



Community Page

“Fit at Forty”



by: Roxann Henagan -roxannhenagan@hotmail.com

Hello, and welcome to the “Fit at Forty” column February edition. This month I will be writing on five secret ways to cut your calories and still enjoy the sweetness of Valentine’s Day. “Your mate will love me for this one and you will love yourself even more. Once you try the following five secrets to getting in shape this Valentine’s Day you would be asking yourself, why didn’t I think of that. That’s o.k. if you didn’t think of the 5 secrets I’m about to share with you. That is why The Fayetteville Press brings to you: “Fit at Forty” column.

1. Instead of a box of chocolates for your sweetheart, opt out with a dozen of Roses. No calories at all for secret #1 to shedding those unwanted pounds.

2. If your Valentine just loves chocolate or

just have a sweet tooth. Secret #2 you can always order a fruit tray with a combination of pineapples, bananas and strawberries from your local market. If you really want to impress your love for Valentine’s Day; while satisfying his/her sweet tooth, you can always order from “Edible Arrangements.” The fruit is more than half the calories than a box of chocolates.

3. The 3rd secret is reading. Yes while dining out take time to read the menu instead of going on your impulse and looking at those mouth water pictures. You would be amazed how healthier your meal will be; if you just take a few moments to read the menu closely instead of looking at the chocolate moose cake dripping with raspberry sauce.

4. The 4th secret is this: After a nice Valentine’s Dinner, go out for a romantic stroll around the neighborhood. You can burn at least 100 calories of that dinner you just ate. Since it’s Valentine’s Day, you may want to run around the house and burn off even more calories.

5. Last but not least, secret # 5 is get a dual partnership membership. Yes! Join the gym together. It is easier to shed unwanted pounds with someone you love, than going it alone.

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Chat next time in “Fit at Forty”. Roxann Henagan is the author of: ABC-A Balanced Child...(WORKBOOK) and has worked for Cape Fear Valley Medical as a Nutritional Supervisor.

Comments on the “Fit at Forty” column may be sent to: roxannhenagan@hotmail.com

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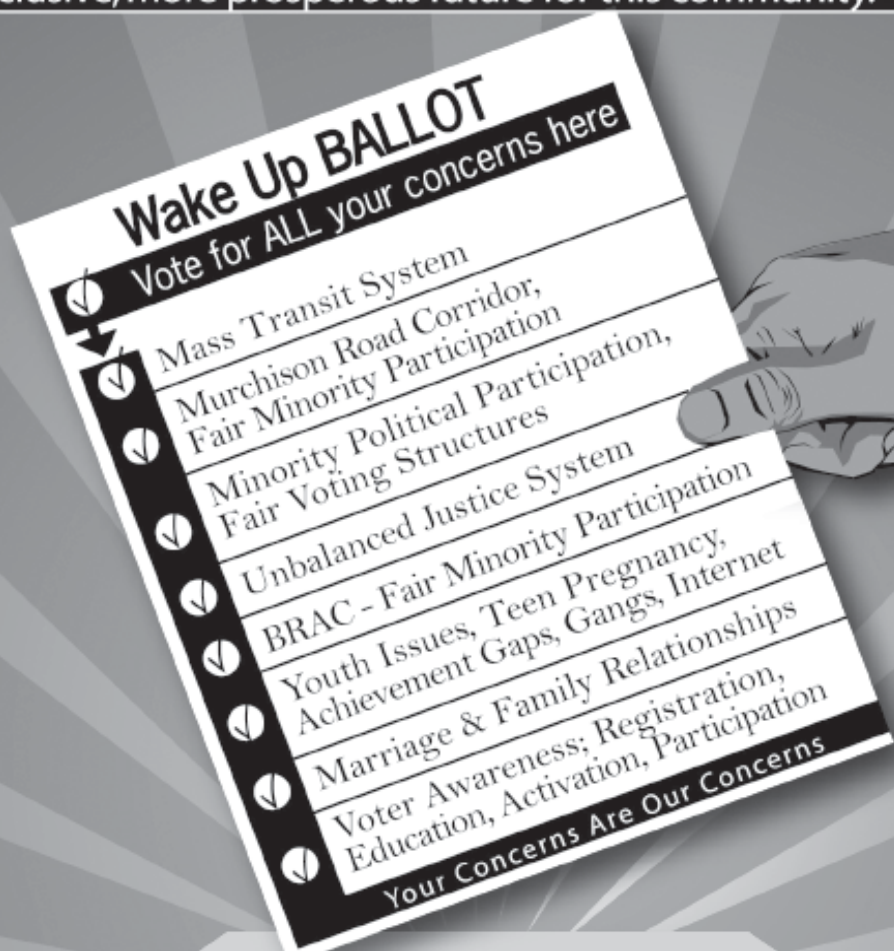
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