

weight watch

» BALANCED DIET AND NUTRITION NEWS

walk to wellness

» GARY MARINO OF BURLINGTON, Mass., is taking the high road to social change: He's embarking on a 1,200-mile walk to raise awareness and help educate people about obesity. Marino, a recovered food addict who has lost 140 lb, plans to start his "Million Calorie March" in Jacksonville, Fla., next month. From there, he and his caravan of volunteers are scheduled to wind their way up the East Coast, stopping at fitness events, health fairs, gyms, natural food stores and schools along the way, eventually concluding in Boston. "I want to inspire people like myself, hopeless food addicts stuck in the negative mind-set of self destruction for most of their lives. I want them to realize they have the power within themselves to change—to dig deep inside to fix themselves," he says. Marino has designed his semi cross-country trek to be as interactive as possible: He's encouraging people to join him on walks and will be setting aside time to meet

with people one-on-one. He intends to walk 10 to 15 miles per day.

Marino credits a therapist, a personal trainer and a nutritionist (who taught him to eat for his body, not his taste buds) with helping him to overcome his lifelong battle with weight and emotional eating. These days, he walks six miles every morning and follows a mostly low-carb diet ("It has taken me some time, but I've come to crave almonds and yogurt for breakfast," he says). He also tries to hit the gym at least four days per week to lift weights. "Not enough people self-analyze their bad habits," he says. "If you need to lose weight, stop trying to find a magic bullet and start dissecting the real problem."

To create your own walk to wellness, start with three to four miles five days per week. Invest in a good pair of walking shoes: "Don't go cheap on shoes," stresses Marino. And, use music to help motivate you along.

See www.millioncaloriemarch.com

to learn more.

After struggling with a 20-year food addiction, one man is taking what he's learned and sharing it with others.



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