

# WINS NEWS

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WE INSIST ON NATURAL SHAPES

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A nonprofit organization dedicated to:

- educating children and adults about what normal, healthy, body shapes are and the dangers of eating disorders and excessive dieting; and
- changing physical images in the media and advertising to those that are natural and attainable with healthy lifestyles.

Summer/2000



## WEIGHT BULLIES *by Rari Coss*

Did you have a bully in your neighborhood when you were growing up? I did. I remember going home by some alternate route just to avoid him. Nothing on earth would have induced me to walk down his street on purpose. I find it interesting, then, how willing I have been most of my life, to purposefully go and hang out with my internal bullies.

I was reading a book the other night by Joseph Goldstein, called Insight Meditation, The Practice of Freedom. He is speaking about the thoughts we have, that pass through our mind a thousand times a day. The thoughts that we would rather not be having, that criticize, both others and us. He writes:

“... instead of fighting or struggling with judgements or other very repetitive thought patterns, instead of trying to make them stop coming, we can learn how not to react, how not to be bothered by them ...If we relate to them in a non-reactive, non-identified way, their content does not matter. Tremendous freedom comes when we realize that from the perspective of mindful awareness the content is irrelevant.”

This is a new concept for me, that my thoughts are irrelevant, that they can simply be dismissed as not mattering. I was speaking with a friend who was feeling quite

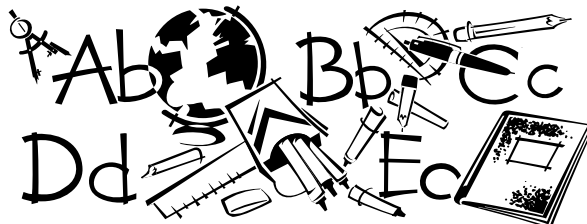
*Please see WEIGHT BULLIES on page 5.*

## POSTER CONTEST

The soon-to-be-completed Grade School curricula need posters to serve as year-long reminders of the concepts taught in five lessons. These concepts are 1—Norm vs Ideal (body shapes); 2—Eating is OK; 3—Liking Yourself and Your Body; 4—Physical Activity is Part of Life; and 5—Image vs Reality (in advertising).

We are asking middle and high school teachers to use the poster contest as a school project to generate entries. Each poster will address one of the first four concepts and be appropriate for one of three grade levels, Grades 1-2, Grades 3-4 or Grades 5-6. This generates 12 different poster categories (eg, a poster illustrating ‘Eating is OK’ for Grades 3-4), and the winner of each category will receive a \$100 prize.

If you are a teacher or know of one who would be interested in participating in the poster contest, please call Katie at (800) 600-WINS for an entry packet.



## THUMBS UP / THUMBS DOWN

THUMBS UP to YM Magazine for using models and real teens with a variety of sizes and shapes in their fashion spreads and make-overs. Page 76 of the August issue is a great example of how different sized models can all be used and look great. THEY don’t segregate the “Plus-Sized” models into separate clothes and articles. THEY put them all together, just like we all are together in real life.



THUMBS DOWN to someone who usually receives our kudos: Emme. The preeminent full-figured model has turned coat and provided Ladies’ Home Journal (September issue, page 38) with her “top 10 tips” for their “thin DRESSING 101” article. No, I won’t tell you what the tips were. WINS suggests you dress in clothes you like, regardless of whether they make you look thinner.

THUMBS UP to the Fashion Police section of US Weekly. The Fashion Police cut through Hollywood fluff to direct truly honest, pithy jibes at hair and clothes. They also recognize L.A.’s epidemic starvation with “For \$35 a month, you can feed a Hollywood starlet.”



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#### PLEASE JOIN US

We exist only to carry out our mission and for our members. Donations are used entirely to get the message out. See back page for Membership Application.

**BOARD MEETINGS are held** the second Wednesday of each month. Everyone is invited to attend. See **WINS MEETING TIME & PLACE** in this issue for details.

**WINS** is a volunteer organization. As such, please be prepared for a possible delay in our volunteers' response.

**WINS NEWS** is published quarterly for members and friends. News items, community events, press releases, letters to the editor, commentaries, poetry, and/or other information which might be of interest to our members are welcomed and encouraged.



Many companies will match your donations to qualified nonprofit corporations, such as WINS. Contact your company's benefits office for their requirements and paperwork. Forward it all to WINS, with your donation/renewal, and we will take care of the rest.

## ANNUAL FUNDRAISER SALE

by Serena Ryder, President

With the help of numerous volunteers, the parking lot sale (previously known as the Garden Affair) was again a great success. **Jean Barnaby** arranged for a perfect new location, the Interface Service Bureau parking lot on Folsom Blvd. With enhanced visibility on this busy street and the many wonderful donations of saleable items, we made over \$600!

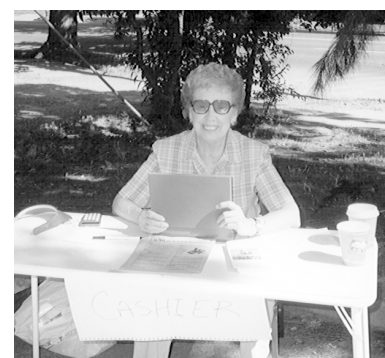
Many thanks to the volunteers who helped with collecting items, setting up, and working on the day of the sale, **Jean, Kathryn Maffia, Betty Herold** (the cash collector), **Mary Jane Ray, Jennifer Jurusik, and Diana Timoteo**. Mary Jane was the guiding force in getting our group organized. Jennifer, thanks for letting us use your truck to tote sale items. Jean, I can't believe you came out and sorted clothes with your foot in a cast—you are incredible. I'm amazed and grateful to my sister Diana for getting up with me at 5 AM to do the sale. **Dr. Gerhardt** once again fenagled a room by her office to store donations.

Location, location and donations were the reason for our success. A lady working for a funeral service saw the sale as she drove by, dropped off her client and came back for a light fixture she just had to have!

This was a lot of work, but worth it, considering the cause. We are currently considering alternative, less labor-intensive, fundraising ideas. A wonderful idea that Jean presented was to sell raffle tickets for a gourmet meal for eight. If you have other ideas for fundraising, please let us know. Thanks to everyone for supporting our mission.



*Clockwise from upper left:  
 Serena Ryder & Jennifer  
 Jurusik; Jean Barnaby; Betty  
 Herold; left-to-right, Kathryn  
 Maffia, Betty Herold, Serena  
 Ryder & Diana Timoteo; and  
 Mary Jane Ray.*



## CAN SCHOOL PHYS ED MAKE FITTER KIDS?

*Adapted From The Physician and Sports Medicine, Vol. 27, 1999, by Lisa Shnirring*

School physical education (PE), after years of relative neglect, is being rethought. In the face of increasing obesity and inactivity among children, educators and healthcare leaders are working to make PE more engaging, inclusive, and health-oriented, and to have it taught for enough hours at each grade level.

Since the early 1990s, new standards address the public health perspective in PE, and emphasize fitness and physical activity, instead of only sports competition and traditional calisthenics. For example, middle school students in Herndon, Virginia, use heart-rate monitors to measure their aerobic effort during 15-minute fitness runs. And in the St. Paul area, some PE teachers are using popular activities such as rock-climbing and in-line skating to make PE more fun. They feel that more traditional PE classes that emphasize team sports are doing a disservice to the kids who never get picked for teams and competitive athletes as well. "Athletes need to get to know sports they can continue into adulthood. If you're a gymnast, you're not going to do gymnastics your whole life."

Recent national reports have made clear that children need to be more physically active and thus have strengthened the case for improving PE. According to the US Centers for Disease Control and Prevention (CDC), the percentage of young people who are overweight has doubled in the past 30 years. In a recent survey, of more than 13,000 teenagers, only a third said they were moderately to vigorously



active five or more times a week, the level usually cited in public health recommendations. The study found signs of greater inactivity among minority children. For example, the number of hours spent watching television each week was about 14.4 for white boys, 15 for Asian boys, 16.6 for Hispanic boys, and 20.8 for black boys. The pattern was similar for girls.

### How Much PE Is Enough?

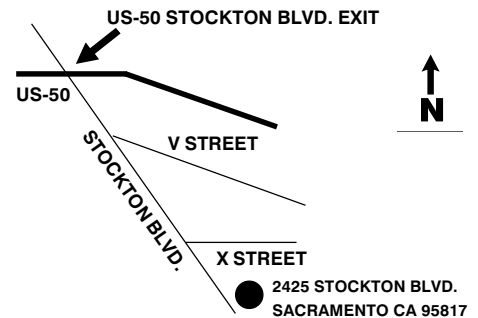
Most children do not receive even the amount of PE recommended by public health authorities, according to recent evidence. In 1996, the US surgeon general's report on physical activity and the CDC recommended that all students in kindergarten through grade 12 receive daily, quality physical education. However, a national survey by The National Association of Sport and Physical Education (NASPE) a year later found that most states were not meeting this recommendation. The survey showed that Illinois was the only state that mandated daily PE for students in all grades. Most high school students take PE for only one year, and 42 states allow high school students to opt out of PE for medical or religious reasons and to substitute varsity athletics, ROTC, or marching band for PE.

Some educators resist devoting more curriculum time to PE, fearing encroachment on academic work. However, a recent study, of 759 children who took achievement tests after three different PE interventions found that students in a health-related PE program did as well academically as students who spent half as much time each week in PE.

*Please see SCHOOL PHYS ED on page 4.*

## WINS MEETING TIME & PLACE

We meet on the second Wednesday of each month from 6:30 to 8:30 PM. All are invited. The Shriner's Hospital graciously provides a meeting room for our monthly meeting. We will meet in the fifth floor conference room at 2425 Stockton Blvd., Sacramento.



**To learn about upcoming meetings, speakers and events, call 1-800-600-WINS.**



### WINS NEEDS YOUR SUPPORT

We need more than kind thoughts to exist. Please donate to and join WINS so that we can continue to produce this newsletter, provide education about body image and health to youth and adults and work to prevent eating disorders of all kinds. WINS especially thanks the following **WINnerS CIRCLE** members who joined or renewed with a donation of \$50 or more.

**Elizabeth & Jose Abad MD**

**Christina Alvarez**

**Michelle & Ken Cemo**

**Jennifer Delugach**

**Betty Herold**

**Mel Golovich**

**Lynda & John Jackson**

**Mary & John Kasch MD**

**Mobil Foundation**

**Marsha & Grant Murchison**

**Mary Jane & James Ray**

**June Stuckey, PhD**

## FAITH

by Sabrina Matoff

*... For the kingdom of God is not a matter of eating and drinking but of righteousness, peace and joy in the holy spirit ... do not destroy the work of God for the sake of food...*

*Romans 14-17.20a.*

Every Tuesday, my local paper publishes a section of the newspaper devoted to new, intriguing, and eye-catching health topics. Vitamins, exercise, and cancer are frequent themes. Oh, and dieting. This topic seems to come up almost once a month: a new theory or method to lose weight always works well to have me look twice. What are the "experts" saying now?

Yet today's paper had a very different slant. The cover story addressed turning to religion as a source of strength and motivation, instead of Jenny Craig or Weight Watchers. Rather than pay money to the marketing campaigns of commercial diet plans, proponents gather together and pray. Along the way, they learn about portion control and the difference between physical and emotional hunger. According to the article, many are successful, not because they are counting calories and running five miles a day, but because they have sought the help and forgiveness of a higher power.

I am not a particularly religious-minded person, so the idea of praying to lose weight doesn't work for me. I know how to lose weight. I spent years proving it and I have spent years trying to understand why being thin is so important. On occasion, I get a different answer than what I was expecting. On occasion, I get reminded about the truth.

The Biblical quote above was printed on my newspaper's health section cover today. It reminds me that hallowed devotion to food is hollow dedication to my life, and that my personal best is not the same thing as my private pain.

*Source: Brown, D. (April 11, 2000). Dieting Faithfully. Washington Post, pp. 14-16.*

## GLOBAL EATING DISORDERS - SPAIN

by Ann Gerhardt, MD

Responding to the surprising rise in the incidence and prevalence of eating disorders in Spain, the Education and Culture Commission of the Spanish Senate established an Eating Disorders Committee. This committee met and concluded that the family, media and fashion industry are the main culprits in establishing a series of social values that favor "body cult and extreme thinness" over more important values like "culture or healthy life-customs." They do recognize that people with eating disorders have "conditioning or predetermining personality traits such as obsessive perfectionism, low self-esteem, and difficulty in understanding and expressing emotion."

However, even though twenty years ago there were young women with these personality traits, the discovery of an eating disorder case was so rare as to warrant publication. Josep Toro, MD, head of the Children's Psychiatry Unit of the Hospital Clinic of Barcelona, says that as Spain's communities have become more Westernized, the prevalence of the eating disorders anorexia nervosa or bulimia has risen to 0.5% to 1.5% of people (90-95% of them female) 14 to 24 years of age.

The problem has led Spanish physicians to study dieting and body image distortion in a country in which dieting was previously almost unheard of. Now 30% of young women (12-24 years old) have dieted (compared to 75% in the U.S.) and 43% have exercised for the sole purpose of weight loss. Luis Rogas-Marcos MD reports that for many girls the fear of obesity "exceeds fear of dying."

The Senate committee recommends that print, radio and TV media release public service messages encouraging young people to imitate what Spanish experts consider admirable in intelligence, effort and culture, as a counter-measure to other media emphasis on an external "look." They want actual Spanish women and men measured so the fashion industry can design clothes according to sizes of real people. In addition, the committee urges the fashion industry to stop designing stylish clothes only for small sizes and to stop requiring saleswomen to be thin, as they do now.

Not surprisingly, the dissenting voice came from the fashion industry. The honorary president of the Spanish Association of Fashion Designers denied that fashion via the media can trigger eating disorders. He believes that, "It is rather a Western disease, mainly related to the dramatic change in women's roles in the last three decades, with the impairment of family values along with the deification of capitalism and consumerism." I wonder by what mechanism he believes consumerism leads to eating disorders, if not 'consuming' fashion and 'a look.'

## SCHOOL PHYS ED

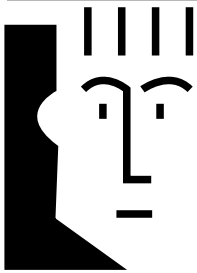
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### The Effectiveness of PE

Long-term effects of daily physical education have been hard to measure because studies depend on recall, but a recent report provides some clues. Canadian researchers, compared a group of 147 men and women who received daily PE during grade school in the early 1970s with matched controls. They found that women who had daily PE were more likely to be physically active as adults than women who didn't have daily PE. Among men, those who had daily PE were less likely to smoke than those who did not have daily PE.

Researchers have investigated other health effects of school PE. In 1996, Shephard and Lavalley evaluated the impact of an enhanced PE program (five additional hours of class taught by a specialist) on the lung volumes (forced vital capacity and forced expiratory volume in one second) of primary school children. They found that students in the enhanced PE classes during the six-year study period had greater lung volumes than controls who took the standard PE class.

Though other interventions exist for promoting childhood activity, such as after-school programs or self directed workouts, often kids don't have access to such programs or to safe exercise environments, and PE is the best hope they have.



## MALE ISSUES

Just to show that the female gender does not have a monopoly on body dissatisfaction, an article in YM Magazine addressed concerns that "Hunks in Trunks" have about their bodies. Whether they are truly concerned about their looks or came up with something just to get the reporter off their backs, they did express discontent about their bods.

From the pictures, all were attractive, fit young men. Nevertheless, they moaned about ears that stick out, an out-of-proportionately large head, bony shoulders, hairy fingers and toes, femininely small hands, odd nipples, a flat chest and being short or pale. Only two were upset with extra weight: one thought the extra fast food he eats leads to surplus fat around his waist and another disliked his love handles. On the other hand, an equal number were upset with insufficient weight, one with chicken legs and another who is just tall and skinny.

As the author, Sara Glassman, put it, "Surprise --- Hotties have hang-ups, too!" It doesn't sound from the article that the hang-ups rule their lives, though. WINS is just happy that their hang-ups are not ridiculously monotonous diatribes against weight.

## WEIGHT BULLIES

*continued from page 1*

frustrated with one of her employees. She said that this employee holds grudges, and if my friend makes her mad, that the employee will never let go of it, so my friend chooses not to make waves. So, I asked my friend to define that employee's behavior in a couple of words, and she said, mean and small. So I said, then that is what you are choosing to rule you. Is that what you want?

This conversation applies to within us as well. What thoughts are ruling us? What thoughts have defined us to be smaller and meaner than we are? And today, for the purpose of this article, what thoughts, in our own heads, about our bodies have we believed because we thought we were supposed to believe what we thought? Let's name a few: I'm fat, I'm ugly, I'm unlovable, I weigh too much, I'm gross, my hips are huge, how could anybody think I'm sexy, there is something wrong with me, I'll never be beautiful, and many more.

Well, I have decided that those thoughts are bully thoughts. Those thoughts aren't real; those thoughts are irrelevant to our true selves. Their content doesn't matter. What does matter is how we identify with them, And I say, run away! They are harmful and they beat us up and I have decided I want nothing to do with them. They cause internal contraction, and brick us up in small houses of shame and guilt. They do more harm to us than advertising, cultural belief, and name calling that others seem to inflict on us. It does more harm because we can be angry about an external slur or misrepresentation, and rationalize how wrong it is. But, the thoughts inside our head, we believe, over and over, allowing them to do their irreparable harm.

Of course, this is easier than it sounds but it can be done with practice. Learn the alternate routes, the ones filled with friendly dogs, beautiful flowers and loving friends. Find the route with the woman who makes those yummy cookies, and the neighbor with good advice, or the one with the great jokes. All those thoughts are in us too; I'd rather believe them.

*Reference: Goldstein, Joseph (1993). Insight Meditation, The Practice of Freedom. Shambhala: Boston*

**"Women are not equal to men until they can have bald heads and pot bellies and still think they look good."**

*Marlena Gutierrez*

## FULL-FIGURED SUPERMODELS ARE HELPING TO REDEFINE BEAUTY

*Baltimore Sun*

No fashion revolution would be complete without a set of models to show off the goods. And these days, full-figured women have their own set of supermodels to look up to as fashion ideals in magazines and catalogs.

Tall, rounded and as striking as their thin counterparts, larger models such as Emme, Keicia, Barbara Brickner, Tami and Angellika are helping to redefine beauty in a notoriously size-conscious industry. Here's a look at four of them:

### Emme

The undisputed queen of full-figured models, Emme boasts her own Web site ([www.emmesupermodel.com](http://www.emmesupermodel.com)) and is the host of E! channel's "Fashion Emergency" show. She writes a monthly advice column in Mode magazine and is a spokeswoman for Revlon.

### Kate Dillon

Dubbed the "Curvy Comeback Kid" by Glamour, the strawberry-blonde began her career as a size 6. Frustrated with traditional modeling and the quest to remain thin, she quit and eventually became her current size, 14. Dillon currently appears in a playful fashion spread for the Avenue stores, shot by photographer Richard Avedon.

### Natalie Laughlin

A native of Trinidad, Laughlin was told to lose 20 pounds when she visited her first modeling agency. Laughlin, along with Emme, Dillon and Angellika, has graced the cover of Mode and appeared in ad campaigns for Liz Claiborne's Elisabeth line, Macy's and Lane Bryant. She is a spokeswoman for the Wilhelmina/Mode Model Search.

### Angellika

A model of African American and Italian descent, Angellika is a cover favorite of Mode and appears regularly in designer fashion spreads and catalogs such as Talbot's Woman.

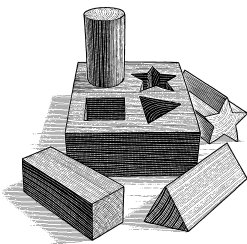


## EDUCATIONAL VIDEO & SCHOOL CURRICULUM

HAPPY, HEALTHY SHAPES

IT'S NOT HOW YOU LOOK,  
IT'S HOW YOU FEEL

This educational video and curriculum deals with issues of societal pressure to be thin, psychological problems of adolescence that lead to disordered eating, medical consequences of eating disorders, healthy nutrition and exercise. To receive a copy, please send your request to WINS (address on back page) along with \$29 for both curriculum & video or \$8.99 for the video alone; include your name and address. Allow a few weeks for delivery. The intended audience is teens, but it is a good message for females of all ages. **Try to get the video shown at your local schools and organizations.**



### WHAT IS A NATURAL SHAPE?



A natural shape is whatever shape your body assumes when you eat nutritionally balanced food per the Food Guide Pyramid (with a modest amount of fun foods) and physical activity is a regular, daily part of your life. A natural shape is very much determined by your genes.

It is not the wasted look of forever-dieting, nor is it obesity resulting from overeating and under exercising.

### "YOU. ONLY BETTER."

The motto of Nutrition.com tells you to start with you and build to maximize your abilities and attributes. Forget trying to fit your triangular peg into someone else's idea of an ideal round hole. They sell 'energy and endurance products' using an ad showing a very stocky young man standing in the sand and gazing out to the ocean. The tag line is, "Transatlantic Solo Swimmer, 2005." Obviously they recognize that it takes a well-padded body to ocean swim and there is a sport for every body type.

### LETTERS TO WINS

Dear Ms. Ray:

Thank you so very much for your persistence in getting the video, *Happy Healthy Shapes*, to me! I have been out of work most of the summer due to surgery and was so very happy to receive this video upon my return. I cannot tell you how impressed I am with your obvious commitment to spread the word about the dangers of eating issues and body perceptions.

I have viewed the video and find it to be very informative. I will be using it at a small educational presentation later this week.

If you have additional materials for purchase, please send me a catalogue. Once again, thank you.

Debby Houghton R.N. C., Rutland Regional Medical Center

Dear Friends,

I am writing this letter not because I have an eating disorder, but to share with you something I was sent through the mail. To better understand this letter I am writing, you may want to stop reading it and refer to the enclosed photo copy of a newspaper article and the envelope in which it was sent.

*(At the top in script handwriting is a note that says, "Janelle, Try it. It works.")*  
**Recommended by TV Star and American Doctors... TEACHER LOSES  
70 LBS. IN ONLY 8 WEEKS EASILY... WITHOUT BEING HUNGRY...  
AFTER EVERYTHING ELSE FAILS HER!**

***This is how over 1 million people have safely lost over 10 million pounds!  
NO calorie counting! NO hunger! Guaranteed to work for you too!***

*(These headlines are followed by a full newspaper page ad for a diet program, complete with a picture of a glamorous actress and before and after pictures of regular people.)*

Now that you have read the article, I am sure you can imagine how I felt. At first I tried to figure out who sent it. A caring friend? Someone just being cruel? Who do I know in Santa Anna, CA? Then, perhaps out of frustration because I could not figure out who it came from, I began to cry. I sat at the kitchen table and cried, alone, because I was too embarrassed to call anyone and tell them what I had received.

Eventually, I shared the anonymous newspaper clipping with a very thin girl friend, a friend who has a difficult time gaining weight, she exclaimed, "I got the identical letter six months ago!" Upon contacting the company I learned this is a way this company advertises! I immediately thought, what if I was anorexic or bulimic? How might someone else, with an actual eating disorder, react if this were sent to them? I was in tears at 5' 3" and 130 lbs. Could this push a desperate girl to do something more drastic than deny herself food?

*continued on the next page*

**SUMMER 2000**



## BOOK REVIEW

by Karen Olsen

**Making Peace with Women's Bodies: An Activist's Guide** by Margo Maine, Ph.D. Gurze Books, Carlsbad, CA, 2000 (760) 434-7533 [www.gurze.com](http://www.gurze.com)

I really enjoyed "Body Wars", by Margo Maine, Ph.D. In it she discusses society's view of women's bodies and how to possibly change that view. She discusses the word "weightism", which "encompasses a system of damaging beliefs that prejudice people - in this case those with large bodies." She addresses aspects of society that influence and are influenced by our society's concept of an ideal body image, including advertisements, beauty pageants, schools, fashion and Barbie dolls. In the chapter on Barbie dolls, she mentioned WINS' campaign against Barbie's absurd body proportions. At the end of each chapter she includes suggestions for improving /changing the subject of the chapter, which I thought were wonderful. She not only wrote about what is, but made the effort to tell us how to make it change. Although it seems to be a book written for people not already knowledgeable about the subject of body image, I felt it was well written and comprehensive enough that anyone could learn from it.

*continued from the preceding page*

I felt it was my moral obligation to let organizations, like yours, know this sort of advertising goes on. Perhaps, your organization is not in a position to challenge a company such as this, that is not what I am asking for. At the very least however, I feel it is crucial you advise the people in your program of this letter and ad campaigns such as this. If I can spare one girl the pain I felt, while reading that newspaper clipping, it will be well worth all of my letter writing.

Thank you very much for taking the time to read my letter.

Sincerely, Janelle L. Whipple-Boyce

*Editor's note: A number of my patients have brought in the same ad, with the same note at the top, using their first names. One of these patients has a severe eating disorder. It 'destroyed' her for weeks. This ad works for the company because they assume that about 80% of all females think they are overweight and are looking for the magic cure. The ad is obviously cruel, playing on insecurities and low self-esteem. I hope that most women who receive it are like Janelle and my patients, scandalized and rejecting both ad and product.*

Dr. Gerhardt  
WINS  
P.O. Box 19938  
Sacramento, CA 95819

Dear Dr. Gerhardt: The purpose of this letter is to thank you for including my class in the video tape series for WINS. My students and I enjoyed taking part of the production. It was very interesting to see and participate in the process of making the fourth grade videotape. The children will never forget this experience. Hopefully, some of my students will take the information they learned and apply it to their lives. I look forward to using this curriculum series in teaching my students to value and appreciate themselves.

Kimberley Monteiro  
4th Grade Teacher, Bannan Creek Elementary School

**Visit the WINS WEBSITE at [www.winsnews.org](http://www.winsnews.org)**

**and send any suggestions to us at [winsnews@aol.org](mailto:winsnews@aol.org)**

## READING LIST

### AVAILABLE ON REQUEST

Please send a self-addressed, stamped envelope to: WINS,  
P.O. Box 19938,  
Sacramento, CA 95819

Also, GURZE EATING DISORDERS RESOURCE CATALOG has a huge number of valuable books, many of which are on the WINS reading list. Contact them at P.O. Box 2238, Carlsbad, CA 92018; or call (800) 756-7533; or visit their website at [www.gurze.com](http://www.gurze.com) for a FREE catalog.

**According to University of Buffalo study a diet composed of approximately 17 % fat compromised runners' immune response. The medium and high-fat diets, composed of approximately 32 and 41 percent fat respectively, left the immune system intact and enhanced certain components of immunity. All participants were running 40 miles a week. The study was presented at the International Society for Exercise and Immunology Symposium.**



## MANY THANKS TO

- **Mark Newell** for being our volunteer webmaster.
- **Pip Printing, Roseville** for an excellent job printing the newsletter.
- **Aspen TypoGraphix** for their great efforts in laying out our newsletters.
- **ATV Video Center** for making excellent quality video duplicates.
- **Crown Point Digitizing** for doing the logo on the polo shirts.

*WINS is proud of our quarterly newsletter. However, WINS cannot survive without your support.  
We urge you to join our organization by sending your donation today.*

## **WINS MEMBERSHIP APPLICATION & NEWSLETTER SUBSCRIPTION**

*Send with your check or money order to WINS, PO Box 19938, Sacramento, CA 95819*

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Telephone (\_\_\_\_) \_\_\_\_\_ Work Telephone (\_\_\_\_) \_\_\_\_\_

Email Address \_\_\_\_\_

How can you help? ☐ Telephone ☐ Education ☐ Publicity ☐ Newsletter ☐ Write Grants

Other: \_\_\_\_\_

Who referred you? \_\_\_\_\_

Enclosed Donation — This is a: ☐ Renewal ☐ First Donation ☐ Gift

☐ \$25 Regular member

☐ \$8 Student

☐ \$35 Family Membership

☐ \$35 Member (You will receive a free gray T-shirt that says THIS IS A NATURAL SHAPE in blue.\*)

☐ \$100 Member (You will receive a free white polo shirt embroidered with WINS logo.\*)

☐ Other \$ \_\_\_\_\_ (The minimum to be a member and receive the newsletter for one year is \$8.)

☐ Curriculum & video @ \$29.00 for both. Number desired: \_\_\_\_\_ Amount enclosed: \$ \_\_\_\_\_

☐ Video(s) @ \$8.99 each. Number desired: \_\_\_\_\_ Amount enclosed: \$ \_\_\_\_\_

☐ Additional T-shirt (\$15) ☐ Additional polo shirt (\$30) See above for descriptions.

☐ A Gift from \_\_\_\_\_ (card will be sent).

\* For T-shirt or polo shirt, specify size: ☐ small ☐ medium ☐ large ☐ extra large

We are truly a "grass roots" organization. Please help us keep track of what is happening in the "shape industry." Send us names of companies that use natural shapes and those that have forgotten what real people look like.

Comments: \_\_\_\_\_



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