

PROMtime

NYC

Prom
Etiquette
Q&A

ACCESSORIZE
LIKE THE
DIVA
YOU ARE

Bring out
your inner
**PROM
QUEEN**

Star-studded
prom fashions

YOUR PROM NIGHT
HOROSCOPE

Miss New York
Teen USA tells all



HOW TO LOOK GOOD IN YOUR DRESS

A guide to healthy habits before Prom

Recently, The Council on the Environment of NYC (www.cenyc.org) hosted a Summer Internship Program for 15 teens from Bronx Regional High School called "Learn it, Grow it, Eat it." This project promoted healthy eating in the South Bronx through education and outreach to community residents. The interns also grew, cooked with and ate vegetables at two community garden sites. Vanessa Williams and Tatiana Caraballo hope that some of the healthy tips they learned while participating in the internship will inspire you while preparing for the Prom!

By Vanessa Williams & Tatiana Caraballo

Ladies – Prom is coming! Do you feel like you would like you've been snacking too much and would you like to tone up a bit before the big night?

Keep in mind that you don't have to put yourself on a "diet" to prepare. However, a healthy plan which will encourage you to cut back on some unhealthy foods and keep you actively **MOVING** will make you feel Prom fabulous in no time!

Eating smart does not require an advanced degree. Just chill on some of the foods you eat which aren't entirely nutritious and replace

them with more fruits and vegetables. Find time to drink more water and you're on your way to a new start.

Exercise is another key part of the plan! I know when you hear the word "exercise" you start to think and say "No, I can't do it, I'm tired, it's too much or I'm just lazy". Despite what you may or may not think of exercise, it is NOT a mysterious process. In fact, exercise

doesn't have to involve strange equipment; you can get exercise by simply walking, running, jumping, or just playing around. Quick example: Don't sit on the couch and use the remote, get up and walk yourself to the cable-box. Ladies you can do it! Better yet instead of sitting there watching TV get up turn on the music and get to working out. For starters do a set of 10-15 sit-ups, crunches, jumping jacks or just jog in place. Take it easy and do a few at a time. Never say you can't do it because YES you can. A negative attitude gets you nowhere, but a positive attitude makes you strive harder for what you want. Including those good looks =).

Below are some tips to stay fit and healthy. Feeling healthy and good looks don't always come easy but at the end of the day you will be satisfied. After all, satisfaction only comes to those who want it and if you want it then you WILL put your all into succeeding. So don't just sit there and wait for the last minute, strut your stuff and make those moves.

TIPS TO STAY FIT AND HEALTHY

- Instead of using the elevator or escalators try walking up the stairs. It won't kill you.
- Instead of drinking soda three times a day, one soda a day is enough! The average 20-ounce soda has 18 teaspoons of sugar; ideally you should only have 10 teaspoons per day. Better yet, drink some water. Try it.
- Try to eat fast food only once a week. Eating it everyday adds lots of calories that can lead to weight gain.
- Eat apples, pears and other fruits and vegetables. Yeah pizza, chicken, French fries and all that other stuff is good but they are high in calories, fat and salt. Fruits and vegetables are not only good but they provide vitamins that your body really needs.
- Changing your diet to eat healthier doesn't only make you lose weight; it also makes your hair and face shiny and clean! That means fewer pimples. You wouldn't want a pimple on Prom night would you?
- Buy your Prom dress ahead of time so that you can set a realistic goal for what you'd like to work on. For example, if you want to wear a short dress and would like to tone those calf muscles – get to walking!
- Are you the kind that loves to talk on the phone? If you are, instead of sitting down on the cordless phone for hours - why don't you walk around the house while talking? This method will keep you fit while you're still gossiping with your friends about the latest rumor in school.

You might think these tips are a little too much, yet, remember at the end of the day you want to be the envy of your class and feel like the center of attention. These tips WILL help you look gorgeous in your prom dress and most importantly, keep you feeling fit and healthy!

Good Luck Everyone!

– Vanessa & Tatiana