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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**All Dressed Up for Sitting Down**

**By Sherri L. Dodd**

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There is a saying that you should dress for success. Most usually, this phrase implies fine suits, designer shoes and any extra accessory that you can add to the ensemble. This is because when you hear the word success, most people visualize wealth and its preceding occupation. In the fitness world, dress for success means something different. Not necessarily success from a different type of job, but instead fitness success through your method of dress. This is due to that fact that studies have linked casual dress at work to more calories burned while doing normal day to day activities.

For many women with jobs such as those in the media, management positions, bank tellers and even the glamorous gals behind the counters at your favorite department store, tight skirts, constrictive collared blouses and high heels are common thread. In the past, I have also shared in the cruel wardrobe during the many years while I worked for a large corporation and various other professional jobs. As the day progresses and your time-efficient tootsies have begun to swell, sometimes you prefer the sanctity of your stabilized desk rather than the crushing sensation of body weight in heels against the earth. Sometimes even a much-needed trip to the restroom is postponed for the sake of avoiding the walk of what seems like burning coals.

In addition to sore feet, there is also the social lunch hour. A welcomed colleague luncheon may bring plenty of laughter, but the resulting swollen tummy in your form-fitted skirt may beg for shelter beneath the edge of your desk. Pair the two together and it is a recipe for activity avoidance. This lack of interest in, literally, going the extra mile may contribute to sedentary tendencies while in the workplace, which can indeed lead to weight gain.

American Council on Exercise decided to study the activities of employees and their activity levels based on daily attire. The findings were relevant to expectation - an eight percent increase in caloric expenditure in the subjects that wore casual and comfortable clothing. These casually-dressed participants took more steps throughout the day, including stairs over elevators, and subsequently, more calories were burned. This was solely based on time in the office and does not include a visit to the gym. In addition, this study was conducted in the colder seasons. The researchers agree that there could be as much as a 15-20% increase in steps taken in the warmer months, which would equal a

total of 23–28% increase in activity of those that dress casually to work.

While the studied percentage may seem insignificant, it does offset the nation's average annual weight gain of .4 to 1.8 pounds. If this does not encourage you to seek out better means of your professional presentation, you may want to also consider less foot trauma and the decline of irregular inner thigh contractions from putting off that lingering urge to visit the ladies room.

Sherri Dodd is the creator and author of Mom Looks Great – The Fitness Program for Moms. She is also an ACE–certified Personal Trainer and a Lifestyle & Weight Management Consultant with over fifteen years of exercise experience. She is dedicated to a life of fitness as well as encouraging others

to establish healthy habits and a better quality of life.

## **The Halloween Costume Of Ultimate Embarrassment**

**By Jean Rennick**

When thinking about past Halloween's, I recall one Halloween in particular from my childhood. I remember that my sister was dressed as a non–specific country girl, like Snow White when she was with the Dwarfs. She had a red checked apron, and a plastic face mask.

I was dressed in a suit, and also wore a face mask. I can remember standing in the driveway with my sister, waving our hands in the air, while my father took still pictures and made home movies using the film–based movie camera we had at the time.

Remembering the house we lived in at the time, I put my age at six or seven years old, making the year 1979–1980.

But what makes this the Costume of Ultimate Embarrassment? Well, at the time, nothing. I seem to remember knowing that I was dressed as a man, but I think that was all I knew my costume was. Until a few years ago.

We were sitting in my parents' house, looking through old photo albums. And then I saw it. The old–fashioned, rounded–corner picture taken that Halloween when I was six or seven was staring back at me. In the picture, I am standing next to my sister in the driveway. With both hands, I am making the shape of a V—the peace sign. Who was the mask on my face? The face of Richard Nixon!

Not only had my parents dressed me in a Richard Nixon costume, they'd done it years after Nixon had been impeached and ousted from office. I can only imagine the hilarity I caused in the neighborhood that Halloween night. A six–year–old Canadian girl dressed as a former, impeached President of the United States.

In all honesty, for all I know, I might have thrown a tantrum in the costume shop insisting that my mom buy the "man mask" for me. But I think I prefer blaming it all on my parents.

Jean Rennick is a mom of two that enjoys dressing up for Halloween. She will not be dressing up as Richard Nixon this year. For more info on costumes and Halloween party planning, head over to



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