

Health, briefly

Tuesday, August 21, 2007

BY MEG NUGENT
Star-Ledger Staff



Walk better

Women are willing to put up with a lot of discomfort when it comes to fabulous shoes. Eight out of 10 women say they have foot pain, according to a recent study. Here are some tips from Consumer Reports on how to find the right -- and painless -- shoe for you:

Shop for shoes at the end of the day, when your feet are at their largest. Fit shoes to your largest foot. Two-thirds of the population has one foot larger than the other.

Allow a thumb's breadth from the end of your big toe to the tip of the shoe.

The shoe should be comfortable the moment you slip it on. There is no such thing as a break-in period.

Save the high-heeled, pointy-toed shoes for special occasions and try to wear them for short periods, no longer than three hours.

School lunch tips

Here are some tips on how to pack those lunch boxes with healthful things your kids may actually eat. You can thank Oldways-Food Advocates for Better Eating and Drinking, and the Whole Grains Council for these ideas:

Pack a baggy of popcorn for a snack. It's a 100 percent whole-grain snack you can easily make at home. Pack multi-grain chips or whole-grain pretzels instead of potato chips. Whole wheat, multi-grain and whole corn tortillas make easy wraps.

Create a big container of trail mix by mixing colorful bits of dried fruit with your kids' favorite whole-grain cereal. Then you can put a baggy into your kids' lunch boxes.

Introduce your kids to oatmeal-raisin cookies.

Make a peanut butter and jelly sandwich with "whole white wheat" bread. This bread has the nutrition of other whole wheat varieties but a lighter color and milder taste.

Health, briefly

Page 2 of 2

Make a peanut butter and jelly sandwich with "whole white wheat" bread. This bread has the nutrition of other whole wheat varieties but a lighter color and milder taste.

Whole grain pita pockets are easy for kids to hold and help keep goopy fillings such as tuna fish from dripping out.

Whole grain oats are the first ingredient in most granola bars. Choose brands lower in sugar to enjoy the benefits of whole grains without approaching candy-bar levels of sweetness.

Golf classic

The Trinitas Health Foundation's seventh annual Golf Classic will be held Sept. 17 at the Shackamaxon Golf and Country Club in Scotch Plains. Most of the proceeds from the event will go to the Trinitas Comprehensive Cancer Center.

Tennis and a spa experience are being added to this year's event. The scramble format of the classic features major prizes, such as a late-model automobile, a \$10,000 cash prize and a Rolex watch. A brunch, gourmet buffet dinner, raffles and special prizes will be offered.

The \$650 per-golfer fee will cover golfing, power cart, buffet brunch, refreshments on the course, cocktail reception, dinner, premium gifts and a chance for raffle prizes.

Tennis players pay a \$400 fee that includes a buffet brunch, refreshments on the courts, cocktail reception and dinner.

Those who want to enjoy the Day at the Spa option will do so at Vito Mazza Day Spa in Woodbridge. Limousine transportation will be available to and from the country club.

The spa option will be open to 20 women at a cost of \$650 per person.

For more information and to make reservations, call the Trinitas Health Foundation at (908) 994-8249.

Recognizing volunteers

The 20th annual Volunteer Recognition Night will be presented Nov. 15 at the Somerset Hills YMCA, 140 Mount Airy Road, Basking Ridge.

The event provides opportunities for organizations to honor their volunteers and learn about one another's groups and volunteer programs. The Somerset Hills Y will present the Millicent Fenwick Memorial Civic Award, which is given to an individual or organization for meritorious leadership and service.

Nominations are being accepted. For the award criteria and to obtain a nomination form, visit online at www.somersetillsymca.org or contact Sylvia Velez, director of volunteer services, at (908) 630-3530.