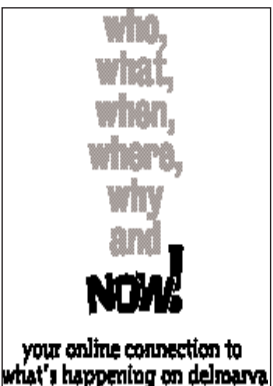


with such a compassionate teacher.”

During Beverly’s class at Atlantic General, students will explore breath, postures, relaxation, visualization, one-pointedness, silence and meditation’s relationship with health, creativity, the arts, prayer and natural healing arts.



# Now's the time to spring into fitness

**By Dr. Victor Gong**

Special to the Worcester County Times

OCEAN CITY — If you’ve put on a few extra pounds during the winter months, spring is almost over, and summer is around the corner. Don’t despair. You don’t need to become obsessed with shedding unwanted pounds. It’s all about moderation and gradual lifestyle changes. Here’s a few things to keep in mind as you venture forward:

Focus on things other than weight-loss: eating healthy, regular exercise, self-esteem and most importantly, self acceptance for yourself. Health and fitness isn’t about a number on your bathroom scale. It’s about balancing all aspects of your life physically, emotionally, and spiritually. Approach fitness from a lifestyle perspective and everything else will fall into place.

It’s only possible to lose 1 to 2 pounds of fat per week.

One pound of fat is equal to 3,500 calories. So, in order to lose a pound of fat per week, you



**Dr. Victor Gong**

have to burn 3,500 calories more than you eat. In order to lose 2 pounds of fat a week, you have to create a whopping 7,000 deficit. This can be a combination of calorie reduction and

increased exercise. For example, if you want to lose 2 pounds, you could burn an extra 400 calories a day through exercise and reduce your daily food intake by 600 calories.

There are plenty of diets out there that promise faster weight-loss, the catch is that what you’re really losing on those diets is water and muscle. Besides being unhealthy, water loss is only temporary. Once you begin eating normally again, the pounds will come piling back on.

Losing muscle is a nightmare because it slows your metabolism, making it harder and harder to stay lean. Fat loss, requires a long-term commitment to eating right and leading a healthy, active lifestyle. Anyone who promises you quick and easy weight loss is lying.

Concentrate on making physical activity a part of your daily routine. Walk, bike, skate, dance, sign up for an aerobic class, buy some dumbbells, rent a few exercise videos — anything active that appeals to you. Read inspirational and informative health and fitness magazines and books.

Go to the grocery store and stock up on fresh fruits and vegetables. Think bananas, carrots, peaches, berries, apples. Buy soft whole grain bread, a jar of peanut butter some whole grain cereals like Wheaties, Grape Nuts or Nutri-Grain. Get skim milk, light cheeses, lean turkey, fruit juice, bagels, pasta

and marinara sauce. How about some popcorn, Fig Newtons or oatmeal cookies for snacks? Get the idea? Stock up on a variety of healthy, nutritious food and plan what you have for the day. That way you’ll never wind up without healthy food on hand.

The whole idea is to take good care of yourself by making positive changes. It’s a much healthier option than setting an unrealistic, self-punishing weight-loss goal that sets you up for failure. Instead of wasting precious energy worrying about losing weight; get outdoors, be active, and taste Mother Nature’s naturally bounty — the weight loss will follow.

For further information on fitness and other health tips, visit our Web site at [www.75thstmedical.com](http://www.75thstmedical.com)

*Dr. Victor Gong is the medical director of 75th Street and Doctors Weight Control and Wellness Centers in Ocean City*