

# Focus on getting healthy in 2010

You, along with countless others, are bound to resolve to get in shape in 2010. My question to you is: "What is going to make this year different than years past?"

I have the answer for you: lifestyle change! It's the only way to be successful in the quest to become healthier.

You must take a look at your nutrition and physical activity habits. Forget about going on a crazy fad diet and purchasing the newest exercise gizmo.

Did you know that 80 per cent of all people who resolve to get fit in the New Year fizzle out within the first month?

Permanent weight loss takes time and effort. It requires focus and a life-long commitment.

This year try a different approach. We are not only beginning a new year, we are beginning a new decade.

Make 2010 the year you don't focus on losing weight.

Instead, focus on getting healthy. The excuse I hear most often from people as to why they don't exercise is lack of time.

Are you one of these people? Stop making excuses! Just do something.

It has been said that "the longest journey begins with the first step." Take that step. Your exercise might simply be taking the dog for a walk.

It really doesn't matter what you do, just get started on that journey.

Start with simple goals and then progress to longer range ones. Remember to make your goals realistic and achievable. It's easy to get frustrated and give up if your goals are too ambitious.

If you haven't exercised in a while, a short-term goal might be to walk five to 10 minutes once or twice a day.

If you push yourself too hard at first, you may be forced to abandon your program because of pain or injury. It's better to start slowly and progress gradually.

You're more likely to stick with an exercise program if you're having fun. Exercise doesn't have to be drudgery. You're not in this alone.

Ask your spouse, friend or co-worker to join you on this quest. Chances are



**MARLA ARNDT**  
fitness bootcamp

they are also looking to make healthy changes, too.

If you want to lose weight and feel healthier, then you also need to eat healthier.

For starters you need to get rid of all the cookies, cakes, snacks and alcohol from the holiday season. Make sure that every time you go shopping you only buy healthy foods and snacks.

When you are in the beginning of making a lifestyle change you cannot have junk food in the house to tempt you.

During these first few weeks, your body and your will power cannot handle the temptation. One cookie can undo the whole thing and send you back into your unhealthy habits.

After the first month of healthier eating and exercising, you will have become pretty well set in your healthy ways.

Believe in yourself and your ability to change. Have a can-do attitude. Start a list of successful changes you have made.

It is easier to achieve a goal when you are optimistic. You likely will have an occasional setback. But instead of giving up entirely, simply start fresh the next day.

Remember you are planning to change your life. Don't think that a couple of days with no exercise and eating junk food will ruin your efforts.

Have confidence you can get back on track with your healthy routine.

It won't happen all at once, but stick to your healthy lifestyle and the results will be worth it.

Guelph-based personal trainer Marla Arndt owns and operates Frameworks Fitness Studio. She can be reached via her website at [www.frameworksfitness.com](http://www.frameworksfitness.com). Her Column appears every other week.

# What would Grandma do?

Book shares money-saving household skills of the past

Emily Langer

WASHINGTON — It all started with a terrible pie.

Erin Bried, a 35-year-old senior staff writer at *Self* magazine, wanted to impress some dinner guests with a homemade dessert. And it worked, at first. "Who makes pie these days?" her company exclaimed as she placed her strawberry-rhubarb masterpiece on the table.

Then they took their first bites, and Bried discovered that what she'd thought was rhubarb was actually Swiss chard.

"That's when it hit me," she writes in the introduction to her new book, *How to Sew a Button and Other Nifty Things Your Grandmother Knew* (Ballantine Books, \$15). "When I was a child, I used to help my grandmother clip rhubarb out of the garden; now, as an adult, I can't even identify the vegetable in the grocery store."

At that I had to think of my grandmother, who made the finest pie you could ever find. (Take it from her friend, who said at her funeral nine years ago that pies in heaven had just gotten a lot better.)

"What is simultaneously comforting and alarming about my domestic incompetence," Bried continues in the book, "is that I am hardly alone. I'm joined by millions of women, Gen Xers and Gen Yers, who either have consciously rejected household endeavours in favor of career or, even more likely, were simply raised in the ultimate age of convenience and consumerism. Why do for ourselves, we shrug, when we can pay someone else to do it for us?"

Thanks to the Great Recession, Bried writes, many of our grandmothers' money-saving household skills are back in style. So she set out to learn not only to sew a button and make a pie, but to roast a chicken, plant a vegetable garden, knit a scarf, spring clean, make the most of a night in — and to do many other things that her grandmothers and others knew and know, things that today can seem rather complicated.

For her day job at *Self*, Bried often interviews A-list celebrities. For this study of homemaking, she interviewed 10 grandmothers across the country, none of them famous but each of them, she said, just as worthy of being celebrated.

One was 94-year-old Bea Neidorf, who has lived in Washington since shortly before the end of the Second World War and still volunteers at the Kennedy Center and the Hillwood museum. Of all the keepsakes on the corner

table in her dining room, *How to Sew a Button* is the most modern by several decades. The pink paperback sits cheerfully next to a display of black-and-white family photographs.

"It was funny," Neidorf said as she laughed about being interviewed for Bried's book, or any book. "I would think that people would know how to hem some pants."

Spend some time with her, or just open Bried's book, and you'll see that Neidorf is more than a seamstress. In the chapter about cleaning, she gives this advice: "Vinegar is like a miracle cleaner." In the section on thriving, no matter how little you have, she says: "Good posture is very important. . . . Look straight out at the world and say, 'Here I am!'" On the topic of parenting, she offers: "Reading your kids bedtime stories is a wonderful thing and so intimate. Do the voices." And on married life, she cautions: "for a happy marriage, don't think of yourself."

Neidorf recognizes that modern life leaves little time for some of the time-consuming skills that, for her, were just "part of your routine of being a homemaker." She is quick to note, however, that she and other grandmothers weren't born knowing how to do everything. She still remembers the first real dinner she cooked as a newlywed: steak, baked potatoes, string beans and gingerbread with whipped cream.

*How to Sew a Button* is a handy guide to running your household and, in many ways, your life. Each how-to is doable, but home-making isn't always easy. Maybe for fear of scaring off readers, Bried tries to buck you up ("Put on some good music. Remember, the word mop doesn't end with an e," she writes in explaining how to mop). And she prods you along before you give up ("Get over yourself," she writes, explaining how to remove a chicken's innards).

Any questions, about anything? Find a grandmother.

In the presence of such a knowledgeable one, I asked Neidorf how she makes her pies. After some hesitation, she confessed that she doesn't fully agree with the section in the book titled *Find a Slice of Heaven: How to Make a Pie*. After browning the crust at 425 degrees for 10 minutes, she reduces the oven temperature to 350 degrees, a step not included in Bried's recipe.

"I don't want everybody to burn up their pies!"

The Washington Post

# horoscope monday

## MONDAY BIRTHDAY

This year, you evolve to a new level. You will see people and situations differently. Different responses, mixed with an unusually appealing way, make you a sure winner. Clearly, you are on top of your game. Learn to mobilize key associates, friends or loved ones. If you are single, there is no reason to keep that status, unless you want to. You will attract many admirers and potential suitors. If you are attached, you become a very strong partner this year. Be smart — defer more often if you don't want a reaction. Virgo helps you understand the other side.

**ARIES (March 21-April 19)** — Although thinking about recent days past could be fun, business dealings or work-related matters need your attention. Now that you're rested, you could come up with some amazing ideas.

**TAURUS (April 20-May 20)** — Your sense of direction, teamed with unusual ingenuity, gives you greater influence than in the past. Be willing to pull back if you are stalled or are looking at issues. You could be amazed by what you see come up.

**GEMINI (May 21-June 20)** — You might have difficulty getting going. You

could be very tired and drawn from recent events. Listen to news that comes forward from a partner. You could be encouraged to continue on an even keel.

**CANCER (June 21-July 22)** — Keep communication flowing, knowing where you are going and why. If you overthink a personal matter, you might not find the solution. Let go and trust that when the time is right, you'll have the right idea.

**LEO (July 23-Aug. 22)** — Be more in touch with what you have to offer. Some people might not understand your qualifications, but those who count do. Change a health pattern that you might feel is negative or limiting.

**VIRGO (Aug. 23-Sept. 22)** — Use your creative skills at work and within your personal life. You could be overwhelmed by everything that is happening or the offers that are coming forward. Do a better job of listening.

**LIBRA (Sept. 23-Oct. 22)** — Know when you are best off not sharing your thoughts. Investigate alternatives and weigh your choices. A family member or roommate sees what is going on.

**SCORPIO (Oct. 23-Nov. 21)** — You might want to approach a meeting differently. A change of style always has an

impact, but not as it has in the past. You are best off surrounded by groups and people. Return calls; schedule meetings. Don't fight this busy day!

**SAGITTARIUS (Nov. 22-Dec. 21)** — Your take-charge attitude must come out if you are to accomplish more of what you want. In any case, a decision to approach a situation differently might be OK if it works financially.

**CAPRICORN (Dec. 22-Jan. 19)** — You have far more to offer in different situations than you realize. Examine what appears to be a dead end without your natural prejudice. What you'll discover is a distinctive new direction. What is stopping you?

**AQUARIUS (Jan. 20-Feb. 18)** — A partner or associate tries to pull you in, to no avail. What is happening could shock you, or even force your hand. Check out a proposal, and you'll see a situation differently.

**PISCES (Feb. 19-March 20)** — Defer to others, even in a meeting. You, as well as others, can see the end results without your input. Don't worry about someone's attitude so much. Understand what is going on when this person has to assume responsibility.

# Candy Spelling makes new life as TV reality star, Broadway producer

The Associated Press

LOS ANGELES, CALIF. — Candy Spelling is on a new path in life, one that's taken her into a reality TV series and to Broadway as a producer.

She's one of the celebrities giving away their money on E!'s new *Bank of Hollywood*, in which people make the case for requests ranging from touching to intriguing.

Spelling is also producing a revival of *Promises, Promises* on Broadway, set to open in April.

She says the E! show is both a way to help people and to say, "Hey, this is who I am."

Spelling was married to producer Aaron Spelling for 38 years. He died in 2006.

His career included *Charlie's Angels*, *Beverly Hills, 90210* and other hit TV series.

## CINEMA SHOWTIMES

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