

## Dieting myths

- PART 1

THERE ARE MANY weight loss myths included in diet tips, so this month and the next we take a look at the ten most popular and see what we think of them. The first five are:

**1. Skipping breakfast is a good way to lose weight**  
 Skipping breakfast will make you feel tired and hungry during the morning and encourage you to reach for high-fat, high-calorie snacks. In fact, people who eat breakfast are more likely to maintain a healthy weight than those who don't.

**2. The stricter the diet the more successful it will be**  
 If you eat nothing but grapefruits or oranges all day long for a week you will, of course, lose weight. But fad diets that drastically cut calories will quickly become boring and won't be effective in the long run. It's not necessary to starve to lose weight. Making small changes that you can stick to is the key to long-term success.

**3. You have to give up your favourite foods**  
 Depriving yourself of all the foods you enjoy won't work. You'll eventually give in to temptation and abandon your efforts. There is no harm in allowing yourself a treat now and again.

**4. Eating at night makes you gain weight**  
 It doesn't matter when you eat if you are eating too much - a calorie is a calorie at any time of the day! It is healthier for your digestive system not to eat a heavy meal before you go to bed but a later dinner will not make you any fatter than an earlier one.

**5. It is possible to spot reduce, or to lose fat in one part of your body**  
 As unfair as it may seem, we can't pick and choose where we gain or lose weight from. When the body loses fat, it is lost throughout the body. Focusing on one area of the body when exercising may develop better muscle tone in that area but it will not remove more fat.

*(Our thanks to the British Heart Foundation for allowing us to reproduce this article from their newsletter.)*

# Silver dollars help fund CPR training

SEVERAL MEMBERS of the Girl Guides Association of Barbados have received training this year in First Aid and CPR at the headquarters of the **Heart & Stroke Foundation of Barbados (HSFB)**, Ladymeade Gardens, Jemmotts Lane, St Michael.

The project follows an indication by the HSFB that it would use funds received from the Kiwanis Club of Bridgetown's **Silver Dollars for Children Appeal 2006** to provide training for 100 scouts and guides.

The successful **Silver Dollars for Children** event took place on September 24, when individuals and organisations were asked to contribute to Barbados' charities by placing one Barbados silver dollar along a specially cordoned off mile of highway between Bay Street and the Garrison Savannah.

The **HSFB** was one of eight charities that benefited from the initiative.

The intensive course, from

9 a.m. to 1 p.m., provides instruction in the management of medical and trauma-led injuries, as well as an introduction to CPR.

The initial session was led by instructor Ryan Selby, who is Chief Petty Officer of the Barbados Coast Guard. Assisting him were Patrick Edwards, a fire-fighter, and Rudolph Morris, a member of the medical unit of the Barbados Defence Force. The three trainers are fully accredited American Heart Association instructors, with 12, five and 13 years experience respectively.

Chief Commissioner of the Girl Guides Association, **Wilma Turton**, visited the first session and was pleased with what she saw. She thanked the Foundation for the training given to the guides, noting that the participants were working towards a First Aid Badge.

The Chief Commissioner stated that guiding provided girls with life skills, including

honesty, integrity, planning and strategic thinking, and that First Aid training was part of the core programme.

"We are grateful to the **Heart & Stroke Foundation of Barbados** for the opportunity given to the girls to learn these skills," said Commissioner Turton.

"This will help them, not only in their development as guides, but in their daily lives. I expect that it will also help them to motivate others, including their peers and their families, to acquire this important knowledge."

The **HSFB's** emergency

Cardiac Care Manager, **Kim Clarke-Grant**, shared the commissioner's sentiments with regard to the motivating influence of the training.

The course for the guides was integral to the Foundation's on-going efforts to expand its programme of instruction in First Aid and Emergency Cardiac Care to the wider public.

"This is a template, as it were. Our intention is to offer the training across the community, to a wide range of groups and organisations, whether they be guides, scouts, sports clubs, or

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## Barbados observing Heart and Stroke Week

THE **Heart & Stroke Foundation of Barbados Inc. (HSFB)** is once again staging a series of events in observance of **World Heart Day**.

Like last year, there is a full week of activities. This year, **World Heart Day** was on September 30 and to commemorate this occasion there was a church service at St. Mathias Anglican Church in Christ Church at 8:45 a.m.

Yesterday there was an open day at **HSFB** headquarters, #3 Railway View, Ladymeade Gardens, Jemmotts Lane, St Michael. All were most welcome to come and discover what the Foundation does. Many persons viewed "The Gym with a Difference", the Cardiovascular Disease Prevention and Rehabilitation (CDP&R) Programme, and several registered for one of the many CPR courses.

Tomorrow night, the Essay and Poster Competition Awards Ceremony and Lecture will be taking place at Harrison College.

The lecture will be delivered by **Dr Kenneth S George**, Senior Medical Officer with responsibility for Chronic Non-Communicable Diseases and a member of the National Commission set up earlier this year. During the day there will be a Health Fair for students, their parents and teachers at Harrison College.

The celebrations will conclude with a Fish Supper on Saturday at the **HSFB** commencing at 6 p.m. organised by CDP&R. All are most welcome.

Please call Fundraising and Administration Manager **Jennifer Randall** at **HSFB** at 437-3312 for further details of all events

**EIGHT CHARITIES, ONE GOAL, ONE MILE.**  
**"One Inch For Every Child"**



**There are only two objectives...**  
**First we invite all the people of Barbados to come and contribute to children's charities, by placing one Barbados Silver Dollar along a specially cordoned mile of a highway in Barbados...**  
**The second objective, a Guinness Book of World Records Attempt.**



- \*The Learning Center \*Barbados Cancer Society \* The Hope Foundation
- \*The Asthma Association Of Barbados \*Heart & Stroke Foundation of Barbados
- \*Barbados Council for the Disabled \*The Dyslexia Association \* HIV/AIDS Commission

**Bay Street to the Garrison Savannah**  
 HELP US LAY ONE MILE OF DOLLARS FOR CHARITY  
 ONE MILE, ONE LINE OF HOPE FOR THE CHILDREN OF BARBADOS

SUNDAY October 14TH, 2006  
 Time: 7:00AM—6:00PM

**Kiwanis Club of Bridgetown**  
 Call 418-6740