Farmington Training Center

Improvisation brings home Weight Watcher message

By Loraine McClish

Retty McKenzie describes her job in Farmington Training Center as "get-ing them fired up to go home and not eating."
She takes on that job every Friday in two back-to-back classes of Weight Watchers brought into the center by teacher Santosh Kapil.

One class is an elective students can choose for leisure-time education. The other is part of the curriculum and includes more academic studies in nutrition.

"But both dovetall into the feeling-good-about-yourself self-concept that is so Important in all of our teachings here," Kapil said.

"When social life is lacking, people eat. That's a common problem with these students. Then some of them have physical problems that in themselves encourage the eating binges.
"Now they are learning to set goals to make themselves look better and

feel better. Weighing in time is the feedback they need to help them walk toward that goal."

Kapil, who was on a weight-loss regimen herself, sough help from Weight Watchers because she believed, and now says she's proved, that the Weight Watcher concept would be the most easily improvised, as well as most beneficial for her mentally impaired students.

THE IMPROVISATION comes from Weight Watcher lecturer McKenzie, who has brought the full program down

to its simplest level.

Games are played with cutout pictures pasted on paper plates.

She may bring three apples of different size to a class to convey the meaning of a medium-sized apple, for instance.

stance.
During her "lecture," she will talk about vitamins contained in a given food. Or she may talk about the roller skating party some of the students attended during the past week to bring in a lesson on exercise.

"Thave gotten a few of them to start running as their substitute for eating, because eating is their substitute for eating, because eating is their substitute for something to do," she said. "I have a whole string of suggestions for what to do to prevent the eating bings."

Her students all wear Weight "Sicher buttons while going through the eatletria line for meals prepared by the center's cooks in cooperation with the program. The content of the cooks of



Teacher and students exercise together as Betty McKenzie carries on with a running commentary about proper diet and exercise.

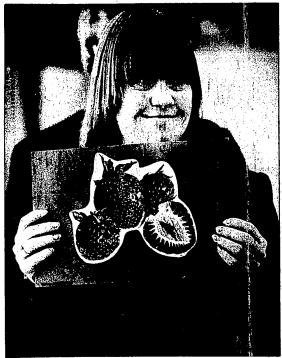


Betty McKenzie takes materials supplied by Weight Watchers 'Personat Program' and converts them into an easy lesson on the four basic food groups.





The weighing-in ritual leads off each Weight Watchers class. Lynn Bulman (above) gets the good news from teacher Beity McKernzie, and (right) students and staff applaud after the announcement of the weight lead.



Mary Roller takes part in a discussion of how it feels to be on a dief. Students set their own goals in the weight loss program

and steadily gain confidence as they see

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