

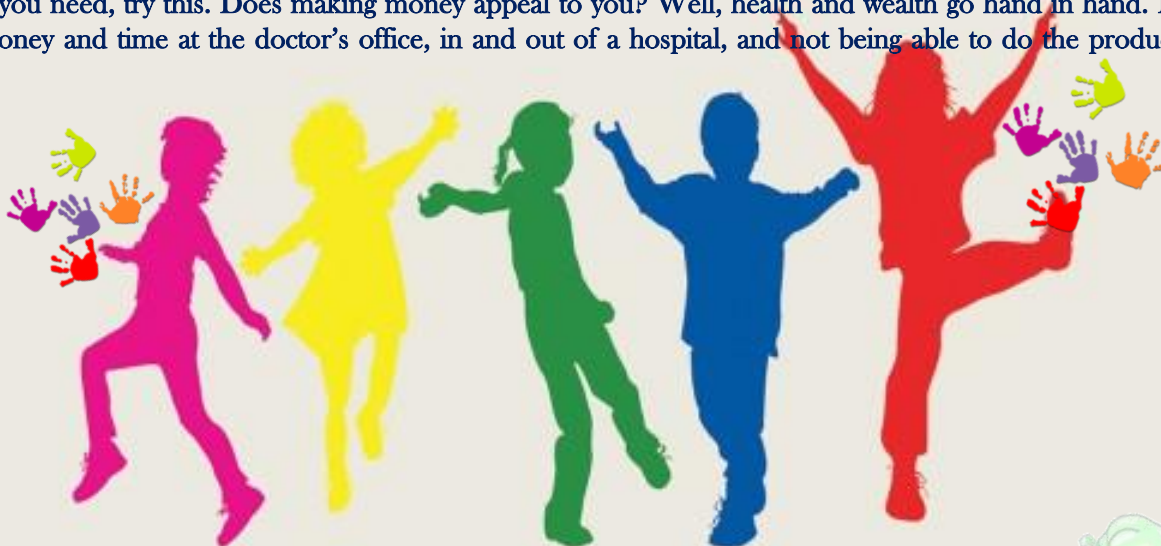
Diet and Exercise

There is no mystery to maintaining optimal weight and staying in shape. We all know that if we eat more than we burn up, the rest will be converted to fat. If we burn up more than we eat, we lose weight. If you don't eat for a week, you will lose weight even if you don't exercise. Human beings can live without food for over two weeks.

So, why are most of us (from childhood to old age) overweight and even obese? Why would we run the risk of a shorter life expectancy, diabetes, high blood pressure, arthritis and heart disease when we all know how to prevent these health problems? Why is it so hard to lose weight? We all have our reasons. I cannot afford to belong to a gym; everything I like is fattening; I just cannot find the time; I cannot find the motivation. How do I make myself get up from watching shows that I enjoy to go do things I don't enjoy? Before we know it, time has slipped away and we add 10 more pounds. If you gain just one pound per month, in ten years, you will have gained over 100 pounds.

If you've ever seen the movie, "What's Eating Gilbert Grape" (1993), there's a scene where the son's friend asks, "Wasn't your mother a beauty queen in high school? How did she gain 400 pounds 20 years later?" Gilbert's response: "She just ate". Fortunately our kids still have time. In fact, we can all get healthier together! Kids love to play and frolic with exuberance. They love to run and jump, ride bicycles, dance, kick balls, and chase each other. These are wonderful ways to keep them active. They will also eat whatever adults provide. So think about what's in your refrigerator and cabinets?

If its motivation you need, try this. Does making money appeal to you? Well, health and wealth go hand in hand. If you are overweight, sick or sickly, you are wasting money and time at the doctor's office, in and out of a hospital, and not being able to do the productive work that brings money into your household.



At ZÖe, we are trying to develop models that work for a lifetime, long before diabetes, high blood pressure and heart disease set in.

Good doctors treat disease; really great doctors also prevent disease.

Bande Virgil, M.D., Pediatrician

