

## HEALTH News

## Keep goals in sight when starting new exercise, diet program

TALK TO THE MIRROR



FLORINE MARK

During her swim, the hard-ent thing to bear was the bone-chilling cold. She tried to see

the shore but all that met her eyes was thick fog. She knew she couldn't go on.

And so, after 16 hours and 55 minutes, she was lifted out of the water only to discover that she was only 1/2 mile from the coast. She felt like a failure.

She told reporters, "If I could have seen land, I know I could have made it." Two months later she tried again.

This time she knew that there was land somewhere behind the fog. This time she knew what to expect. And this time she made it, beating the

men's record by two hours!

Close The Kitchen - In winter people tend to hibernate and spend too much time in the kitchen.

When you watch TV or entertain guests, do so in another room. You'll be less likely to snack. Shut off the lights if you have to.

Clean Out Your Refrigerator - Remove anything that might tempt you to stray. Donate any food gifts you received to a homeless shelter or soup kitchen. Keep any remaining high fat foods out of sight and

reach.

Don't Try To Be Perfect - Give yourself an occasional treat but don't keep tempting foods in the house. If you really want something bad enough, you'll go out and get it.

Re-evaluate Portion Sizes - Over the holidays we tend to indulge in larger portions and eat until we're stuffed. Try leaving half of everything on your plate and wrapping it up for lunch tomorrow.

Sip, Sip, Sip - Instead of snacking, try sipping some hot tea, fat-free cocoa or a steam-

ing mug of low-calorie soup. The hot liquid will be satisfying and make you feel full.

Get Moving - To burn off excess pounds, you need to do some sort of physical activity for 30 minutes each day.

This doesn't have to be done all at once.

You can break your workout into three, 10-minute smaller sessions and still achieve the desired results.

Variety - If you hate to exercise, do something you love or try something new. Dancing, hiking and jumping rope are all

good alternatives to traditional workouts.

Most of all don't give up! Remember you still have 366 days to reach your goal.

I would love to hear from you. Please submit your health and nutrition questions, 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.

Florine Mark is president and CEO of Weight Watchers Group Inc., Farmington Hills.

## Epilepsy Center named best managed non-profit in annual contest

Crain's Detroit Business has named the Southfield-based Epilepsy Center of Michigan a winner of their seventh annual "Best Managed Nonprofit" Contest.

The announcement was made in Monday's edition of the weekly business newspaper.

The Epilepsy Center was a winner in the category of non-profit organizations with budgets under \$3 million.

Non-profit organizations in Wayne, Oakland, Macomb, Washtenaw and Livingston counties are eligible.

"This is incredible news," said Arlene Gorelick, executive director of the Center.

"We are elated to have the work we do for people affected by epilepsy recognized in this manner."

Organizations that enter the contest are evaluated in the

following areas, according to Ruth Benedict at Crain's Detroit Business:

• overall financial health and diversity of funding sources;

• effectiveness and efficiency of management, board, staff and volunteers;

• evidence of agreement between the organizations stated purpose, mission and goals and actions;

• innovation and problem solving;

• and utilization of diverse resources (from money and volunteers to in-kind gifts, training and technology).

Judges cited the Center's strategic management and courageous changes, including the transferring of medical services to the Detroit-based Henry Ford Health System, as noteworthy.

They also praised Center efforts in legislative advocacy,

noting a successful campaign to block a repeal of the state's motorcycle helmet law.

Founded in 1948, the Center is the state's only non-profit organization focusing solely on epilepsy.

The Epilepsy Center provides seizure management, employment, advocacy, epilepsy awareness, individual and family support, and telephone information and referral services to people with epilepsy,

their families, and the general public.

People throughout Michigan can call the Center for help at 1-800-377-6226.

Epilepsy is a disorder of the brain characterized by a ten-

dency to have recurrent seizures.

A seizure is caused by an unusually large burst of electrical energy within the brain. Over 90,000 people in Michigan have the disorder.

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