

Have You Let Yourself



*Local Experts
Offer Tips to Help
You Look Your Best*
by Jenna Anderson

IS THERE ANYTHING MORE ANNOYING THAN celebrity moms? Veritable olives on toothpicks during their pregnancies, out pops the baby (no labor pain, of course) and within weeks these starlets have shed all 12 pounds of unsightly baby weight and are back in their size two jeans. “Oh, sure,” you snarl while spritzing zero-calorie synthetic spray-butter on yet another celery stalk. “I’d look like that, too, if I had a personal trainer, chef, nutritionist, makeup artist, hairstylist, wardrobe consultant, housekeeper, chauffeur and around-the clock nanny!”

Instead, you have carpools, play dates, endless loads of laundry, stacks of dirty dishes, a wrecked house, needy kids and an even needier husband. And for many women, that’s on top of a full-time job!

These days, your idea of getting “all dolled up” is to run a comb through that rat’s nest on top of your head and throw on your cleanest dirty T-shirt (When did you go up another size?!) before making yet another run to the supermarket. With so much on your schedule, who has time to primp and fluff, much less exercise? Is there a reasonable solution? Have you let yourself go so far that there’s no turning back?

Juggle Good Grooming Into Your Schedule



Jack Korn, owner of Fitness Partners, assists client Traci Moss as she works her upper body.

“Most women do juggle so much that it is difficult to find time to pamper ourselves or even just keep up with basic maintenance,” says Marion White Linder, fashion director at Augusta Mall. For Linder, three areas are important in general grooming on a daily basis:

1. A simple, yet effective skin care regimen twice a day to include cleansing, moisturizing and protecting the skin. “Several companies make a cleansing towelette that is water activated and disposable. Quick, easy and it helps gently exfoliate the skin for a fresher look and feel. It is great for home or travel and eliminates the weight and bother of bottles, jars and mess on your washcloths,” she says. “Follow with a lightweight moisturizer suitable for your skin type, which includes a sunscreen so you don’t have that additional step. Eye cream is a must to keep the delicate tissue around the eye soft and supple.”

2. A great haircut that is simple, easy to just brush and go. “Work with your stylist to find a style that works for your hair type and your lifestyle. Finding a flattering style and updating it periodically is crucial to looking ‘with it.’ If you can’t duplicate the look after you leave the stylist’s chair, it isn’t the ‘do’ for you,” she says.

3. Applying quick, basic makeup. “The musts

include concealer on the lid and under the eye area, but avoiding the outer corner where it will collect in natural fine lines, a quick brush of color on the cheeks and sweep across the eyelid for just a hint of warmth, lip color or gloss, and light mascara for most of us is essential.” Linder says your brows may also need a quick fix of pencil “to complete the frame for your eyes if you are not blessed with great natural eyebrows.” She suggests that most women stop by their favorite cosmetic counter at least once a year to get a quick update on makeup colors and applications. “Nothing ages a woman faster than being stuck in the same look year after year with makeup and hair,” she says.

Do a Quick Check of Yourself Before Leaving the House

What for, you think. After all, a strategically planned trip to Wal-Mart—after midnight, for instance, because who has time for sleep—negates any chance of a personal encounter with other humans, right? Don’t count on it, Linder advises.

“Sometimes the idea of worrying about what we look like to others or even ourselves seems unimportant in the grand scheme of daily demands on our time,” she notes. “It can seem overwhelming

to even bother, but that feeling of embarrassment when you run into EVERYONE you know when you sneak into the grocery store at some ridiculously late hour looking like you are a cast member of a late night fright show is enough to at least consider a mirror check before exiting the house. You don't have to do full makeup or coordinate an ensemble to look presentable. For me, throwing on a jacket over jeans or slacks and changing my shoes often does the trick, along with the basic quick makeup checklist."

Weighty Issues

"Okay," you tell yourself. "From now on, no more ratty sweatpants in public, and I vow to at least put on some concealer and lipstick before dashing out the door." But what about that "Wide Load" sign you want to hang on your tush, thanks to a pantry stocked with the family's favorite treats, drive-through dinners because you're too tired to cook, and—let's be honest, here—Doritos never taste better than when you rip open a bag and settle in for "Grey's Anatomy." Cumulative result: Your neighbors thought you were dressed up as the Michelin Man on Halloween...and you weren't even in costume!

Jack Korn, personal trainer and owner of Fitness Partners, teaches the BLT (Buns, Legs, Thighs) class at Omni gym. Over the years, he has worked with women of all ages and sizes, and insists that it's never too late to lose weight and get in shape.

"There is always time somewhere during the day or early evening when you can work out," he says. "You

have to plan exercise into your daily schedule. To attain health benefits and improvement in fitness, it only takes 20 minutes three days a week for cardio exercise, and 45 minutes twice a week for strength training. Waking up 45 minutes early will be well worth the effort. As far as those growing dress sizes, aging and waning physical activity contribute to muscle loss, which slows metabolism. Combine this with eating out and fast food, and the increase in calorie intake causes weight gain."

But Korn offers good and bad news. "Benefits from exercise are attainable at any age or weight," he says. "However, diets, for the most part, are short term and the weight loss rarely lasts. There must be lifestyle changes made so that we are eating healthy, nutritious food on a regular basis. These changes are good for the whole family. Nor do they set up eating disorders in children. Childhood obesity is well on the rise and proper nutrition is a must."

Although he makes his living as a trainer, Korn notes that you don't need to hire one in order to restructure your body. "Walking or running, rollerblading, biking, swimming all can be done without a gym," he says. "Push-ups, sit-ups, squats and lunges all can be done with no equipment. A simple, gymnastic exercise ball is a small investment that is well worth the money."

Who Me? Yes You!

Yeah, yeah, you think. He's a man, what does he know? He's never had cellulite, he has a faster

metabolism, I'll never lose this weight, it's too late, I'm too old, I'm too far gone...

Amanda Frame holds a RYT Yoga instructor certification with Yoga Alliance, is an ACE and Fitour group exercise instructor, Fitour and YogaFit personal trainer and teaches a variety of classes at Omni, including Spinning, Pilates, yoga, Body Flex, Zumba and Bootcamp. Her slim, firm, fat-free 110-pound body once weighed in at over 200 pounds. She is proof that you CAN get that figure back through diet, exercise and commitment.

"Over two years ago I weighed 203 pounds and was in constant turmoil about my appearance," she says. "I would unsuccessfully try all the diets, books or programs that came and went, with no success. I then researched the issue on the Internet and found that I had everything I needed. I cut out refined sugar and carbs for eight weeks then ate a low-fat diet. The most important change I made was to count calories and weigh myself daily."

Frame took the slow and steady approach to losing weight, a method she recommends in order to maintain muscle and avoid the dreaded "loose skin." Her meal plans are realistic and don't require deprivation. "A typical (day's menu) includes whole grain cereal and skim milk at breakfast with fresh fruit, a salad with soup or sandwich at lunch, and poultry or fish with greens at night," she explains. "I eat beef once a week and eat moderately when out. After losing weight I added things back into my diet slowly and set a danger weight. When I get to that weight I know it is



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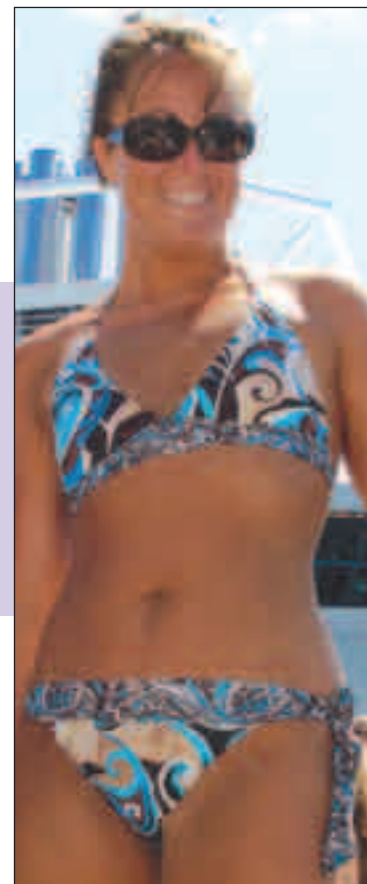
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Amanda Frame lost 93 pounds by making lifestyle changes. Now she works as a trainer at Omni fitness centers in Augusta and Evans.



time to rein in my eating habits, so I start a food journal to get back on track.” She exercised six days a week doing cycling classes and lifted weights with a trainer three days a week when she got started. “I made exercise fit in my schedule no matter what. My weight workouts came from a ladies’ fitness magazine (note: “Shape” and “Oxygen” are excellent sources, and offer many do-it-yourself plans) when I got started (eventually I did my own) and my cardio and nutrition plan was formatted by me. I lost 93 pounds!”

Time for a Reality Check?

Frame advises taking a long, hard look in the mirror and facing reality, no matter how brutal, if you truly want results. “I asked my husband to be honest with me when we ate—trust me, you must have a good relationship for this one,” she cautions. “The truth is ugly sometimes! I also took pictures of myself in a bikini that was too small, so when I wanted to eat or binge I had to look at it while I ate. Sometimes I put it up in the pantry so it was the first thing I saw.”

Flatter Your Ideal Figure (or the Figure You Have)

The long road to “new and improved” is incremental at best, but that doesn’t mean you have to look like a shlump while you wait for the inches to come off.

“Throughout history, the ‘ideal’ body type has changed periodically,” says Linder. “Our obsession with society’s ideal of what we must look like in order to be considered attractive is being scrutinized.” She says that fortunately, health is finally becoming the focus for women who realize that extremes on either end of the size scale can be very bad for us and for our loved ones.

As far as fashion and style are concerned, Linder says there are now more choices for all women than ever before, with a greater selection of ‘off the rack’ cuts. Missy and Women’s sizes are often available in petite, average and tall lengths. Not since the 1950s have curves been considered the ‘sexy’ ideal for marketing as they are today. That is good news for women who are looking for the same variety in selection that their slimmer sisters have had. Regardless of whether you are a size 2 or a size 20 with fuller hips, the key to looking your personal best is to try to achieve balance of proportion. In other words, accentuate the positive, eliminate the negative.”

Jenna Anderson is an Augusta freelance writer who is in a perpetual state of self-improvement.