

ARE YOU AN APRIL FOOL?
By Joy Turner - Massachusetts

I've asked Liz, Cathy and Louise to help me with the program tonight. They don't seem to take my program seriously, though. I think some of them got bitten by the APRIL FOOLS BUG and don't know when to stop! I don't think it will take you long to see what I mean! Before I start do any of you have anything you want to say to the group?

LOUISE: I have a question! Have any of you noticed the older you get, the tougher it is to lose weight? By then your body and your fat are really good friends.

LIZ: This week I tried a grapefruit diet. I ate everything but grapefruit!

CATHY: I gave up desserts. It was the worst twenty minutes of my life!

LOUISE: One of life's mysteries is how a two-pound box of candy can make a woman gain five pounds!

CATHY: I saw a poster advertising a lecture to be given by a world-famous nutritionist on EATING PROBLEMS. I said to myself: HEY, I DON'T NEED THAT. I DON'T HAVE ANY PROBLEM EATING!! (I do it all the time.)

Some people think losing weight is no laughing matter! But could these jocular woman be gaining any benefits from their light-hearted banter?

I handed out a sheet before the meeting with some questions about laughter and health. Let's see how many you got right? When it comes to the facts, are you knowledgeable or are you an April Fool?

CATHY: I know a fact. Studies show that most people gain weight in certain places – like bakeries, pizza parlors and ice cream shops!

LIZ: Did you know that the number one cause of people falling off their diets is food?

LOUISE: I read somewhere you can't lose weight by talking about it. You have to keep your mouth shut!

ARE YOU AN APRIL FOOL?
How many of the True or False Questions Below Can you Answer Accurately
Feel free to discuss with others (but beware! They may be April Fools!)

1. 10-15 minutes of laughter burns about 50 calories.
2. Laughter produces natural endorphins that lower your blood pressure.
3. Laughter is “internal jogging” that has health benefits.
4. Laughter is “aerobics” for your system.
5. Laughter is an all-over body workout.
6. Laughter decreases the spike in your blood sugar after a meal.
7. Laughter makes you much more likely to exercise.
8. Ten minutes of hearty laughter daily would burn an average of five pounds a year.
9. Laughter strengthens your immune system.
10. Genuine laughter, the kind that lasts about 10 to 15 minutes, burns the same number of calories found in a medium square of chocolate.

RIDDLES:

1. WHO KEEPS TRACK OF THE COOKIES WE EAT?
2. IF IT’S NOT THE MINUTES SPENT AT THE TABLE THAT PUT ON WEIGHT – WHAT IS IT?
3. WHY DID THE MIDNIGHT SNACKER GAIN SO MUCH WEIGHT?

DIETER’S PRAYER: *Lord, if I can’t be skinny, please make all my friends fat!*

Dieting is the penalty for exceeding the feed limit! With your diet don’t dawdle if you don’t want to waddle!

Dieting is wishful shrinking! When you overindulge, there’s a “heavy” price to pay!

ALL JOKES IN TONIGHT’S PROGRAM TAKEN FROM : DANIEL L. WORONA’S WEBSITE “ORIGINAL COPYRIGHT 1949-2016

(Question 10)

Weight loss doesn't sound or feel like a laughing matter. But a new study from Vanderbilt University reports that genuine laughter, the kind that lasts about 10 to 15 minutes, burns the same number of calories found in a medium square of chocolate.

That translates to about 50 calories.

Considering that laughter also produces natural endorphins, those "feel good" brain chemicals that lower your blood pressure, decrease your stress and improve your mood, you have nothing to lose, except maybe a little weight and stress, right? And if that doesn't sound like a bargain, at least you can laugh your way through a daily square of chocolate and even the score.

Tammy Beasley, RD, CSSD, CEDRD is a registered, licensed dietitian, spinning instructor, and certified specialist in sports nutrition and eating disorders. She is the author of Rev It Up-The Lifestyle Diet That Puts You In The Driver's Seat.

So that answers questions one, two and ten! Which are all ????? TRUE!

Before we look further at the research – let's see if our friends have anything to say that might tickle our funny bones.....

LOUISE: My gym teacher told me to touch my toes. I said, "I don't have that kind of relationship with my feet. Can I just wave?"

CATHY: Speaking of exercise – "Did you hear about the two overweight women who were walking home from work, and they began talking about their schedule of activities for the evening. "I've got an idea" said one. "Let's flip a coin. If it lands on heads, we'll go get a cheeseburger. If it lands on tails, we'll go to get a pizza. And if it lands on its side, we'll go to the gym to work out.

LIZ: Recently someone asked me – Excuse me, are you sure this scale is in pounds and not in ounces?

LOUISE: Inside me there's a thin person struggling to get out, but I can usually sedate her with four or five cupcakes.

Sometimes it's hard to laugh about a problem we all take so seriously. Believe it or not, laughter therapy is a great weight loss booster. There are tons of lengthy scientific papers about the physical benefits of laughter. Here's just a brief summary.

Seven Weight Loss Benefits of Laughter

1. Laughter stimulates both sides of your brain and lowers the harmful levels of stress hormones like epinephrine, cortisol, and dopamine, responsible for your increased weight-gain (Paul J. Rosch, M.D., president of the American Institute of Stress)

(Question 3)

2. Laughter is a true internal jogging that increases your breathing, your body temperature, your metabolism, your heart rate, and your pulse (Steven M. Sultanoff, Ph.D., president of the American Association for Therapeutic Humor)

(Question 4)

3. Laughter is great aerobics: it provides a good workout for your midsection and your diaphragm, boosts your blood flow and increases your body's ability to use oxygen to burn off more calories (Michael Miller - University of Maryland, Baltimore)

(Question 5)

4. Laughter is an all-over body workout: it massages your abdominal organs, improves your intestinal functioning, tones and strengthens your facial, respiratory, leg, and back muscles (Paul E. McGhee, Ph.D., popular author of numerous books on the health benefits of laughter, including "Psycho-neuro-immunology and Humor")

(Question 6)

5. If you have diabetes, makes sure you put laughter on your plate, as it decreases the usual spike in your blood sugar after a meal (Japanese researchers Hayashi & Murakami)

(Question 7)

6. Laughter increases your physical energy and self-esteem, making you much more likely to exercise, which you might otherwise avoid (according to a study done at the University of Maryland Medical Center)

(Question 8)

7. Ten minutes of hearty laughter daily would burn an average of five pounds a year (according to the researchers from Vanderbilt University in Tennessee)

There's no doubt - laughter is a great thing and the physical benefits of laughter are too many to count. You've certainly heard the saying, "laughter is the best medicine", or, to cite the American humorist Josh Billings, "There ain't much fun in medicine, but there's a heck of a lot of medicine in fun."

Having fun is essential to your health and laughter does some pretty amazing stunts in your body. Here are more health benefits of laughter.

Let's invite our playful friends back and see if they can rustle up some laughter!

LOUISE: My doctor said, "I want you to eat regularly for two days, then skip a day, and repeat this procedure for two weeks. The next time I see you, you'll have lost at least five pounds."

When I'd returned I'd lost nearly 20 pounds.

My doctor says, "Why, that's amazing! Did you follow my instructions?"

"Sure, I'll tell you, though, I thought I was going to drop dead that third day."

My Doctor asked "From hunger, you mean?"

What's his problem? Duh! it was from the skipping!

LIZ: Yep! The best way to lose weight is skipping.skip the desserts.....skip the snacks.....skip the beer....skip the SKIPPY!

CATHY: It's not the minutes spent at the table that put on weight, it's the seconds!

Six More Physical Benefits of Laughter Therapy

There Aren't Just Physical Benefits of Laughter

The psychological, emotional, and social benefits are equally important as well. For example...

- Laughter fosters positive thinking and replaces your distressing emotions with pleasurable feelings - you can't possibly feel angry, depressed, anxious, guilty, or resentful and laugh at the same time
- Laughter reduces significantly your psychological stress by giving you a different perspective on your life and world (it's not certain situations that generate your stress, but the meaning you place on those situations)
- Laughing is a great team building tool as it unleashes inhibitions, enhances your self-esteem and your behavior, your ability to connect, talk more, and make more eye contact with others

(Question 9)

5. Laughter strengthens your immune system increasing infection-fighting antibodies and alleviating any allergic symptoms you might experience
6. Laughter increases your respiration, causing a profound process of air exchange at the blood capillaries level; as a result, oxygenated blood feeds your entire body, including your brain, with a great positive impact on your thinking and learning

10 Tips to Cultivate Your Sense of Humor

<http://www.brainyweightloss.com/weight-loss-jokes.html>

1. Figure out what makes you laugh and do it, read it, or watch it more often; increase your exposure to comedies, comic sitcoms, joke books, and comedy clubs

Not everyone enjoys the same type of comedians. Who are your favorites?

Get DVD's from library with classic comedians like Phyllis Diller, Jack Benny, I Love Lucy, 3 Stooges, Jackie Gleason

2. Surround yourself with funny, cheerful people; be with them every chance you get and spend time with those who help you see the bright side of everything
3. Observe infants and young children to learn how to find delight and amusement in the most ordinary things; look for the everyday amusing moments: the absurd, the silly, the incongruous in your daily life.
4. Avoid conversations, news, or movies that frighten, upset and distress you or make you feel sad and unhappy
5. Cherish your health: if it's good, preserve it; if it's unstable, improve it; if it's beyond improvement, get qualified help
6. Avoid "figuring it out" - forget figures like your weight, height and age - let your doctor worry about That.
7. Remind yourself to have fun, take a 10 - 15 minute humor break each day - read jokes or listen to something funny
8. Recall several of the most embarrassing moments in your life, find the humor in them and practice telling stories describing them in a humorous way; it might take a little exaggeration or dramatization, but hey, isn't that what good storytelling is all about?
9. Learn to appreciate the "scenery" on every detour, especially when NOT on the road ;)
10. Enjoy the many physical benefits of laughter - as long as it's not at someone else's expense, laugh every time you get a chance.