

ONGOING

Self-Help groups
Anyone seeking information on a variety of self-help groups may call the KID...
Self-Help Cleaning House at (877) 771-5556.
Grief support
Angela Hospice offers ongoing grief support groups every second and fourth Tuesday of the month at the center, 1400 Newburgh Road, Livonia, Call (734) 464-7810.
Bipolar
The MDDA Bipolar Support Group meets

MEDICAL DATEBOOK

3:5 p.m. the second and fourth Thursday at Beaumont Hospital, Administration Bldg., 3601 D Middle Road, Royal Oak. Call Kathie at (248) 544-1097.
Divorce support
The Women's Resource Center at Schoolcraft College will offer a "Divorce Support Group" 7:9 p.m. the second and fourth Tuesday of each month. Call the WRC at (734) 462-4443.
Bereavement
"Together to Share," a grief support group, meets 10 a.m. the first Monday

of each month at American House on Middlebelt Road in Livonia. The group meets 3 p.m. the third Thursday of the month at DeWitt Nursing Center on Middlebelt Road in Livonia. Both groups are facilitated by a bereavement coordinator from Heartland Hospice in Southfield. Call (800) 770-9859.
Overeaters Anonymous
Support group for overeaters meets 7 p.m. every Wednesday at Providence Hospital, 16001 W Nine Mile Road, Southfield. Call (248) 331-4911.

Alcoholics Anonymous
Everyone is welcome to Providence Hospital-sponsored AA meetings held Monday and Thursday at Providence Medical Office Center-Novi, 39500 W 10 Mile Road (at Haggerty), Novi. Call (248) 348-9362, noon every Wednesday at Mission Health Center-Livonia, 37995 Seven Mile Road, Livonia. Call (734) 953-3000.
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EXERCISE

FROM PAGE C6

and rowing. Swimming is especially good for people with arthritic joints.
Make stretching a part of your exercise ritual. As we mature through life, we lose flexibility and strength. Stretching helps maintain flexibility and prevent injuries, and has also been shown to increase strength. Stretch before and after your exercise activity for about 10 minutes. Hold each stretch for 30 seconds for maximum benefit.
And don't forget about strength training. New research shows that you are never too old to start lifting weights.

Increase body tone by using lower weight and higher repetitions. Three sets of 10 reps is the classic structure, but the key is any strength training is to gauge muscle fatigue. If your last rep feels as fresh as the first, the weight is too light. If you cannot finish the last set, the weight is too heavy.
Want a sure way to stop working out? Exercise that you hate. No matter what goals you set, you will not stick to an exercise program if you don't enjoy it. So try different things, see what you like, and put your body in motion!

Steven J. Karageanes, D.O. is a sports medicine physician at Henry Ford Center for Athletic Medicine. Contact him at (313) 972-4200.

RESOLUTIONS

FROM PAGE C6

tical arts, tennis or aquatics. Group fitness classes are supervised and taught by fitness professionals. Absorb their knowledge. Being with other people in a regularly scheduled class may be more fun and motivating. It may also help you stick with your exercise routine.
4. Share your resolutions with a friend. Ask him to help keep you on track, or ask her to be your workout partner. Confide in someone that you trust to be kind, honest and motivating. If you have someone to report to, you may be more likely to reach your goals. Having a workout partner can help both of you. You are 60 percent more likely to maintain your workout program if you have a workout partner. Don't have anyone to work out with? Make friends at the gym or pool.
5. Keep a journal. In addition to your personal contract, you may want to keep a journal or jot some notes down describing your nutrition choices that day,

sleep habits, how you felt during your workout, if you achieved your goals for the week. Tracking your thoughts and habits may help you discover barriers, or even increase your confidence for meeting your goals. Review it every couple of days.
6. Be realistic. Start easy and build a pattern of success before moving on to larger commitments. Make sure initial goals are realistic. Expecting too much too quickly can lead to failure. Once you meet your three to five goals after at least six weeks, make new goals and create a new personal contract to achieve them.
7. Reward yourself for meeting intermediate goals. Get a massage, go to the spa, buy a new piece of clothing, an item you have wanted, or an overnight stay in a hotel. You decide your rewards. They can also be simple and fun.
8. Make an appointment for a fitness evaluation to assess your current fitness level before you start a workout program. You will wish you did when you see the positive results after months of hard work. Set a date to get another assessment in six

months to monitor your improvement. Fitness tests can measure your cardiovascular fitness level, flexibility and strength, while also assessing body fat, blood pressure and heart rate.
9. Schedule a personal training session or two. Meeting with a certified fitness professional can get you on the right track from the start. You can meet with him or her periodically to modify your workout or on a more regular basis if you feel you need the assistance or motivation.
10. Schedule a reunion with a person you have not seen for a while. This can give you a date to aim for reaching your fitness or nutrition goals and surprise him or her with your new look.

The reward system can be a great tool for your success, as long as you are not rewarding yourself with food, especially poor food choices. Assign a point value to a gift you want, then designate so many points for each small goal you reach. Soon, you have accumulated enough points to earn your gift.
"Most people are very committed to losing weight and getting more fit in the beginning of the year," said Klebba. "Just remember, it takes a combination of all components - cardio, strength, and proper nutrition - and proper nutrition is to make long term healthy changes to your body."
These fitness and nutrition experts work with individuals and also speak to corporate or community groups. For more information, contact: Chris Klebba, Northville Water Wheel Health Club, (248) 449-7634; Mark Papineau and Joe Staciura, Livonia Family YMCA, (734) 261-2161; Sherri Kline, Livonia St. Mary Mercy Hospital, (734) 655-8962.
Best of luck achieving your New Year health and fitness resolutions for 2003!

REALISTIC GOALS

The main objective is to set small goals and work your way slowly to a healthier lifestyle, with exercise and nutrition. It is a behavioral change, not a quick fix. Be patient.
"We set a lot of people who start out setting their goals too high and that can result in failure," said Papineau. "Success begins with reaching the smaller goals first."

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NUTRITION

FROM PAGE C6

self-awareness. You will eat healthier when you have to track your food choices. It helps you realize your food patterns, whether or not you are choosing too many breads and not enough fruits and vegetables.
Eat when you are hungry and stop when you are full. This sounds very simple but can be hard to do. Start by recognizing when you are hungry. Next, check your hunger halfway between your meal, asking yourself, "Do I really need a third helping?" Stop when you are comfortably full - not holiday meal stuffed.
Listening to your internal cues of hunger and fullness is the best way to manage your food portions.

Don't let emotions rule your food choices. Eating can be a very emotional issue. People eat when they are happy, sad, bored or stressed. Realize why you are eating compared to being physically hungry. For example, if you eat when stressed, find a nonfood way to combat the stress such as exercise, talking to a friend, or taking a relaxing bath.
Consult a professional. Make an appointment with a registered dietitian, or attend a weight loss program. Start out right. Accountability will also increase your success.
Take it one step at a time. One week try adding more vegetables, next start your food diary, and so on. After a couple of months, you will make a significant improvement in your nutritional intake and overall health!

There Is an Alternative to Nursing Home Care
Families today are in search of much needed care for their senior family members. Yet, they know that the institutional environment of a nursing home that focuses on ailments and infirmities is not always a good choice.
There is a better senior living alternative - Sunrise Assisted Living.
Here, in a beautiful homelike setting, residents enjoy supportive health care for all the realities of advanced age and the promise of new friendships, too. Sunrise is a positive and lively senior living option, where quality of life is a great priority at all physical care. And... Sunrise is far less expensive than a nursing home.
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