

HEALTH

THE TRUTH ABOUT ABDOMINAL FAT

By Makeisha Lee, Health and Nutritional Advisor/col activity.

Here is what you should know:

1) Your body ultimately is the determining factor on "where" fat will go and "how" it will be removed. The credit for this goes to something we all have - genetics.

2) Due to biomechanics, the mid-section or abdominal area of your body is the best place to store extra energy in the form of fat.

3) Doing hundreds of crunches or taking certain herbs and potions alone is not going to remove fat from the belly, opposed to another body part. There are fat cells throughout the body.

4) Males tend to lose body fat in this order: first, it will come off your face, then arms and legs. Next, it will come off your upper body then the buttocks. Typically, to be considered toned in this area, a man should not allow his midsection to go over 40".

5) Women will tend to lose fat on the buttocks and hips last. To be considered toned in this area, a woman should not allow her mid-section to exceed 35". For both males and females, abdominal fat is generally the last fat to get rid. Being aware of this process can alleviate unrealistic expectations when it comes to losing belly fat - or fat in general. When you focus on getting lean all over and use the correct methods; inevitably a toned mid-section will abound.

Taking an all-over approach entails selecting and having a regular intake of foods that are power-packed with nutrition in a syner-

gistic balance of good fats, protein and moderate carbs.

Regular and consistent "physical activity", COMBINED with good nutrition is a must in order to decrease body fat overall.

Then too, there are many non-surgical, safe alternative methods for decreasing fat cells throughout the body to achieve a leaner body including - flat abs. Find out what they are and immediately implement them into your everyday lifestyle! Most importantly, remember that fat will NOT just magically disappear from one particular place on the body just because you rubbed something on, or you popped a wonder pill.

On the other hand, when you go back to basics while exploring alternative methods, you will always get better than average results - every time! What your personal trainer has not told you about losing belly fat can leave you frustrated with less than average results. The label on the back of your latest diet pill guaranteed you flatter abs, but never told you that instead you can actually be harmed and still in want of a toned middle.

Millions of people may in fact be satisfied with their over-all body shape but when it comes to getting a flat mid-section, they are completely at a loss as to how they can effectively target that problematic area. Here is the "flat out" truth about getting flatter abs.

Any type of pill that says things like - "Lose the flab in hours with no work." Don't buy into that hype. This comes with a high price, minimal results, and damage to over-all health, as most of those pills contain very harsh stimulants. Besides that, they don't truly work for the average Joe or Jane.

WHY? To begin with, if you really want to get rid of abdominal fat, you're going to have to take an "all over" approach. HOW? This is simply done by decreasing body fat overall. It is biologically and mathematically impossible to lose abdominal fat ALONE, particularly without consistent phy-

Hallelujah to Health hosts Breast Cancer Screening

Saturday March 22 in Alto

Breast and cervical cancer are the most common types of cancer among American women, specifically among women of color. African American women in United States have much higher rates of mortality from breast and cervical cancer than do women in other groups. According to the Texas Cancer Data Center 9.1% of African American women in Cherokee County died due to breast cancer in 2002. The Texas Department of State Health Services reported in Cherokee County there is a 6.2% incidence of cervical cancer among African American women.

The Cherokee Hallelujah to Health Coalition, which consists of the Cherokee Family & Consumer Sciences committee, and health agencies such as the Cherokee County Health Department and the Ross Center, will serve as a task force in educating the public about this terrible illness. On Saturday, March 22, 2008 a Hallelujah to Health health fair will be held at the Alto High School from 9:00am-2:00pm. The Ross Breast Center will provide the mammogram mobile for women who would like to have a breast exam. If you are interested in receiving a mammogram at a discounted price and/or plan to at-

tend this event, please call Louriseal McDonald, CEA-FCS at (903) 683-5416 or Irumimba Brown, LVN at (903) 683-4688. Other health screenings will be available such as blood pressure, bone density and vision.

Early Voting for Primary Elections is February 19-29 at the following locations:

Jacksonville - Senior Citizen's Center, 300 S. Bolton, (903-586-1696)

Rusk - Cherokee County Courthouse, County Clerk's Office, (903-683-2350)

Alto - A. Frank Smith United Methodist Church, 103 Cooper St, (903-858-4347)

Also, early voting will be as follows,
Saturday, February 23 - 9 am - 3 pm
Sunday, February 24 - 1 pm - 5 pm

Primary Election - March 4, 2008

The City of Rusk, Texas

The city of Rusk provides street light service to citizens. Those who would like to report street light outage may report the location and pole number to the following numbers.

Outage Number to call	1-888-313-6862
	or
	1-888-313-4747

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