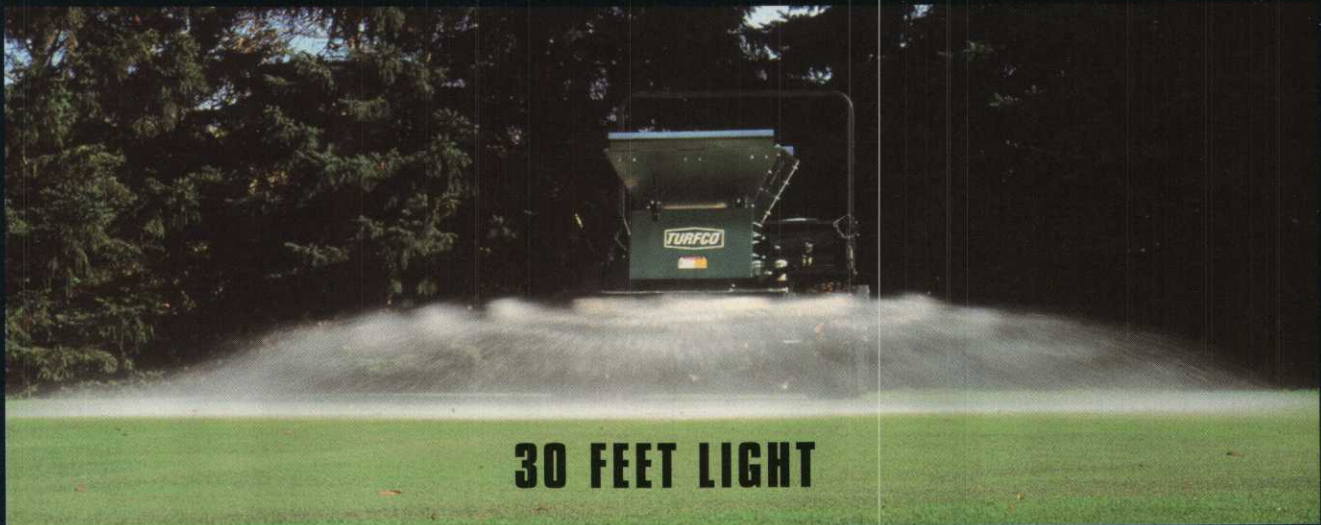
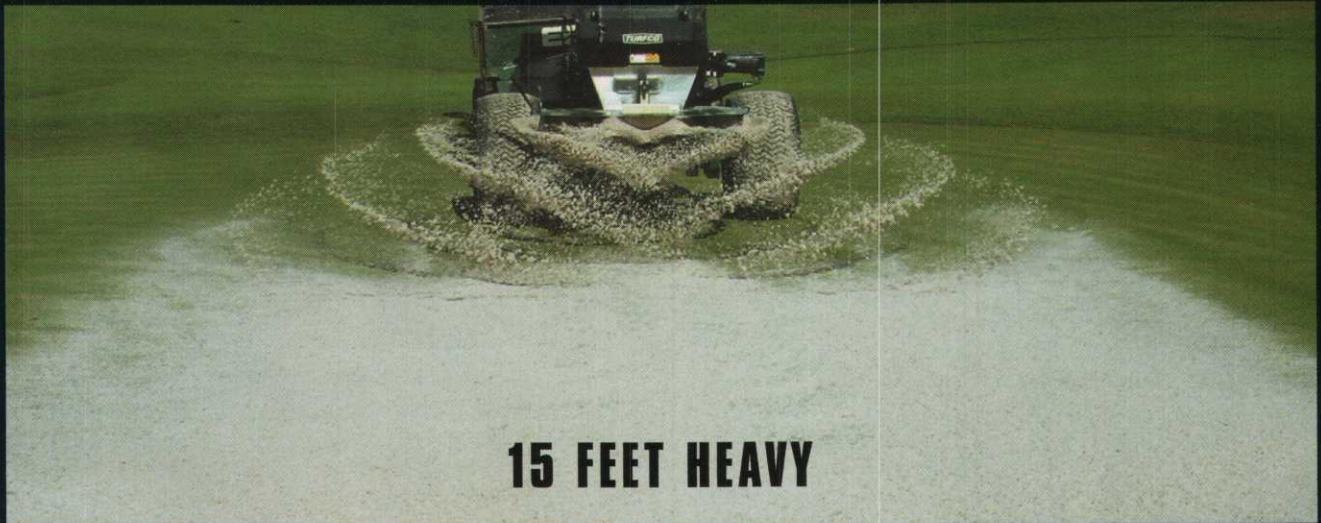


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*Continued from page 30*

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

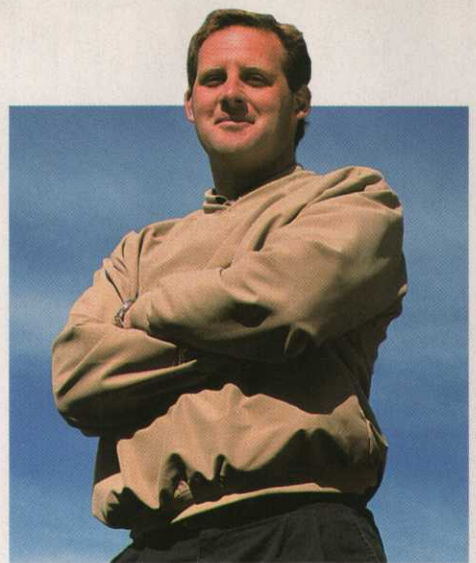


PHOTO BY BILL WELCH

**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.

*Continued on page 34*

## 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, registered dietitians 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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CIRCLE NO. 121



*Fertilizers for the Future*

*Continued from page 32*

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.

*Continued on page 36*

## 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.



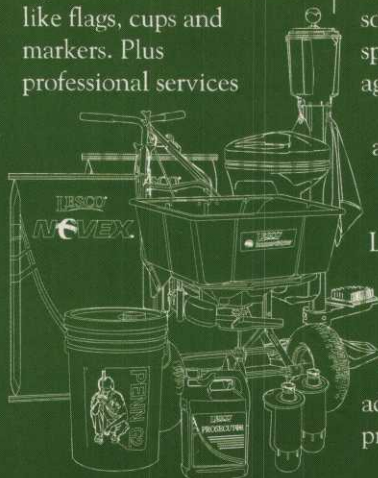
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JOE BOE,  
SUPERINTENDENT OF  
CORAL OAKS GC,  
ON EXERCISING

*Continued from page 34*

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.” ■

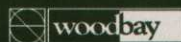
*Suttell is a free-lance writer from Cleveland.*

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# Someone to **Talk**

At the fourth National Golf & the Environment Summit, it was agreed the industry needs a spokesperson to educate golfers about the game's role in preserving the environment.

## Are you interested, Mr. Palmer?

BY LARRY AYLWARD, EDITOR

**W**e recently returned from the Cornhusker state and the fourth National Golf & The Environment Summit, held in late June at the National Arbor Day Foundation's Lied Conference Center in Nebraska City, Neb.

Yes, we did say Nebraska. And let us remark that the tree-laden terrain of the Arbor Day Farm, where the conference was held, is a splendid place. Also, the Arbor Day Farm recently added its own golf course — the Palmer Course Design Co.'s ArborLinks GC, which held its grand opening during the conference.

The bottom line: It was an appropriate place to hold a golf and environment conference.

That said, how come more people from the golf industry didn't attend? Golf's role in the environment is supposed to be a major issue, right? Then why did only about 85 people attend the conference (and a lot of those people were on the conference's steering committee)?

Was the low attendance because Nebraska City is perceived as Podunk? Was the timing



Arnold Palmer teed it up for the grand opening of the ArborLinks GC during the conference.



# the Talk

of the conference — the middle of the golf season for many — a bad time for people to attend? Sorry, we don't buy it.

"I was disappointed we didn't have more people in attendance," admits Paul Parker, executive vice president of the Center for Resource Management, the Salt Lake City-based environmental stewardship group that organized the conference. "We would liked to have had more participation from golf groups, like the PGA Tour and the PGA of America."

Where were those people? Where were some of the industry's other honchos, especially from the larger management companies? (We only saw Michael Quimbey from ClubCorp.) Parker said Tim Finchem, commissioner of the PGA Tour, couldn't attend because he had another commitment. Understandable, but why didn't Finchem send someone to represent the Tour?

Having someone at the conference to represent golfers — pros and amateurs — was especially important in light of the conference's main theme: how to educate the nation's 26 million players about the game's relationship with the environment.

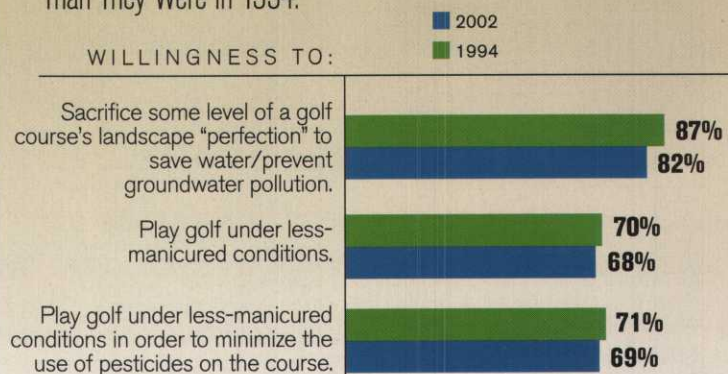
The first National Golf & the Environment Summit was held at Pebble Beach Golf Resort in 1995. Second and third conferences were held during the late '90s in Pinehurst, N.C., and Orlando, Fla. At those conferences, leaders from the golf and environment industries focused on what the golf industry could do for the good of the environment and then communicated that message to superintendents, architects, builders and others involved with the building and maintenance of courses.

"What we did at this conference was turn our attention to golfers," Parker said. "If golfers are educated and aware about the environment, they will support — and hopefully demand — environmental stewardship on golf courses."

## Public Course Golfers Are More Willing to Alter Their Golf Habits to Benefit the Environment



## Golfers Remain Willing to Make Changes, But to a Lesser Extent Than They Were in 1994.



GOLF DIGEST

### Wanted: A spokesperson

One topic raised at the meeting was that the golf course industry needs a spokesperson and figurehead to educate players that green isn't always great and brown isn't so bad when it comes to course conditioning. Many agreed that person should be a recognizable player.

The golf industry needs such a person, Parker says, because golf's consumer media

*Continued on page 42*



**How do you improve  
on a masterpiece?**

*Claude Monet*