



[FOOD COURT]

Concession Inspection

Which movie snacks to delete from your scene



Though the movies can be a cool place to relax and unwind this time of year, the stroll past the theater food counter can be a stressful temptation for those of us trying to stay fit for the beach. Turns out, a large popcorn has more calories and fat than the average person needs in a day. Add just a couple squirts of that orange movie theater

butter, and you have a 1,500-calorie snack. But are there any healthy food options at the movie theater? The answer is yes, most movie theaters are getting better about incorporating healthier choices onto their snack menus. A large soft pretzel, for example, is a healthful alternative to that bucket. Let's see how the two measure up.

Verdict

A 5-ounce soft pretzel contains 480 calories and 4 grams of fat. There are about three times as many calories, and about 20 times as much fat, in the popcorn, with 1,300 calories and 78 grams of fat. But if you must indulge in this buttery treat, eat the small size, without the greasy add-on, for about

600 calories and 35 grams of fat.

It's also important to be weary of the additional items that can come with the pretzel. Steer clear of the dipping sauces, sugary sodas and candy, and you will still have enough calories left over to eat lunch and dinner without the guilt.—CH

Christine H. Haas is a certified NASM personal trainer and a licensed nutritionist. Visit her website at www.nuweights.com.

[BODY BLOG]

New You for a New Year

Acceptance is the First Step

"Dad, I'm kind of embarrassed," my 10-year-old son told me as we waited to pay for our groceries. "You're the fattest guy here."

OK, I wasn't the fattest guy there, not by a long shot, but in my son's eyes I was, and that was enough for me. The reduction diet would begin immediately by removing fattening foods from Giant's conveyor belt. But what to remove? The beer? There was none. The potato chips? White bread? Frozen lasagna? Ben & Jerry's? There wasn't any of that: My food selection for the next few days was fresh fruit, vegetables, lean meat and whole-grain rice and bread.



ANDREA SKJOLD/SHUTTERSTOCK (SOFT PRETZEL); MICHELLE HARVEY/SHUTTERSTOCK (POPCORN); JONATHAN TIMMES (BUZZ)

Also at the theater, opt for sugar-free glee: **Chocolate-covered, Sugar Free Pecan Delights by Russell Stover®** are sold at all AMC Theaters. Go nuts: www.russellstover.com.



Clockwise, from left: trainers Chris Mattice and Melody Shipp, nutritionist Beth Eckhaus, coordinator George King, massage therapist Chris Brindley and Drs. Martha Callhan and Felix Ma.

Still, Luke's comment was innocent enough; he only spoke what I (and, no doubt, my wife) had been thinking: My softening waistline was becoming my distinguishing characteristic. My blue eyes were no longer the first thing people saw when they met me.

Can there be any greater self-loathing than that of the person who believes he is doing the right thing but STILL puts on weight and can't stay awake after lunch?

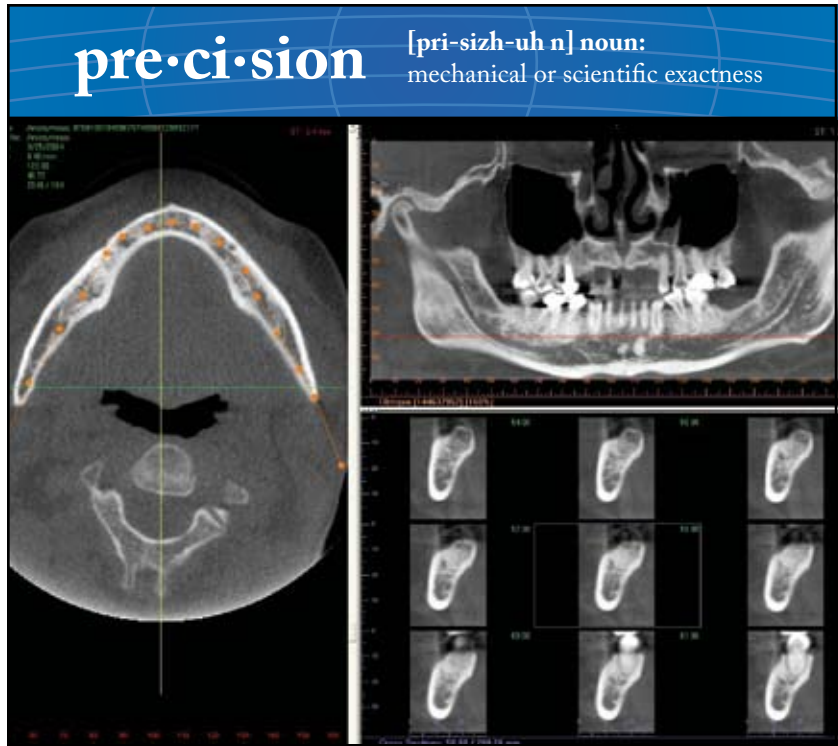
Professional intervention was an easy decision.

And here it is. I've enrolled in the "5 Stones" program at the Integrative Family Medicine Center in Leesburg. For six months I'll undergo monthly physicals, biweekly massages and nutrition education sessions; and twice a week, visits with a personal trainer.

The answer to my prayers. Then why am I dreading it? I have no idea if I have the self-discipline to stick to it, and worse of all, I won't be the only one to know: This journey will culminate in our December issue; along the way I'll post weekly updates on our website to report my progress or pass along the best advice I've received, a training tip or a new, healthy food I've discovered.—BM

Visit Buzz's blog at www.NorthernVirginiaMagazine.com/bodyblog, where he will detail his weekly progress in this six-month wellness program.

JONATHAN TIMMES (DOCTORS)



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