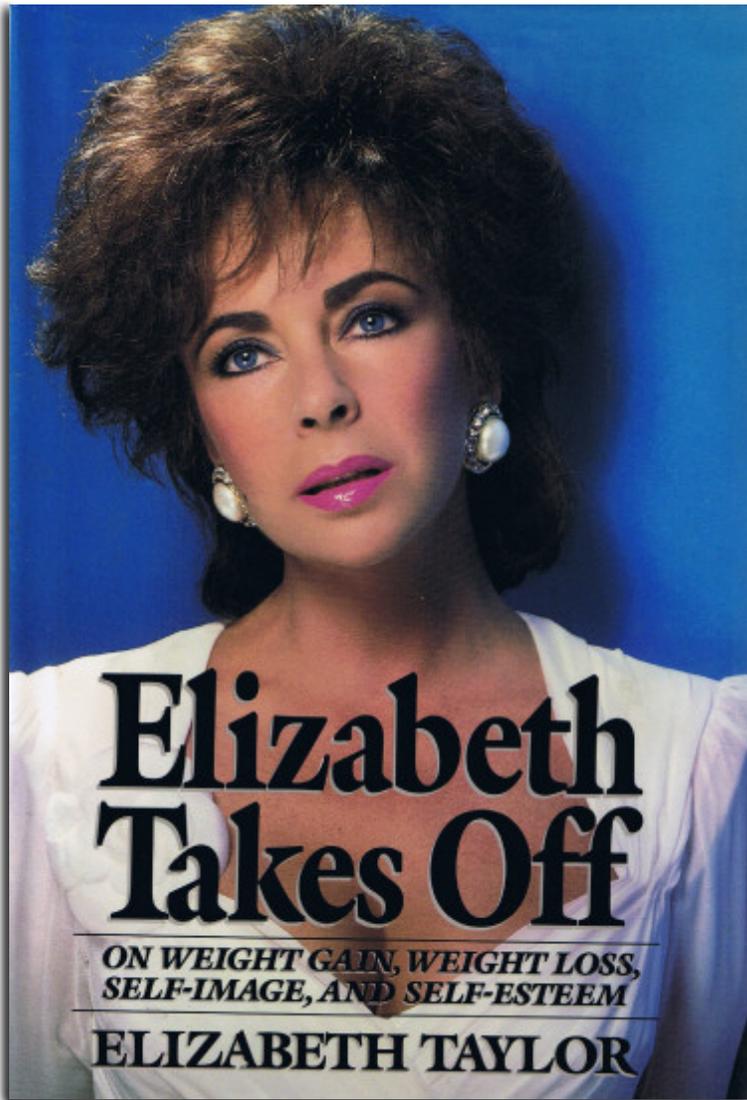


Elizabeth Takes Off

*ON WEIGHT GAIN, WEIGHT LOSS,
SELF-IMAGE, AND SELF-ESTEEM*

ELIZABETH TAYLOR



..... Use your head before you go to work on your body. First and most important, regardless of your age, and no matter how healthy and fit you *think* you are, don't begin an exercise program of any kind without getting an okay from your doctor. Remind him or her of physical problems you have now or may have had in the past. Explain your goals and ask about low-risk activities that will help you meet them. Your physician might suggest that you undergo a series of tests before getting started. It is essential to follow his or her advice.

Because of my back problems, I had to be extra careful. I was afraid to devise an exercise program on my own (a bad idea for *anyone*, in my opinion), so I consult Dr. Leroy R. Perry, a well-known

and highly respected chiropractor who is president of the International Sport Medicine Institute in Los Angeles. He planned a routine for me that include a brief series of simple exercises designed to improve general muscle tone, strengthen my back and upper body, and improve my posture. You want to subtract ten years and ten pounds in ten minutes, stand properly; I'll tell you how later on.) I Perry also encouraged me to use the pool, not just I splashing but for aerobic swimming.

What a difference it's made. I wouldn't exactly call myself a fitness freak, but I've learned to enjoy a wonderful sense of well-being I experience after physical exertion. I love what I see happening to my body and I appreciate the fact that burning off additional calories through swimming makes it just that much easier to stay at 122 pounds.

One note of caution: Just because the following program was designed to be easy on *my* back, don't assume that the same activities will be equally appropriate you. Even if you believe you have no physical w nesses, discuss the exercises with your doctor before you attempt them.