestions for upcoming articles to: "Talk to the Mirror," Weight Watchers Corporate Communications, P.O. Box 9072, Farmington Hills, Mich. 48334-2974, or call Weight Watchers at 1-888-3FLORINE.

(Florine Mark is an appointee to the Governor's Council on Physical Fitness and the Michigan Fitness Foundation.)

TALK TO THE MIRROR



FLORINE MARK