

# Water and exercise make a winning team

"Water is one of nature's most refreshing, healthful gifts and should be the key to any exercise program," says Lisa Dobloug, internationally recognized fitness expert and consultant to Evian Waters of France, Inc.

"It is simply not enough to exercise regularly, eat a well-balanced diet and get plenty of rest. Maintaining the body's proper water balance is also essential."

According to Norwegian-born Ms. Dobloug, water lost through elimination, perspiration and respiration must be re-

placed if the body is to function at peak efficiency.

Medical experts advise drinking six to eight glasses of water daily to maintain an optimum level of health.

But physical exertion along with hot weather increases the body's water requirement.

"Drinking a physically and psychologically refreshing glass of cool water before, during and after exercising will make all that hard work even harder for you," says Lisa.

"Water acts as an instant energizer and helps the mus-

cles function more efficiently, thereby increasing the enjoyment and effectiveness of a workout."

### Quality counts

As program director of such renowned spas as The Golden Door, The Greenhouse and Palm-Aire, and owner of The Saga Club in Washington, DC, Lisa has always shared her belief that the quality of the water one drinks matters just as much as the quantity.

"The only way to be absolutely certain of a water's purity is to drink a natural spring water bottled directly at the source under strict supervision. Europeans have known this for centuries and now ever-increasing numbers of Americans are getting into the mineral water habit too," she notes.

"I also believe a non-carbonated mineral water such as Evian should be the beverage of choice for individuals who exercise regularly.

"Non-bloating and easy to digest, Evian mineral water's detoxifying and mildly diuretic properties promote rapid recovery following exertion by hydrating the cells and

flushing waste products from the tissues."

If you are attempting to lose weight, pure non-carbonated spring water can be a dieter's best friend. Water aids and speeds digestion and elimination by breaking down food as it journeys from the mouth through the intestines.

"But, best of all," says Lisa, "a glass of water before meals helps curb hunger pangs by contributing to a feeling of fullness."

"It's a myth that water consumption leads to bloating and weight gain. Regularly drinking a virtually sodium-free mineral water such as Evian can actually help to prevent water retention by flushing accumulated salts from body tissues."

Any exercise program should focus on improving endurance and strength, flexibility and heart-lung efficiency. Lisa has designed an easy-to-follow, at-home program that combines elements of calisthenics, modern dance and yoga.

It can be completed in 20 minutes and is meant to be done daily or, at the very least, five times a week.

### Joy of movement

To avoid the "I hate to exercise" syndrome, Lisa encourages her students to discover the joy of movement for its own sake. "Executed in a natural, rhythmic, flowing manner, movement is beautiful to behold and pleasurable to experience," Lisa explains.

"I don't believe in excuses.

Exercise should be as routine as brushing your teeth. My students soon discover a vigorous workout, plus lots of cool, refreshing non-carbonated mineral water, is the best "medicine" for fatigue, tension and depression."

Lisa and urologist Dr. Sam-

uel Kunin, medical consultant to Evian Waters of France, have co-authored "It's Never Too Early, Or Too Late To Keep Your Body At Its Peak," available free by writing to: Evian Fitness Program, P.O. Box 1977, Grand Central Station, New York, NY 10163.

In simple language, this booklet explores the subject of water quality, and explain why a pure, non-carbonated mineral water can spell the difference between the success and failure of an exercise program.

An illustrated poster describing the Evian Water Fitness Program accompanies the booklet.



**DOUBLE TOMATO CHICKEN SALAD** has only 220 calories per serving.

## Zesty chicken salad for waist watchers

Americans are becoming increasingly more conscious of the foods they eat and how their eating patterns affect pounds gained or lost. For some, dieting to lose weight becomes a kind of perpetual seesaw — up, down; up, down.

### Re-educate palate

Dieting, however, need not be grim. It can be an opportunity for adventures with food as well as a chance to re-educate tastes and attitudes. Canned chunk chicken is just great to include in a weight-loss diet. It has no carbohydrates, very little fat and is high in protein.

Double Tomato Chicken Salad is as easy on calories as it is on preparation. With only 220 calories for a 2 1/4 cup serving, this garden fresh salad can be prepared in a matter of minutes. The lively, colorful ingredients include cherry tomatoes, sliced zucchini, red onion and crisp lettuce.

### Tangy touch

The double tomato name comes from the tomato-based dressing. This featherweight dressing has an unusual tangy addition — V-8 cocktail vegetable juice. A bit of salad oil, vinegar, seasonings and dry mustard add just enough interest that even non-waist watchers will want to use this as their regular dressing.

### DOUBLE TOMATO CHICKEN SALAD

- 1/2 cup V-8 cocktail vegetable juice
- 1 tablespoon salad oil
- 1 tablespoon vinegar
- 1/2 teaspoon honey
- 1/4 teaspoon basil leaves, crushed

- 1/2 teaspoon dry mustard
- Generous dash salt
- 2 cups lettuce torn in bite-size pieces
- 1 can (5 ounces) chunk white chicken
- 1/2 cup cherry tomatoes cut in half
- 1/2 cup sliced zucchini squash
- 1 small red onion, sliced
- Generous dash pepper

In covered jar or shaker, combine V-8 cocktail vegetable juice, oil, vinegar, honey and seasonings; chill. Shake well before using. Toss with remaining ingredients.

Makes about 4 1/2 cups, two servings; 220 calories per serving.



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