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HEALTH

Sensible system for health, weight loss

It's a tough balancing act to lose weight, keep it off, get the nutrition we need, exercise regularly, and at the same time deal with stress at work and at home.

A diet plan alone won't cut it long term. We need a roadmap to bypass obstacles to good health and weight loss that considers all of these needs.

A new book, "The System

**To Good
Health
By Alan
Wachter**



for Health & Weight Loss," fills that need. Its author is Thomas A. Fox of

Chester. Fox has a master's degree in exercise physiology and is a professor at Chesapeake College.

He did extensive research for this book; much of it based on the research studies that led to the "2005 Dietary Guidelines for Americans."

The guidelines are published jointly by the U.S. Department of Health and

Human Services and the U.S. Department of Agriculture and updated every five years. They are the nation's bible on how good dietary habits can promote health and reduce risk for major chronic diseases, and serve as the basis for federal food and nutrition education programs.

Fox also called upon 30 years of practical experience training professional athletes and businessmen, de-programming bad habits to help them adopt personalized programs for nutrition, fitness and stress reduction that suit their lifestyles.

The result is a book that explores all of our options for weight control, including surgery, and debunks myths and misconceptions in the marketplace that we need to avoid.

Fox's "system" for personal health and weight control considers diet, exercise, genetics, stress management and physical activity.

It is easy to read and enhances documented scientific studies with a liberal dose of common sense.

"Failure to address all of these essential components is the biggest reason why most weight loss efforts do not succeed," Fox says. "Obesity is challenging tobacco use as the leading cause of preventable death. Our health care system spends \$100 billion yearly on obesity-related medical costs. Permanent weight loss and improved health decisions now are matters of life and death.

"It doesn't matter if you are a professional athlete, a frequent business traveler, someone who finds it difficult to balance family obligations, a college student or a retiree," Fox says, "this book can empower you to develop a personal system to take control of your life."

"The System for Health & Weight Loss," released by iUniverse, costs \$15.95 and can be ordered at www.thomasafox.com.