

A CLOSER LOOK



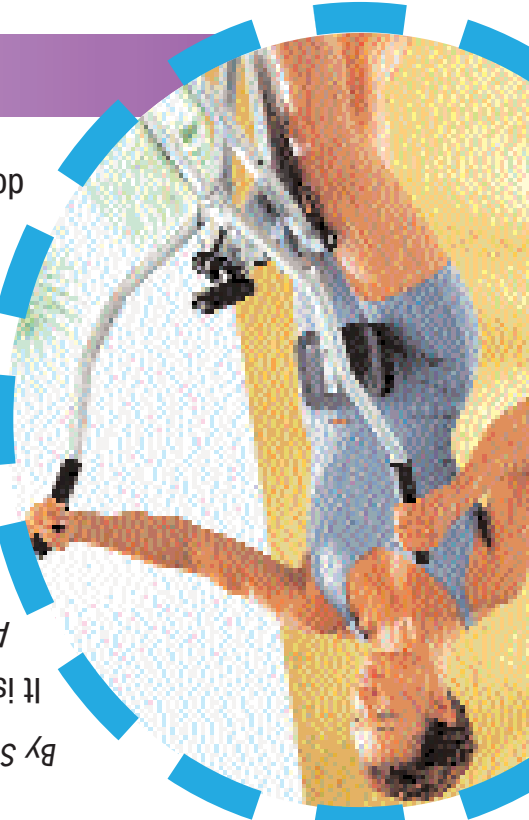
Trimming the pounds!

How to lose those **holiday** inches

By Sunny Logsdon

It is commonly believed that the average American will gain five to seven pounds during the holidays. However, according to a recent study by the National Institute of Diabetes, Digestive and Kidney Diseases, the average holiday weight gain is closer to one pound. While this might sound like good news, the flip side is that many people don't lose the weight and, eventually,

those pounds add up. To shed those extra pounds, Jennifer Parigi, a holistic fitness specialist, recommends skipping the fad diets and focusing on well-balanced, healthy meals and a regular exercise program. Parigi begins her clients' nutrition and fitness programs by educating them on proper diet because she believes change should occur from the inside out.



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EXTRA GOODIES WHO'S GOT THE GOODS?

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Cityville@Live Oak	214-370-8002	Call	•	•	•	•	•	•	•	Courtyards w/fireplaces, designer interiors w/European-style cabinetry
Sycamore Tree Apartments	1-888-240-7419	Call	•	•	•	•	•	•	•	Color your world program, hardwood floors, intrusion alarms
Laguna Luxury Apartments	972-991-4233	Starting at \$699	•	•	•	•	•	•	•	Small community, golf course views. Hidden jewel!
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Las Casitas	972-223-5300	Holiday Bucks	•	•	•	•	•	•	•	Back yards, near shopping
Post Addison Circle	972-392-6000	Call	•	•	•	•	•	•	•	On-site retail, urban environment, planned resident events
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How to lose those holiday inches

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Although each person's optimal diet will vary, several tips apply to every body type:

- Divide your body weight in half. That's how many ounces of water you should drink daily.
- Always buy organic vegetables, and fish because they have fewer toxins.
- Eat your biggest meal at the beginning of the day and your smallest meal in the evening.
- Never skip breakfast.
- Monitor your portions. If your portions are right, you'll become hungry three to four hours after your last meal.
- Limit your intake of starchy and sugary foods. These cause blood sugar levels to be inconsistent, which leads to weight gain.
- If you workout, you'll see intensity or always lift un or always lift the mid-section.
- Once you've assessed (and taken steps to improve) your diet, it's time to create an exercise program.
- And that doesn't necessarily mean forking out money for a gym membership.
- Parigi believes one can get a workout at an affordable price beyond your budget.
- "I don't recommend reading your own living tools and techniques, to learn more in a personal trainer who can teach Paul Chek. You can find the book on her Web site at www.fitnessnowweb.com.



The best ways to stay in

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Both companies offer return postage-paid DVD rental by mail. Keep three movies as long as you like, and receive new picks from your rental queue as soon as you send them back. No standing in line, no due dates, and under \$18 a month. Have you seen *Amelie* yet?

If you can't commit to anything on your bookshelf, make sure your paper subscriptions have been renewed. Fabulous! There's nothing better on a cold day than curling up with a fat copy of *The New York Times* and a freshly sharpened pencil. You smarties who can do a crossword with a pen — keep it to yourself. Besides our fine local mags, try soon-to-be "sick" days.

