

**Our Next Wine Tasting**  
 Thursday, September 21st at 6pm in the event room

*the Wines of Italy*

5 Course Dinner Featuring  
 Stuffed Lobster Tail & Prime Rib Combo  
 \$50 per person (gratuity not included) Reservations Required

**Carriage House Café**  
 FINE DINING & SPIRITS  
 Route 4, Livermore, Maine • 897-5880  
 Reservations Recommended ~ Walk-ins Welcome



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exchanging supportive comments, jokes, and program and weight loss advice. Andrea even had a great thread called ‘Recipe Corner’ for everyone to share lighter fare recipes. (*Note to Andrea: Recipe Corner ROCKED! Please bring it back! We all want to know what you eat to maintain that Greek sculpture of a figure you possess!*)

If you are ‘technically challenged’ and have any questions about exactly how to register, post, or add your picture (avatar), please talk to Tom, Andrea or member extraordinaire, Betty ‘Spaghetti’ Wilson. *Fun fact: Betty currently holds the record for the most all-time posts. Her birthday was August 28, and there is actually a thread where you can wish her a belated “Sweet 16!”*

### **Fat Chat: The Ups & Downs of Yo-Yo Dieting**

Those of us who have endured a life-long struggle with weight gain have learned many coping skills to help survive in a nation that celebrates its thin people. Probably the most important thing we’ve learned is to make *very* sure we’re not holding a blunt object, such as a rolling pin or tire iron, when some well-meaning thin person tells us that the secret to successful weight loss is eating less and exercising more. (Thanks a lot, *Sherlock!*)



For people who have been struggling to lose weight, it’s never that simple. In

fact, one of the best-kept secrets of overweight people is that many of us know so much about diets and nutrition that we could write our own books on the subject.

Then, to really cheer us up, we get to read uplifting reports in fitness magazines about the near impossibility of successful weight loss after 40, when apparently our metabolisms retire. It’s enough to make us want to throw in the towel, grab the dusty comforter off the Total Gym that’s been hiding in the corner for the past five years, and curl up on the couch in front of the TV with a package of fudge-covered Oreos.

Put down the Oreos and *listen*: There is hope for *all* of us!

But first, you *must* stop that yo-yo. Every time you lose weight without the right exercise regimen, you also lose a significant amount of muscle along with the fat. When the weight comes back, however, it’s all fat.

Since muscle requires more calories to maintain than fat, you’ve also dropped your metabolism. Now your body requires even fewer calories to maintain your current weight, which means it takes fewer calories than before for you to *gain* weight. The next time you diet, you’ll lose even more muscle, and gain back even more fat, and so on.

If you have been yo-yo dieting with frequency for the past few years, you may weigh the same today as you did a few years ago, but *look* bigger. That’s because you’ve been steadily losing muscle, which, pound for pound, *only takes up half the space of fat*. Your metabolism will be lower than it was a few years ago, too... It’s a vicious, vicious cycle.