

Seattle the fittest, Houston the fattest

Seattle has been named the fittest city in the United States and Houston the fattest by Men's Fitness magazine. The nonscientific study compares 50 cities by weighing 14 factors, including fast food restaurants per capita, TV watching, air quality, and parks.

Fittest cities		Fattest cities	
2005 RANK	LAST YEAR	2005 RANK	LAST YEAR
1. Seattle	6	1. Houston	2
2. Honolulu	1	2. Philadelphia	7
3. Colorado Springs, Colo.	5	3. Detroit	1
4. San Francisco	2	4. Memphis, Tenn.	20
5. Denver	4	5. Chicago	5
6. Portland, Ore.	8	6. Dallas	3
7. Sacramento, Calif.	10	7. New Orleans	22
8. Tucson, Ariz.	9	8. New York	21
9. San Diego	14	9. Las Vegas	16
10. Albuquerque, N.M.	12	10. San Antonio	4
11. Boston	7	11. El Paso, Texas	24
12. Virginia Beach, Va.	3	12. Phoenix	18
13. Minneapolis	18	13. Indianapolis	17
14. Fresno, Calif.	15	14. Fort Worth, Texas	6
15. Milwaukee	20	15. Mesa, Ariz.	12
16. Omaha, Neb.	11	16. Columbus, Ohio	10
17. San Jose, Calif.	20	17. Wichita, Kan.	16**
18. Jacksonville, Fla.	13	18. Kansas City, Mo.	14
19. Austin, Texas	19	19. Miami	15
20. Oakland, Calif.	17	20. Long Beach, Calif.	23**
21. Los Angeles	25	21. Oklahoma City	13
22. Arlington, Texas	8*	22. Tulsa, Okla.	19
23. Washington, D.C.	25*	23. Atlanta	11
24. Cleveland	9*	24. Charlotte, N.C.	22**
25. Nashville, Tenn.	24	25. Baltimore	23

* 2004 ranking in fattest cities

** 2004 ranking in fittest cities

SOURCE: Men's Fitness

AP

Abs: Cheating on your diet might bring desired results

Continued from page 6B

The diet also allows cheating for one meal each week, scoring brownie points with any dieter who has restricted favorite foods in past weight-loss efforts. Zenczenko writes that the best way to control cravings is to satisfy them every so often.

The exercise component begins in week three of the six-week plan and includes a 20-minute full-body workout three days a week. It also includes regular strength training, brisk walking or other aerobic exercises and, of course, some detailed abdominal work — 50 core exercises in five regions of the abdomen.

The plan includes descriptions and pictures of the exercises that can be completed in the gym or at home.

Zenczenko claims it is a perfect diet for people who think they have a better chance of scaling Mt. Everest in a Speedo than of getting great abs because the diet is adaptable to any lifestyle. The book includes detailed success stories that urge Americans

to adopt a healthier lifestyle.

As a person who has dealt with the challenges of weight loss on a personal level, Zenczenko says diets like Atkins, the Zone or the South Beach

diet fail because they are about losing, and Americans don't like to lose. He says his diet is capable of widespread success because it isn't about losing, but about gaining a healthy lifestyle and body.

Even though diet trends can be unhealthy, dieters can take with them positive messages from the programs. The Abs diet promotes healthy fats, protein and calcium consumption, all of which are staples of a balanced diet. It also provides a template for creating a feasible strength-training routine to help build strong bones.

For the 130 million overweight or obese Americans and the many individuals trying to get in better shape this year, the Abs diet is a 2005 diet trend worth a try.

ashleygriffin@dailyemerald.com

POWER FOODS

These 12 power foods are emphasized by the Abs Diet because they help power natural fat burners, protect dieters from illness and injury and keep them lean and fit. These foods focus on protein, monounsaturated and polyunsaturated fats, fiber and calcium.

Almonds and other nuts
Beans and legumes
Spinach and other green vegetables
Dairy (fat-free or low-fat milk, yogurt, cheese)
Instant oatmeal (unsweetened, unflavored)
Eggs
Turkey and other lean meats
Peanut butter
Olive oil
Whole grain breads and cereal
Extra protein (whey) powder
Raspberries and other berries

EXPECTED DIET RESULTS

Weeks 1-2: Significant weight loss (up to 12 pounds in 2 weeks) and an average loss of 5 to 8 pounds.

Weeks 3-4: The addition of the program's strength-training component brings an additional weight drop and increase in metabolism.

Weeks 5-6: Upper body and abs will appear more toned and defined.

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