

Exercise to diminish appetite

SOUTHAMPTON, Pa. — Bothered by so-called "middle-age spread" and looking for a good way to diminish appetite? Try a little physical activity.

Most people know that inactivity leads to weight gain — but many don't realize, says Dairy Council Inc., that frequent exercise by the normally sedentary person helps to diminish appetite.

Many people also mistakenly believe that a great deal of exercise is necessary for weight loss, but this belief is a myth. Incorporating physical activity in your daily routine, can help you lose a significant amount of weight over time.

Timing is important. Findings of a recent Cornell University study support the theory that the heaviest meals should be consumed at breakfast and lunch, since people are more active during the day and can more easily burn off the calories from these meals.

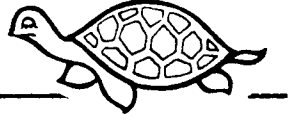
Due to physical activity, high sweat rates, and extreme environment, the body may become dehydrated and water should not be restricted. Physically active persons should recognize early symptoms of heat injury: hairs "standing on end" on chest and/or upper arms, chilling, throbbing pressure in head, unsteadiness, nausea, and dry skin.

To avoid intake of empty calories, foods containing complex carbohydrates are recommended. Some of these foods are: dairy products — skim milk (liquid or powder) chocolate milk or cocoa made from skim milk liquid or powder, and yogurt; vegetables — beets, carrots, corn, parsnips, potatoes, rutabages, squash, tomatoes, and turnips; beans — baked, lentils, kidney, limas, pinto, blackeye, and garbanzo; fruits — apples, apricots, cherries, grapes, oranges, peaches, raisins, all dried fruits; cereals — barley, enriched cereals (cooked and ready to eat); breads — whole grain or enriched; crackers and snacks — breadsticks, graham crackers, popcorn, pretzels, rice crackers, pasta — enriched and whole grain; and soups — vegetable soups, bean, lentil, and soups made with barley, rice, and noodles.

Physical fitness is possible at any age, and is reported to benefit conditions from constipation to sleep, and even to restore cardiovascular capacity of heart attack victims.

Once you begin your exercise program it is important to stay on it. A program that is maintained for at least 20 minutes three times a week, on alternate days, should show marked improvement in vitality and fitness.

**DON'T
BE
SLOW**

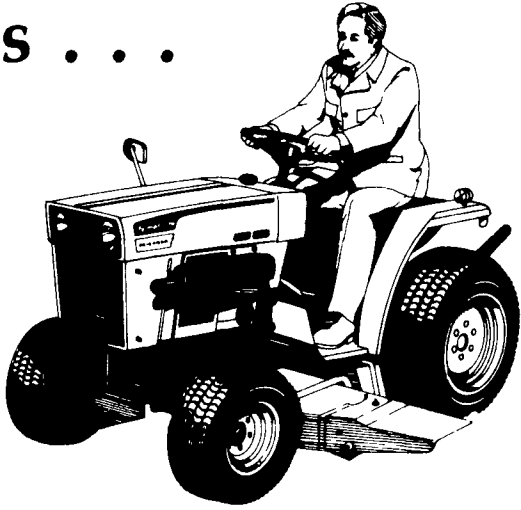


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Beware of supermarket thieves

DELAWARE COUNTY — Supermarkets, the most frequent shopping destinations, are high-crime locations, says Maryetta Dorricott, Delaware County Extension Home Economist. Many kinds of theft are committed in a supermarket. A thief may take your entire purse, just one article in it, or maybe even your groceries.

To avoid being the victim of supermarket thieves, don't tempt them. Never set your handbag on a shopping cart, even if you have a child with you to watch it. A child's attention span is short and even a minute away from the purse can

lead to theft.

Carry your purse on your arm, keep it in front of you and have it closed. Never let it swing behind you and never twist the strap around your arm, unless you want to risk a broken wrist if someone tries to grab the handbag.

If you do lose a handbag or wallet in the supermarket, report it at once and ask the store personnel to help you try to find it. A supermarket robber, to avoid incriminating evidence on his person, will remove the cash, perhaps the credit cards, and then discard the wallet.

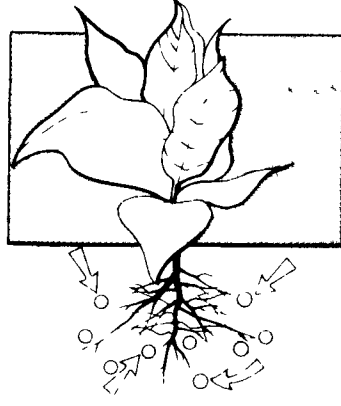
Keep only the things you will need in your purse. If you won't need your credit cards, don't bring them. You'll only need one, if any, for identification. Pay by check. A check will not attract the interest

that a lot of cash will. If you have to pay with cash, remove only the amount of money you will need from your wallet.

If you lose your handbag and it contains keys and identification, change the locks on your home and car. Better still, never identify anything with your address. Your Phone number will be enough to let someone who finds your lost articles get in touch with you. Don't let a thief who has your keys know where you live.

Never leave your cart to go to your car. Remember, once you leave the store, your groceries are your property. Lock your car after loading it with the groceries. Then return the cart after checking to make sure you have removed all items. Penn State is an affirmative action, equal opportunity university.

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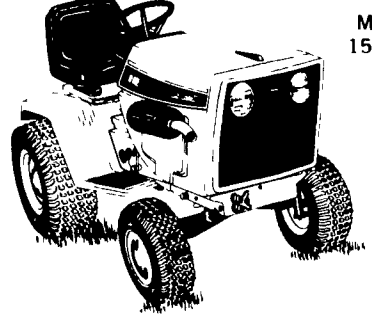
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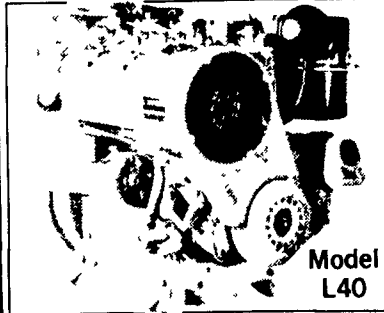
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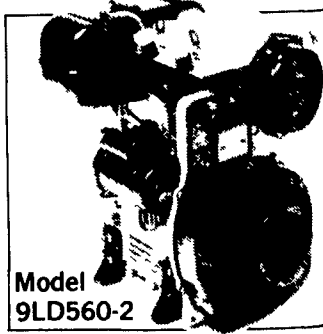
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