

Six-Figure Career Track • **Can You Handle an Honest Man?**

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OCTOBER/NOVEMBER 2006

/ SPECIAL REPORT

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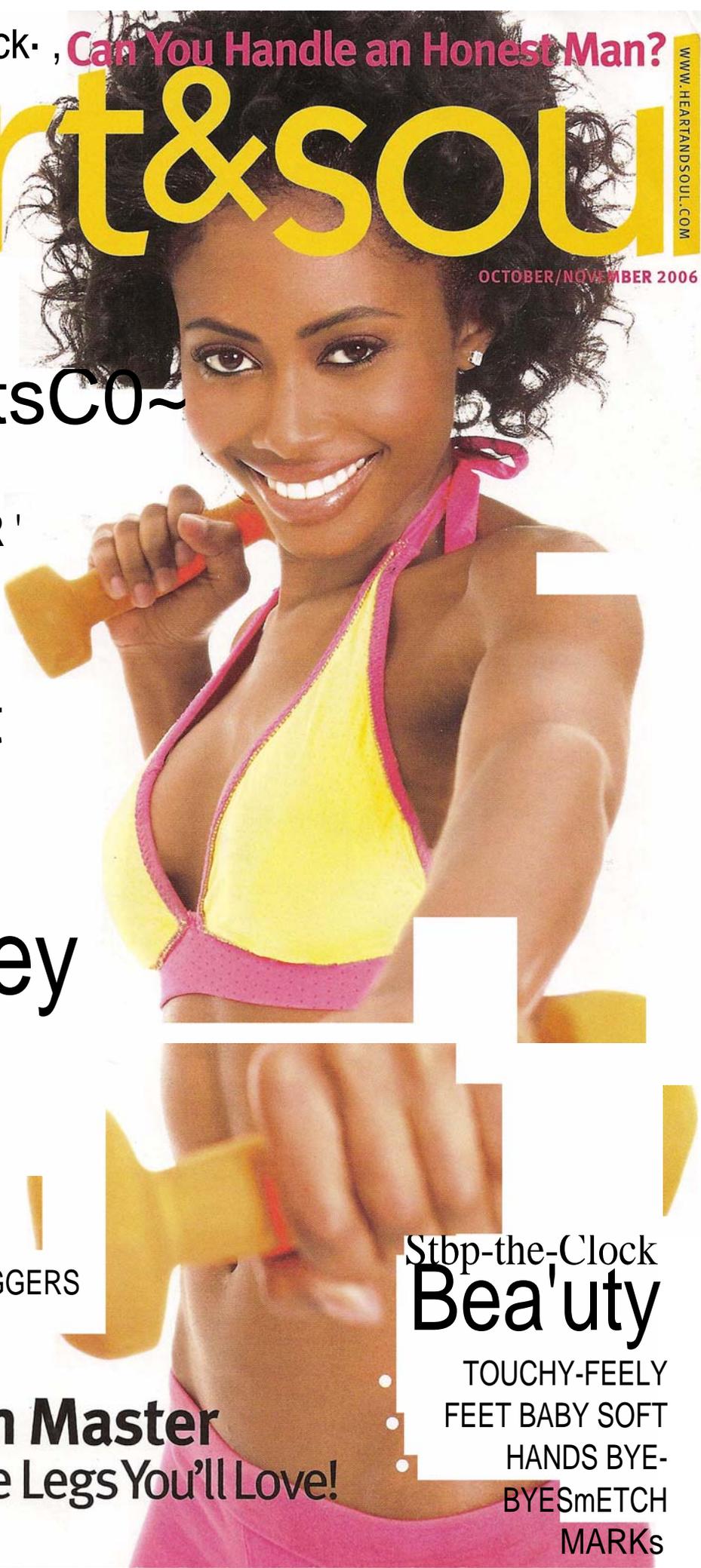
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'When Love Hurts
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Bea'uty

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- FEET BABY SOFT
- HANDS BYE-
- BYESmETCH
- MARKS

Thigh Master
Get the Legs You'll Love!



Let Them Reach for the Sky

by ericka blount danois

Gloria Hilliard, 45, encourages her children, a son, 12, and a daughter, 16, by nurturing their dreams and being active in their lives. "My son plays football and I go to every game. That is really important to him," says Hilliard, a mental health therapist. "He would look back to see if my husband and I were there."

As simple as that sounds, for working parents, parents with a number of children or single parents, free time is an abstract notion. Seventy percent of African American parents today are raising their children alone, which has a profound impact on what they are doing as parents.

Carolyn Haynie, M.D., a child and adolescent psychiatrist, and CEO of Urban Behavioral Associates in Baltimore, works with parents who live in the inner-city and have these kinds of challenges relating to time. Dr. Haynie says things like spontaneous hugs, giving praise and being a positive role model are things any parent can do to nurture a child's dreams and don't require a huge time commitment.

"Sometimes I tell parents to spend 20 minutes of their time having fun with their children, doing something interactive, not watching TV," Dr. Haynie says. "And during that time don't say anything negative."

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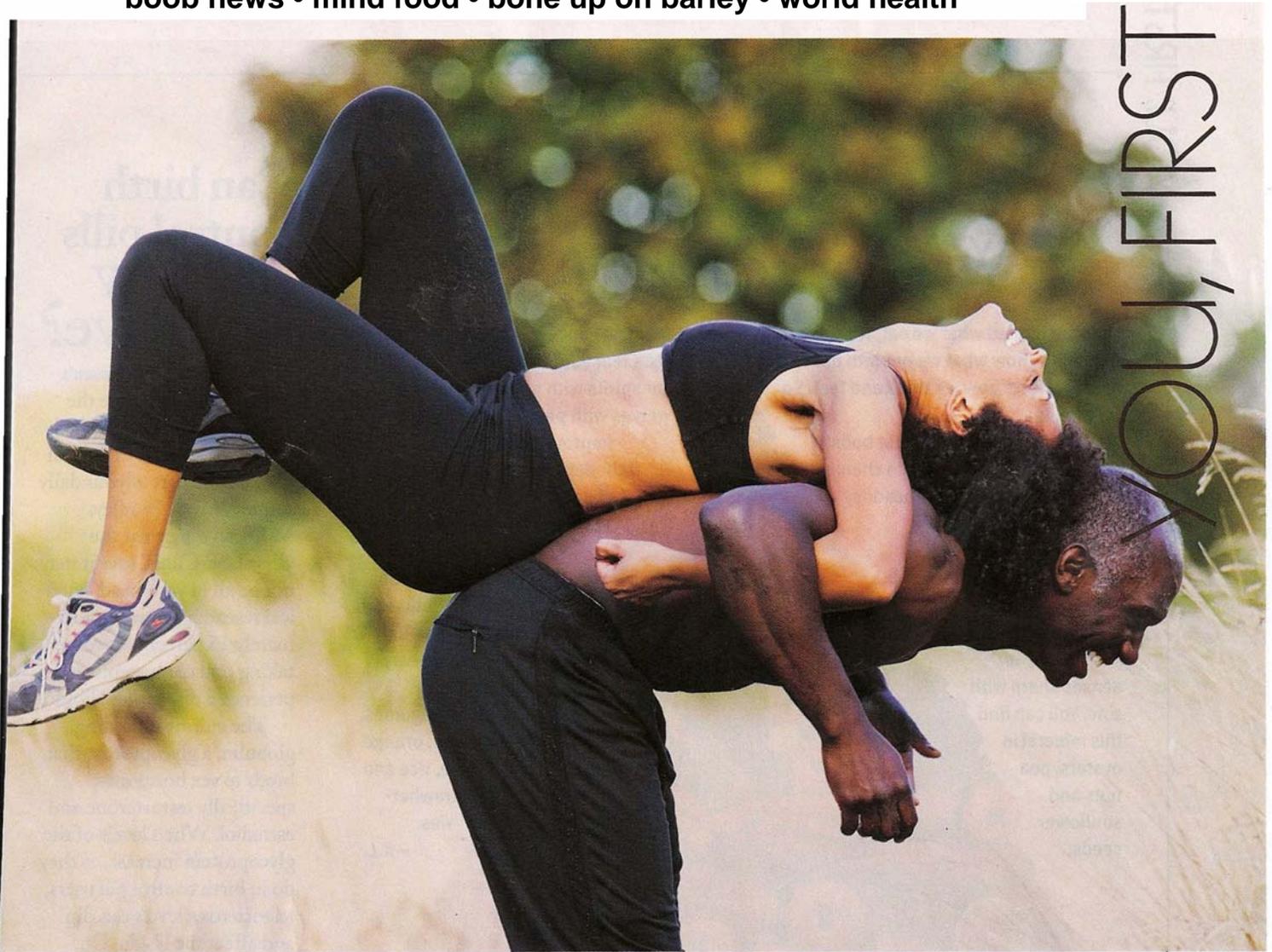
Still, Dr. Haynie says, the priority for any parent, particularly for busy ones (and which parents aren't?), is to nurture themselves first. "Children tend to mirror their parents, so it is important that you address your issues," she says. "If you want your kids to have high self-esteem you have to nurture yourself. People who tend to have dreams for themselves will have dreams for their kids."

Dr. Haynie also suggests giving children praise rather than monetary rewards for good behavior, correcting

children when they are wrong, talking and listening to them, having routines for them, giving them a range of experiences that expand their worldview—which can be as simple as taking them to the park or museums—and teaching them how to handle failure, because "boosting self-esteem," she says, "is learning how to cope when things go wrong." ..

Ericka Blount Danois is a Baltimore-based freelance writer and a mother who nurtures dreams.





When Rene Moore started working out in 2000, she wanted to do something different than what she saw other women do—using the cardio machines and ignoring the weights. So she hit the gym with her boyfriend, who helped her lift weights. When the relationship ended, she found a new workout partner.

Having a workout partner, says Moore, who has become a personal trainer, is what motivates her and keeps her accountable. After helping other people work out, she often forgets to focus on herself, and her workout partner, Keston Hercules, is there to make sure she remembers. "It gives you variety as far as the workout," says Hercules about having a partner. "Trainers are the same as the clients; they get used to a routine. Having a partner gets you out of a rut."

As Moore and Hercules have learned, a

workout partner is a good thing. It makes exercising easier and fun, and studies show people who work out in pairs are more likely to stick to their fitness routine and have better weight-loss

Work It Out Buddy!

results. Four fitness buddy advantages are accountability, support, healthy competition and social networking.

"Your partner should know you and what you can and can't do," Hercules says.

Moore agrees: "If one person is a little bit stronger, it makes you push yourself." There are emotional benefits, too. "We have become very close friends," she says. "It helps physically, and it is also a good mental release."

- Ericka Blount Danois

