



PART 1 **NUTRITION**

Shape

You'll look and feel a lot better if you eat right and exercise regularly. The proof of the (sugar-free) pudding is in the two superintendents who've lost 120 pounds between them **BY ROBIN SUTTELL**

With his marriage ending and friends poking good-natured fun at his short, portly stature, Joseph Boe knew something had to give — namely 50 extra pounds.

“My divorce in January was an eye-opener. I was a fat little porker. I'll admit I let myself go,” says Boe, superintendent of Coral Oaks GC, a municipal track in Cape Coral, Fla.

Boe, 34, stands 5 feet 6 inches. He admits he's always struggled with his weight. Over the past few years, he says his weight spun out of control. Last January, he tipped the scales at 210 pounds — a record high.

Boe blames his busy lifestyle, his haphazard eating habits and even laziness for his

weight gain. Like many superintendents, Boe spent his days either skipping meals and snacking later or grabbing a burger and fries on the fly in the clubhouse. He focused so intently on his work that he managed to pass each day without finding time for regular exercise. He also drank regular soda like it was water, downing at least five to six cans of the sugary, calorie-laden drink each day.

Eventually, the effects of this lifestyle caught up with him. Most likely, it's catching up with other time-pressed superintendents across the country. The grab-and-go, no-time-for-anything-but-work-lifestyle tends to be the norm in the industry, especially during the golf season.

American Dietetic Association spokeswoman Kathleen Zelman says she's not surprised that superintendents aren't taking better care of themselves. “Most overworked, stressed-out individuals don't practice proper nutrition or exercise,” she says.

Taking stock

There's little question that Americans are getting fatter. The problem is so severe that it's caught the attention of President George W.

Living Well Series

This story on nutrition marks Part 1 in *Golfdom's* Living Well series. Next month, *Golfdom* examines substance abuse in the industry.

Up



Bush, who announced a renewed push on the federal level to promote physical fitness. Bush himself reportedly exercises 90 minutes per day, often with a three-mile run. When an issue receives that much attention from the White House, you know it's serious.

According to a 1998 report from the National Heart, Lung and Blood Institute (NHLBI), 97.1 million Americans are considered overweight or obese, which constitutes 55 percent of the adult population. Between 1960 and 1994, the prevalence of obesity in adults increased from 13 percent to 22.5 percent, with most of the increases occurring in the 1990s. (Note: Overweight and obese are *not* the same. Overweight refers to an excess of body weight that may come from muscle, bone, fat and/or body water. Obesity refers specifically to having an abnormally high proportion of body fat. To determine if you fit into either category, see www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/risk.htm.)

Overweight and obese Americans have a greater risk for diabetes, heart disease, stroke, hypertension, gallbladder disease, osteoarthritis, breathing problems and some forms of can-

cer, according to the report. It's clear that keeping weight down is a problem that won't go away unless people pay attention to it.

John McClaren, superintendent of The Madison (Pa.) Club, has been watching his weight since Jan. 1, 2001, when he vowed to lose 55 pounds. The 37 year old weighed 255 pounds at the time. Since adhering to a Weight Watchers program, McClaren has lost 70 pounds and is down to 185.

"I went from a size 40 waist to a size 34. That's what I wore in high school," a proud McClaren says.

McClaren decided to lose the weight because he wanted to have the stamina to keep up with his three children, ages 1 to 4. John Szklinski, superintendent of Southern Hills CC in Tulsa, Okla., site of the 2001 U.S. Open Golf Championship, says he also started paying attention to a healthier lifestyle when he realized he had two young children at home who need him to stay healthy.

"My career has been so fast-paced since I entered the business when I was 24 that nutrition and exercise weren't a high priority," the

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PHOTO BY MARK HUME

Joe Boe, superintendent of Coral Oaks GC in Cape Coral, Fla., says he noticed he was a "fat little porker" (bottom). But his commitment to get in shape led him to lose 50 pounds, and he says he can now fit into the same size pants he wore in seventh grade (above).

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37-year-old Szklinski says. "As a young, aggressive up-and-comer in the business, I would skip lunch and breakfast and maybe eat dinner."

Then Szklinski realized he's not just responsible to himself and the club he works for, but also to his family. "I need to ensure I'll be around to take care of them," he says.

As a result, he's tried to work in a regular, moderate exercise routine using a treadmill a few times a week in the winter, combined with yard work at home in the summer. An avid bird hunter, he spends every available weekend trekking around the woods with his bird dogs and walks great distances during these outings.

He now eats lunch every day and tries to fit in breakfast, although he's the first to admit he's not always successful.

At work, Szklinski also tries to break away from desk work whenever he can. He uses Mondays, the day the country club is closed, to go out on the greens and do some work with the crews.

"I can grab a push fertilizer spreader and help the guys," he says. "With my nature and level of hands-on agronomy, I can be pretty active on the golf course."

McClaren also realized he could burn calories on the golf course. He began hand-mow-

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Little Steps, Big Results

You don't have to make major lifestyle changes to enjoy a healthier life. "It takes 21 days to make a new routine, and once that becomes your routine, it becomes part of your life," says Steve Mona, CEO of the GCSAA.

Mona is a strong proponent for good diet and has regularly exercised most of his life. He is vigilant about his diet, runs daily and starts each morning with a short routine of sit-ups and pushups before stepping in the shower. He says he realizes superintendents are "never done with their jobs," but wellness needs to become an important part of any superintendent's busy day. "Even if you're grabbing things on the go, you still can do it," he says.

Even small changes introduced over time can add up. They make you feel better, increase your energy levels and help you maintain better overall health, says registered dietitian and American Dietetic Association spokesperson Kathleen Zelman. "Health benefits are accrued by small weight losses that are as little as 5 to 10 percent," she says.

Small changes can yield big results, but you have to be consistent. Here are some little things that will help take you a long way toward meeting your wellness goals:

Eat breakfast.

According to Zelman, the National Weight Loss Registry shows that 80 percent of folks who successfully lost weight and kept it off eat breakfast every day.

"Your body needs fuel," she says. "Get up 10 minutes earlier. Have a bowl of cereal or a bagel. It's important to maintain your blood sugar. I understand the time demands, but there really is no excuse."

Give up a 12-ounce can of regular soda every day and drink water instead.

Better yet, drink only water. It's fat-free, calorie-free, all-natural, and your body needs it to survive. Zelman recommends six to eight glasses a day.

"Stick a fresh lemon, lime or orange slice in it," she says. "It adds flavor and is good for you."

Don't grab a hot dog at the snack stand or clubhouse. Try a more healthful sandwich or a salad.

"Read the nutritional labeling on a hot dog sometime," Mona says. "It's loaded with bad stuff. Go for a turkey sandwich instead."

Consider eating a piece of fruit or an energy bar instead of cookies or cake.

"You can peel a banana and eat it as quickly as you can open a candy bar or ice cream bar," Mona says.

Get away from your desk, and walk the golf course.

If you're up to it, do some of the hands-on work yourself.

Consider eating five or six smaller meals a day.

"You don't have to have a three-course meal," Zelman says. "Have small healthy

snacks rather than skipping meals or pigging out because you've starved yourself all day. You can grab an apple or a container of dehydrated soups. These are things you can eat quickly between busy meetings."

If you're a coffee drinker who uses cream and sugar, try using low-fat milk or try your coffee black. Also, reduce the number of cups you drink.

Find some kind of exercise you like to do on a regular basis. Once a week might be a good start. Work up to three times a week, and then maybe five.

Joseph Boe, superintendent of Coral Oaks GC in Cape Coral, Fla., has lost nearly 50 pounds over the past six months. He attributes much of his weight loss to an exercise regimen he enjoys — weight training.

"I can't stand aerobics," he says. "I had the Tae-Bo tapes, but I really hated them. I thought back to the exercises I really like best, like weightlifting. Now I when I get off work, all I can think about is going home and starting my workout"



Give up something that's not loaded with nutritional value.

"Think about where the empty calories are in your diet," Zelman says. "Are you eating the doughnuts in the break room? Are French fries your push button? Give them up. These small changes add up. You need to take care of yourself, and take care of your body. Don't wait until it's too late."

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ing greens to get more exercise. McClaren says he walks several miles when he mows greens.

One man's success

Like McClaren and Szklinski, Boe took a hard look at his life and knew he needed to make some big changes.

Having survived his failed marriage, Boe realized he'd likely get back into the dating game and didn't like what he saw in the mirror. He also knew the extra weight wasn't good for his health, so he began looking at diet programs. He ended up researching nutritional issues and came up with a diet program of his own.

He assessed his own diet and compared it to the various programs available. He learned that his passion for white bread, white rice, white pasta and regular soda had been adding plenty of calories to his diet without high levels of nutrition.

Boe set out to reinvent his diet and his tastes, substituting multigrain bread, vegetable

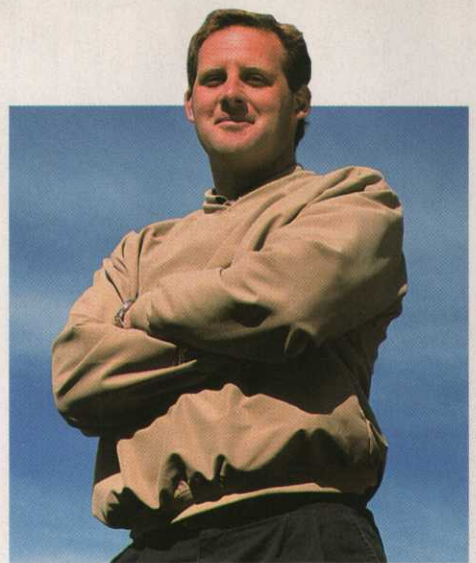


PHOTO BY BILL WELCH

John Szklinski, superintendent at Southern Hills CC, tries to stay active by working on the golf course.

and whole-wheat pastas, and brown rice in place of his favorite standbys. He also kicked the sugary soda habit and switched over to the diet versions of his favorite beverages and started drinking more water.

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Portion Control HOW DO YOU MEASURE UP?

In an era of super-sized drinks, biggie fries and extra-value menu offerings, portions have spun out of control. In the process, consumers have lost a sense of real serving sizes, which often seem tiny in comparison to popular megasized food offerings.

The American Dietetic Association's latest nationwide public opinion survey, *Nutrition and You: Trends 2002*, reveals that most Americans tend to overestimate the recommended serving sizes for many foods.

"Consumers are confused, not only about things like the difference between a serving and a portion, but also about the amounts of food they believe they should eat, both at home and while dining out," says Sheah Rarback, a Miami registered dietician and ADA spokesperson.

While the terms "serving" and "portion" frequently are used interchangeably, they are different things in the nutrition world. A serving, according to Rarback, is the amount recommended in such consumer education materials as the Food Guide Pyramid. A portion is the amount of food you choose to eat at any one time. It can be less or more than a serving.

- Cheese — A 1.5-ounce serving is the size of four stacked dice.
- Fruit, cooked rice or cooked pasta — one-half cup is the size of a tennis ball cut in half.
- Cooked lean meat, poultry or fish — 2 to 3 ounces is the size of an audiocassette or a personal digital assistant.
- Raw leafy vegetables — 1 cup is the size of a tennis ball.

Restaurants are the biggest violators of portion-size guidelines, regis-

tered dieticians say. Portions served often are as large as

three times the recommended size. Keeping in mind these visual comparisons

will help you

better understand how much food you're actually consuming, Rarback says.



Test yourself

Here's a quick True or False quiz to see if you're portion savvy. Answers are at the bottom of the page.

True or False? The recommended serving size:

1. Of cooked vegetables is one-half cup.
2. Of cooked pasta or rice is 1 cup.
3. Of cooked lean meat, poultry or fish is between 2 and 3 ounces.

4. Of raw, leafy vegetables is 2 cups.

5. Of bread is two slices.

6. Of natural or unprocessed cheese is 1.5 ounces.

Sizing it up

The American Dietetic Association offers these visual comparisons to remember how many ounces constitute an appropriate-sized portion or serving of food:

(Answers: 1 - True; 2 - True; 3 - True; 4 - True; 5 - False; 6 - True)

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Boe gave up potato chips in favor of pretzels and eats grilled chicken sandwiches minus the bun at the course's clubhouse during lunch instead of burgers. Sometimes he'll treat himself to some hot wings.

"Eating at any clubhouse is hard," he says. "Nine out of 10 items at most clubhouses aren't good for you. You have to decide you're not going to eat that stuff and stick to your decisions."

While most of Boe's dietary changes revolved around dropping unhealthy eating choices, he did make one important addition: salads.

To feel less ravenous when presented with the main course, the man who once shied away from salads before meals now eats a large salad filled with vegetables and mixed greens seasoned with a light vinegar and oil dressing. In doing so, Boe is adhering to a recommendation made by several popular diet programs, such as Weight Watchers. And don't make the excuse that preparing salads takes too much time, says Boe, who relies on prepackaged salads found in the supermarket produce section.

While these simple diet changes helped Boe jump-start his weight-loss plan, he knew he

needed to exercise, too. In high school, he enjoyed weight training, so he bought a weight bench, a curl bar and a straight bar.

He started slowly and worked his way up to an intense program that he follows five days a week. How intense? This former sedentary guy now does 360 repetitions in 30 minutes.

"I wouldn't recommend that anyone jump into my program," he cautions. "But I'll tell you this: They say weightlifting isn't cardiovascular work, but at 360 reps in 30 minutes, your heart is definitely racing."

He also works in an abdomen workout after each lifting session using the Perfect Abs workout video. He worked himself up to the advanced level over time and now does the advanced level two times in a row.

By mid-July, Boe had lost 50 pounds. He has lost 5 inches from his waist and gained 3 inches on his chest. He hopes to gain another inch on his chest and lose one more from his waist. "I have so much more energy and feel so much better about myself," he says.

Improved wellness is more than just a mental boost, Zelman says. Even moderate weight loss and exercise can lift some heavy tolls from your body. Think of those extra 20 pounds you might be carrying around as the equivalent of toting around a backpack with a 20-pound brick inside of it. "You're putting tremendous pressure on your back, your knees and especially your heart," Zelman says.

Sticking to it

So far, Boe says it hasn't been difficult to stick with his new plan. He now weighs less than he did in high school and says clothes fit him much better (he wears the same pants size he wore in seventh grade). He'll even confess that he's had a few "double-takes" from women — something he admits he's still getting used to receiving.

"It makes you feel good about yourself," he says. "It gives you a little extra incentive to keep doing the good work."

But don't saint him yet — even the most dedicated convert to wellness has a few weak spots. Every now and then, however, Boe gets a craving for regular chips or his big weakness — Sour Skittles. Instead of ignoring these urges, he gives in and buys a small snack-size bag.

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Avoid the Hidden Hazards of Restaurant Food

Eating at a restaurant can sabotage even the most nutritionally conscious person's meal plan. The American Dietetic Association offers these suggestions to help make eating out a pleasurable, guilt-free experience:

- Dine at restaurants with plenty of variety on the menu.
- Order fruit as a low-calorie appetizer to curb your appetite.
- Choose broiled, baked, steamed or poached items rather than fried.
- Ask for gravies, salad dressing, toppings and sauces to be served on the side.
- Drink water, coffee, tea or diet soft drinks instead of alcoholic beverages or milk shakes.
- Leave off the mayonnaise and special sauces.
- Choose whole-grain breads instead of calorie-rich biscuits and croissants.
- Skip the fries and be sure to dress up your burger with lettuce, tomato and onion.
- Request sherbet, fruit ices, low-fat frozen yogurt or just an after-dinner mint if you want something sweet at the end of a meal.
- Don't feel compelled to finish your entire meal. Restaurant portions often are three times the normal serving size. Share large portions or take part of them home.



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JOE BOE,
SUPERINTENDENT OF
CORAL OAKS GC,
ON EXERCISING

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He’s a firm believer that you need to listen to your body, and that if your body is craving something, it must need it. It’s all about moderation, he says. You don’t have to buy the jumbo 12-serving pack of Ruffles to curb the craving — a small, lunchbox snack size will do.

“You can’t be so strict on yourself,” he says. “That’s what kills people with diet and exercise projects. If you want some Skittles, eat a little bag of them and stop. If you’re too tired to work out on Tuesday night, do it Wednesday night instead. Your body will tell you what you need and what it needs to do. You just have to listen to it.”

Anyone has the potential to make the kind of changes he did, Boe says, and time shouldn’t be an excuse. No one should deny himself or herself the time to improve his or her life and health.

“Shut off the phone, shut off the TV and take some ‘me’ time,” he says. “It’s only 45 minutes a day, five days a week. It’s incredible what happens to your body when you take the time.”

The results, he says, are the best motivation anyone can receive.

Did You Know?

- Four of the 10 leading causes of death and disease are directly associated with diet.
- Less than 40 percent of adults are physically active.
- The natural tranquilizers secreted during physical activity promote a sense of well-being and help drain tension in a natural way.
- No single food has all (or enough) of the more than 40 nutrients your body requires each day. That’s why eating a variety of foods is so important.

SOURCE: THE AMERICAN DIETETIC ASSOCIATION

“Once it gets going, and you see that it’s working, it builds on itself,” Boe says. “It’s like work: Once you find something that goes well for your golf course, you’re going to keep working on it to make it better.” ■

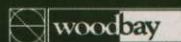
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