

**Family Living  
Focus**  
by  
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3. Eat bright: Include lots of colorful fruits and vegetables. Five servings a day will help ensure plenty of disease-fighting nutrients.

4. Eat whole: Enjoy the nutrient combinations in whole foods. Whole grain foods are packed with fiber, folic acid and other nutrients for health. Look at the label to be sure you are getting 100 percent whole grain foods. Also, low-fat and fat-free dairy foods are an essential part of a healthy weight loss diet so include at least two servings per day.

5. Eat strong: Put some protein in every meal and snack. Protein, more than carbohydrate or fat, leads to feelings of fullness and satiety. Solid protein (rather than liquid, like milk) is more satisfying. Include small amounts when you eat to help in weight loss.

6. Eat half: Re-size super portions. Today's portions, whether restaurant, fast food, vending, or cookbooks, are larger than portions served 15 to 20 years ago. Many servings are two to four times what our body needs, so cut your portions in half and save the rest for later.

Along with changes in eating habits we also have to increase our level of physical activity to

achieve a healthy weight. While any amount of activity is better than none, experts suggest a total of 30 to 60 minutes per day. Again keep in mind that the best way to increase your physical activity is to start with small changes over time that you can live with forever.

1. Move more: Every step counts. The goal is to spend more time moving and less time sitting. Aim for at least 30 minutes of physical activity a day; at least 10 minutes at a time; at least five days per week.

2. Move often: Be active throughout the day. It is often more realistic to find 10 to 20 minutes at a time to be active than a whole hour at a time.

3. Move inside: Walk the stairs, the halls, and the mall. Weather, work, and hectic schedules can be obstacles to increasing activity. So build more steps into your inside routine: Take the

stairs, walk around the office while on the phone, or take an extra lap at the mall.

4. Move outside: Walk, bike, blade, mow, rake, and shovel. Whatever gets you moving outside is good physical activity.

5. Move for fun: Skip, dance, swing, and fly a kite. Think of things you enjoy doing that get your body moving and do more of these. Dance with someone you love, walk the dog, play with your kids, or vacuum to music!

6. Move together: Join a class or walk with friends. Making a commitment to someone else can make it easier to fit physical activity in your schedule.

Remember there is no magic answer. The key to a healthy weight is to forget the fads and start now by making simple changes in you're eating and activity habits that will last forever. Small changes over time do make a difference.

**Overweight, Obesity**  
Overweight and obesity are topics we have been hearing about a lot in the past months. You would think that with all the diet information that is available we would be getting thinner and not heavier!

Unfortunately this is not the case and even the Surgeon General has emphasized that there is no quick fix for this problem. What's important to remember is that the best way to achieve and maintain a healthy weight is to make small changes over time that you are willing to do forever!

Here are some ideas that can help you and your family move

towards a healthy weight and fit future.

1. Eat early: Kick your day off with breakfast. Try to include a small amount of protein (yogurt, peanut butter, lean deli-meat or an egg); add a whole grain food (high-fiber cereal, whole wheat toast or bran muffin); along with a fruit treat (canned peaches, frozen blueberries or 100 percent juice).

2. Eat regularly: Snack smart to curb the munchies. Don't allow yourself to get over hungry as this often leads to overeating. Have snacks available that provide longer lasting energy such as nuts, trail mix, low-fat string cheese, or yogurt with fruit.

## Fashion In A New Light At Maryland State Fair

TIMONIUM, Md. — The 4-H Fashion Revue, a fashion show comprised of young men and women modeling outfits they have created, constructed, or purchased will be conducted on Wednesday, Aug. 27, at 7 p.m. in the Maryland State Fair's Horse Sales Pavilion. This year's

4-H Fashion Revue, with the theme "Lights, Camera, Fashion" is one of the hidden highlights of the Maryland State Fair.

The Fashion Revue will feature approximately 75 youth who will compete for ribbons and prizes.

While the sewing skills have been judged in other competitions, Fashion Revue participants are judged on the overall appearance of the ensembles. The judges look for proper fit of garments on the contestant/model as well as complimentary color selections, poise, presentation, personal flare, accessories, makeup, and age appropriateness.

"There are a variety of ways that the 4-H Fashion Revue builds life skills. Youth learn consumer, creativity, and team skills, gain interview skills by speaking and presenting themselves to judges, and increase their self-esteem," said Jean Greene, extension specialist, 4-H Youth Development.

"The 4-H Fashion Revue program is also an excellent opportunity for youth who are aspiring designers looking to showcase their designs. In fact, former 4-H'er and 1998 Fashion Revue Ready-to-Wear Grand Champion, Stephanie Brown, is now designing her own line and has received interest from a couture house in Europe."

The 122nd Maryland State Fair, which offers a variety of livestock and horse shows, midway rides, thoroughbred horse racing, arts and crafts, and home arts exhibits, runs from Friday, Aug. 22 through Monday, Sept. 1, at the Timonium Fairgrounds in Baltimore County.

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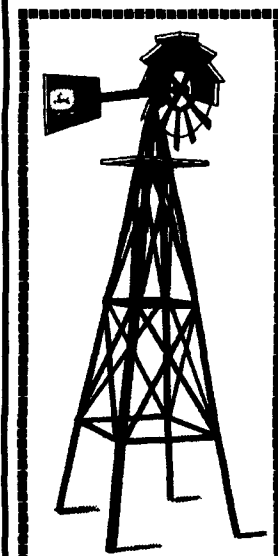
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