

# UPDATE



Green Mountain at Fox Run  
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## The Art of Being Normal

Which of the following women is a healthy, normal eater?

- To celebrate, **Paula** goes out to dinner after work and chooses her favorite: fettucine Alfredo.
- At a family picnic, **Karen** samples her aunt's famous blueberry crisp, decides to have a slice, then goes back for more.
- Hungry for an evening snack, **Ellen** deliberates, then opts for oatmeal cookies and milk over an apple.

If you said they're all normal eaters, you're right. Surprised? It may seem like each woman is setting herself up for a binge. But take another look. In each scenario, the woman *chooses, decides, deliberates, opts*, taking her *wants and needs* into account before actually eating. Paula chose based on hunger and emotions; Karen decided she liked the pie and mindfully enjoyed it; Ellen realized by day's end that she was short on protein, so milk and cookies was the more nutritious choice. **Normal eating is sometimes eating for emotional reasons, having more than the recommended portion size, or choosing cookies because they go well with what you need health-wise.**

Perhaps even more important than the eating itself is your *reaction* to what you choose to eat. With a dieter's mentality, Karen might have judged her eating, then reacted out of guilt by hitting the ice cream store on the way home for a gallon of fudge ripple chip. **Normal eating involves acceptance, eating for pleasure, and trusting yourself. Only then will you begin to know what is appropriate (and normal!) for you.** Next time, Paula may choose the grilled chicken, Karen may pass on the crisp if it doesn't taste good, and Ellen may have the apple if that's what her body needs.

It's a difficult concept to grasp, we know. We've found that **Green Mountain at Fox Run's Normal Eating Program** (with new classes such as "Exploring Normal Eating" and "When Is Cake the Best Choice?" led by nutrition director Marsha Hudnall, MS, RD) is an ideal way to finesse this crucial life skill. It sure is nice to be normal for a change!



*Enjoy the summer  
with your friends  
at Green Mountain!*

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**Founded  
in 1973**

# Exercise Is Not a Four-Letter Word

Well, of course it's not—it has eight letters. But many of us will agree exercise *sounds* like a four-letter word sometimes. Yet we know moving our bodies is critical to feeling good and achieving healthy weights. Here's Green Mountain's take on how to keep going when you just don't want to.

**Focus on feeling good.** Rethink your goals. If they are to lose weight above all else, you might face some motivational challenges with the normal peaks and valleys of everyday energy. Instead, focus on feeling great, having energy and staying healthy. You'll likely find your weight moving to a healthier place, too.



## Green Mountain's Top 10 List of Fun Activities

10. Skip the weights or machines; use a FitBall or resistance band for strength training.
9. Join a softball team or bowling league.
8. Make a game of walking: Use a pedometer to count your daily number of steps.
7. Bounce on a FitBall.
6. Include family and friends in tennis, golf, canoeing, and more.
5. S-t-r-e-t-c-h...or take a yoga class for flexibility.
4. Salsa, line dance, jitterbug, tango - any kind of dance feels good!
3. Enjoy Vermonting (hiking) at Green Mountain along the Appalachian Long Trail with friends.
2. Putter in the garden outdoors on a wonderful summer day.

**And #1?** Fly a kite, throw a Frisbee, play badminton, go for a bike ride - whatever makes you feel like a kid again!

**Choose to move in ways you enjoy.** It's really, really hard to do something we don't like doing. Yes, fun ways to exercise do exist! See our box at left for suggestions.

**Forget perfection - just move.** Hung up on recommendations that say we need to get so many minutes a day at such and such intensity? It's good to have a goal, but something is better than nothing. If you're squeezed for time, work with what you have.

Do partial squats while you're waiting for your computer to start or walk around the park while your son finishes baseball practice.

*Have fun!*

## Master Type 2 Diabetes November 9-15

On May 11-17 of this year, Green Mountain at Fox Run joined select staff from the Joslin Diabetes Center of Harvard Medical School to present **Living Well: An Integrated Mind/Body Approach for Mastering Type 2 Diabetes**. The week combined our highly effective healthy lifestyle experience with classes led by Joslin's top diabetes educators in the fields of psychology, behavior, nutrition and exercise.

"The supportive, non-clinical environment at Green Mountain is ideal for women with type 2 diabetes who are looking to create long-lasting change," says Green Mountain's executive director, Alan Waylor, PhD. "Having Joslin experts on hand to answer questions specific to each woman's needs was also invaluable."

"This week made me come face to face with my disease," says alum Diane Faehndrich. "But I also finally realized that I have a *choice* in my treatment, and my fear has been replaced by hope."

**Our second Living Well program this year will run November 9-15.** To reserve your spot or request a brochure, call us at (800) 448-8106. Or, visit [www.fitwoman.com/diabetes.htm](http://www.fitwoman.com/diabetes.htm) for more information.



## DON'T MISS OUT!

With everything going electronic these days, we too find it is easier and quicker to reach you via e-mail. If we didn't have your e-mail address these past few months, you didn't receive announcements of:

- Special discounts, such as our 30<sup>th</sup> Anniversary/ 30% off invitation to all four-week alums (10% was offered to those of you who have been with us for less time) from January to April, and our spring Last Minute Getaway offer, which included free spa services
- Special theme weeks and events, from Nordic dog sledding in February to our Living Well type 2 diabetes week with Joslin Diabetes Center in May to our Mother/Daughter bonus week in June

Plus, our next issue of this Update will also be electronic. Don't miss the news from your Green Mountain friends; let us know where you are in the cyber world by sending us your name and e-mail right away to: [alum@fitwoman.com](mailto:alum@fitwoman.com).

## IN THE NEWS

Check out these magazines for a mention of Green Mountain!

- *Prevention Magazine*, August 2003: "Ice Cream Diet Success"
- *Grace Woman*, September/October: "What's Your Eating Style?"

## Celebrate Our "Year of the Alum!"

This year marks 30 years that Green Mountain at Fox Run has been helping women feel good again. Since we couldn't have done it without you, we declared this, our very special 30th Anniversary year, "The Year of the Green Mountain Alum." Throughout the year, we've been offering special discounts, savings programs, and bonus weeks (see "Don't Miss Out," left).

For one, we've started offering new Payment Plans to make your return visit(s) to Green Mountain more feasible. We'll honor the discounted Multiple Week rate, whether you use the purchased weeks all in one visit or in weeks spread throughout the year—a savings of up to \$2,300. Or, we can help you set up a Reverse Savings fund, whereby our accounting department withdraws a monthly credit card payment to deposit into a holding account for your next stay.

It's that easy...come join the festivities!



## Cool Off, Have Fun in the Green Mountain State

The world outside our doors has blossomed into a vividly green landscape and we're taking advantage of such gorgeous surroundings with fun new fitness classes. There's so much going on in our corner of Vermont, it's simply the perfect escape from the summer heat.

### What's Happening at Your Favorite Retreat

We're pleased to welcome back Donna Dearborn as a senior exercise physiologist. Donna leads many of our Vermontings (hiking in Green Mountain-speak), while guiding us in the ways of nature ecology (wildflower identification, animal tracking). She also runs regular tennis clinics on our two clay tennis courts all summer long.

Teri Hugo Hirsch, our new Kripalu-trained Danskinetics instructor will continue to lead our expressive movement dance workshops (several each week). These classes have been a huge hit!

We're also kicking off a summer creative writing workshop series, "Out of Your Head and Onto the Page: Developing Personal Stories," led by Green Mountain alum Lori Kagan-Moore each week through mid-August.

### Welcome back, Donna!



Donna Dearborn  
Senior Exercise Physiologist

### Summer Attractions

A sampling of things to see and do—all within a 30 to 60 minute drive from Green Mountain at Fox Run: Calvin Coolidge Homestead in Plymouth Notch, Billings Farm & Museum and art galleries in Woodstock, antiques in Weston, Simon Pierce glass blowing and Hot Air Balloon Festival in Quechee, Dorset theater festivals and Weston Playhouse (performing Hello Dolly!, Ragtime, and Pump Boys and Dinettes), plus many local arts and crafts fairs, and outlet shopping in Manchester. For more information on Vermont summer happenings, visit [www.fitwoman.com/vermont.htm](http://www.fitwoman.com/vermont.htm)



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## Recipes for Living

*It just wouldn't be summer without backyard barbeques. Try this tasty grilled chicken entrée at your next picnic or family dinner.*

### Southwest Citrus Chicken

*Makes 4 servings*

- 2 tablespoons lemon juice
- 2 tablespoons lime juice
- 1 tablespoon tequila
- 2 tablespoons plain or flavored garlic oil
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon paprika
- 1 tablespoon chopped fresh cilantro, if desired
- 4 boneless, skinless chicken breast halves

#### Directions

Mix all ingredients except chicken. Pour over chicken and marinate for about 1 hour before grilling. Remove chicken from marinade; place on grill rack. Cover and grill chicken 4 to 6 inches from medium-hot coals 4 minutes. Turn chicken; brush with marinade; grill about 3 minutes longer or until juice is no longer pink when centers of thickest pieces are cut.

## Everyday Success

"When I eat out at restaurants, I order whatever I want, but I ask the waiter to make my doggy bag first and bring me half the served portion. Never once has half not been enough and I get to enjoy the meal twice (usually again for lunch the next day)."

~ Alum Karen Hirschfeld  
Montreal, Canada

## Good Read!

**101 Ways to Help YourDaughterLove HerBody**  
By Brenda Lane Richardson and Elane Rehr

From birth to her teenage years, **help yourdaughter to develop the confidence, physical strength, emotional maturity, and respect for herbody.** (You may pick up a few pointers on treating yourself more kindly, too!) This book shows you how to: inspire her to participate in sports, challenge media messages, deal with difficult emotions, and 98 other ways to encourage her to love herself.

**To order** this book (\$13 plus S&H) or Gr Mountain's cookbook *Recipes for Living* (\$14.95 plus S&H), which includes the chicken recipe at left, visit [www.fitwoman.com](http://www.fitwoman.com) or call us at (800) 448-8106.



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## Need More Information? Contact us!

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