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- 2 Bdrm. w/ Den \$612-\$714 1063 Sq. Ft.**
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12:30-1:30

2 & 3 Bedroom Townhomes Have Washer & Dryer Connections, Fenced Back Yards & 1 1/2 Baths

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- 1 & 2 Bedrooms \$250 Total Move In plus \$25 appl. fee
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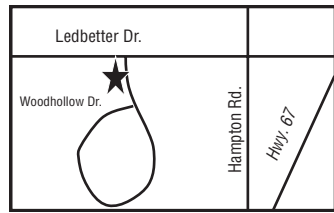
Call For Details

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a p a r t m e n t s

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Section 8 Welcome



Se Habla Español!

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\$99 MOVE-IN

Lower Rent For 2 Bedrooms Was \$699 - Now \$630 For January Only!

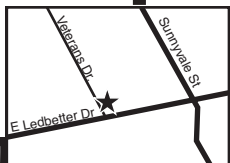
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Section 8 Welcome! Walker Program Participant

The Oasis & Oasis Garden Apts

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*NO FELONIES IN THE PAST 5YRS

*Must bring this flyer for special!

Health

Don't Be Myth-Taken, Get The Facts On Dieting

Interested in dropping a few pounds? Get the skinny on why some diets work, and others fail.

By: Christie Bohm Chase, Staff Writer

You wake up late and hastily grab two pre-packaged pastries on your way out the door to work. At work you enjoy the pastries with three, or maybe four cups of coffee (lots of cream.) Mid-morning you head up to the vending machine and settle for a Twinkie to tie you over till lunch. For lunch you join some co-workers at the all you can eat enchiladas buffet at a local Mexican restaurant. Later in the day your office celebrates your boss's birthday and you delve into a huge piece of chocolate cake. On the commute home you decide you'll order out pizza for dinner, and vow that tomorrow you'll change your eating habits and start a diet.

If this describes your daily diet, you're not alone. Close to 50 million Americans will resolve this New Year's to lose weight, get in shape and live healthy. Many put themselves on strict yo-yo diets, which work for a while and then result in fluctuating weight, unhealthy eating habits and stress. The success rate for dieters is very low. Experts claim that only five percent of dieters are able to keep their weight off long-term. Diet plans are a dime a dozen, each one offering the promise of weight loss and healthy living. In reality most diets offer ways to lose pounds over night, with no advice on how to keep the pounds off. Nutrition experts say the best thing you can do for yourself before starting any diet is to learn what dieting strategies to avoid, and which to embrace.

The Fat Truth

Some diets claim that bread, potatoes, pasta and other carbohydrate foods are fattening; however, your body needs these foods, and if eaten in moderation they are not fattening. What is fattening is the food we use to garnish these dishes. For instance, a serving of pasta (1 cup) contains 160 calories - top it with just 1/3 cup of Alfredo sauce (high in fat) and you add 270 calories. But if you substitute tomato sauce (low in fat), and you add only 75 calories.

Food companies want us to believe that eating fat-free or reduced-fat foods will help us lose weight. Although these foods usually contain fewer calories, when fat is removed from food, other ingredients - usually various carbohydrates - are added to improve the taste and texture of the food. These foods are certainly not going to help us lose weight, especially if we eat lots of them, thinking they contain no fat. Always check the nutrition label of a product for calorie information.

Popular diet plans entice people with the slogan that losing weight can be effortless. However, for a diet to be successful, you have to keep the weight off long term and achieving and maintaining a healthy weight takes time. Those committed to losing weight have to change their eating habits stay physically active. This can be hard work at times. Unfortunately, there is no quick fix to weight problems. Usually if a weight loss plan sounds too good to be true - it is.

Pound By Pound

Before you start any diet you should ask the following questions. Fully understanding the diet plan will make it easier on you, and will increase your chances of success.

Who created this diet?

In order to sell a product, some companies create diet schemes which require participants to purchase their diet product. To check the credentials of diets and diet products contact the nutrition department of your local hospital or the American Dietetic Association.

Do you have to cut certain food out of your diet and only eat what the diet picks out for you?

Quick-fix diets that restrict you to a few foods usually yield high results, but the results are temporary. Most people have a tough time totally giving up foods they love, and they eventually cave in and revert back to their old eating habits. The best diets are those that teach you how to include moderate amounts of the foods you like with other healthful alternatives. Such plans help you change your eating habits over time, not overnight.

Is exercise part of the plan?

Physical activity is an essential part of achieving a healthy weight and keeping it. Exercise increases the number of calories you burn, adds muscle to your body and promotes the loss of fat. It can increase your sense of energy, strengthen your immune system and give you an overall sense of well-being.

Does the diet value health over body size?

The biggest benefit of losing weight is lowering your risk for several diseases, such as heart disease and diabetes. A good diet plan should focus on your well-being, not just on how much weight you can take off.

Gaining Weightlessness

A failed diet can hurt self-esteem, and can often cause weight gain. Dietitians say that the secret to conquering weight problems, is to learn to use inner strength, take care of and respect your body, eat healthfully, and planning time for exercise. With fast weight loss programs you may be losing pounds, but you are depriving your body of iron, calcium, vitamins, folic acid, and energy. A balanced diet with no more than 25 percent of calories from fat and foods that are rich in fiber, vitamins, minerals offers a very effective way to lose weight because it's well rounded and will help change your eating habits.

Let Health Abound

No matter how much you need to lose, dropping 10 pounds can turn your health around.

- Losing even a few pounds helps all the weight-bearing joints, such as the lower back, the hips, and the ankles. Your chances of osteoarthritis of the knee are cut in half if you lose just a little weight. For every pound you lose, there is a decrease of four pounds worth of pressure on the knee joints.
- Many who lose 10 lb. are able to reduce their blood pressure medication, and decrease harmful LDL cholesterol, triglycerides, blood pressure, and blood glucose levels.
- Many people who lose weight find they sleep better and snore less.