

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**Weighing the Options**

**By ChaChanna Simpson**

**Weighing the Options by ChaChanna Simpson**

The other day it hit me. I am getting older and I won't look this good for the rest of my life if I don't start exercising and eating right. In my family, as it might be in many families, we have a history of diabetes, high cholesterol and high blood pressure. It just occurred to me the other day that I don't want to have those problems plaguing me when I get older. Like most of the world, originally, I wanted to lose weight so that I could wear those low-rise jeans and two-piece bikinis and look stunning in them, not having my flab hang over all sides of the jeans. Yuck! I have respect enough not to offend the general public.

The first step in getting healthy is eating healthy. You can exercise all you want, but if you are still shoveling donuts, fast food and every kind of dessert you can think of in your mouth, it kind of defeats the purpose. So, to help me on my quest for healthy eating, I enlisted the help of The Diet Center, in Darien, CT.

The first thing people do when they are planning to lose weight is go on a diet. Just to clarify, diet is, "the manner in which people eat. It teaches people how to eat and make healthy choices," according Melissa Arnold, Director of Fitness at the Diet Center. It is not depriving yourself of carbohydrates or some other important nutrient your body needs. When you cut them out "the body tries to get that nutrient from something else. If you change or stop eating something you will lose weight but you are setting your body off balance and that is not healthy," says Arnold. Your body needs all of its nutrients. Unless you are going to swear off a particular food or food group for the rest of your life, as soon as you eat it again you will most likely gain the weight right back. Then you are right back to square one, plus more weight and you are all depressed about it.

The way to go is optimal nutrition which is "the balance of healthy foods and whatever is needed to keep your body in balance. It is different for everyone because it depends on your lifestyle, illness, genetics and where you live," says Lisa French, Fitness Consultant at The Diet Center. It is important for people in our twenties to begin taking care of our bodies now because the more [you] are "aware of what [you] should be doing then the aging process can be a lot kinder," says Arnold. Eating all the proper nutrients brings the body into balance and helps you age gracefully, giving your body what it

## Weighing the Options

needs in order to function properly.

As for those diet pills and such, Arnold says that because they are not FDA approved, what is on the outside label doesn't have to be what is really inside the bottle. So who knows what you are really ingesting into your system.

Another misconception is that if you skip meals you will lose weight. That is absolutely false. When you are starving yourself and thinking that you are doing something good, your body goes into survival mode. The next time you eat, your body will hold on to the food because it is not sure when it is going to get fed again. The Diet Center suggests that you eat small meals throughout the day, so that you will keep up your blood sugar and have enough energy to get through the day. Also, make sure that you drink eight glasses of water. Water will give you a full feeling and it cleans and replenishes your cells.

This is just an introduction to nutrition to get you all started on the proper way to nourish your body. Don't forget to incorporate fitness. It works hand and hand with nutrition. You have to burn the fuel that you are putting in your body.

ChaChanna Simpson is the publisher and editor of Twentify.com, the free bi-weekly ezine for twentysomethings featuring cheap and free events.

### **Eight Out Of 10 Kids In Child Safety Seats Are At Risk - And Their Parents Don'T Even Realize**

**It**

**By News Canada**

(NC)—Even the most informed parents make mistakes when installing child safety seats. According to a recent study by Transport Canada, eight out of 10 child safety seats are improperly installed. DaimlerChrysler Canada recognized the need to help parents properly install car seats and as a result has developed a free safety seat inspection service called Fit for a Kid®, that is open to any make or model of vehicle.

Keeping kids safe when you drive is a parent's primary concern. Here are some tips for choosing car safety seats properly. Please remember that the same child safety seat will not necessarily serve your child through all of their growing stages.

Top 10 child safety seat tips from Fit for a Kid®

1. For babies less than one year old and weighing less than 10 kg (22 lb.), the safest location is in rear-facing restraints in the back seat of the vehicle.
2. A child who is less than one year old and weighing more than 10 kg (22 lb.) should ride in a seat certified by Transport Canada for heavier babies and continue to ride rear-facing until one year old.

## Weighing the Options

3. Children between the ages of one and four years and weighing at least 10 kg (22 lb.) should ride forward-facing until they reach 18 kg (40 lb.).
4. Children weighing more than 18 kg (40 lb.) should ride in booster seats until they are big enough to fit properly in a seat belt, which is approximately at nine years old and weighing more than 27 kg (60 lb.).
5. Never use old or used child safety seats, or seats that have been in a crash or are beyond the expiry date. If reusing a seat, make sure you have all the pieces (including instructions) and make sure the seat has been checked for recalls with Transport Canada.
6. Never place a child safety seat in front of a passenger air bag.
7. Be sure to read both the vehicle owner's manual and the instructions that come with the child safety seat.
8. Kids of all ages are safest when properly restrained in the back seat.
9. The "best" child safety seat is the one that correctly fits the child, fits the vehicle and is used correctly every time.
10. Do the right thing - always buckle up and make sure your passengers do too.

To schedule an appointment for a safety seat inspection with a participating Five Star Chrysler, Dodge or Jeep® retailer near you, call 1-866-FIT-4-A-KID or visit the Web site at

- News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas for Television, Print, Radio, and the Web.

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready-to-use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

and learn more about

the NC services.

## Weighing the Options

Eight Out Of 10 Kids In Child Safety Seats Are At Risk - And Their Parents Don'T Even Realize It  
Child Car Seats

Funding Your Retirement: The 401K and 403B Way

Kitesurfing snap–shackle options

Gram Pocket Scales – Weighing in Big with Consumers

Mind Power Creative Thinking

Baby's First Year –What Parent Needs To Know

Money Saving ideas

101 tips to stay fit and live longer.

How to become a Chef!



This Free E–Book has been brought to you by [Natural–Aging.com](http://Natural–Aging.com).

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