

FAMILY CIRCLE

Need some incentive to exercise? Work out as a couple! "Keep Your Love in Shape" (page 110), by FC's Michelle Sheldon, tells you why this buddy system is successful, and "Work Out With the One You Love" (page 108), by FC's Patricia Mlenak, gives you a program to follow. To try it out, they had a session with the routine's creators, model Carol Alt and

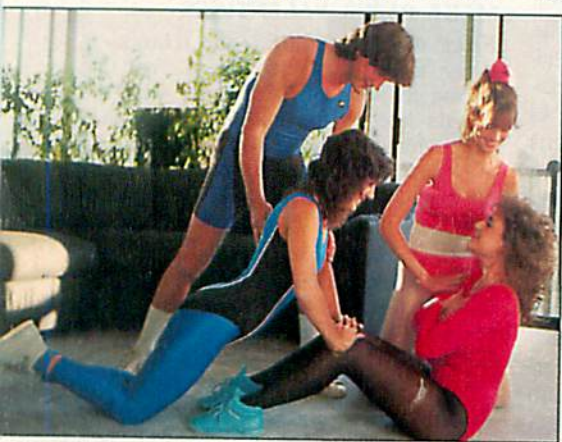
her husband, hockey star Ron Greschner. Here, as Patricia (right front) does a sit-up, Carol and Ron advise Michelle (left front) about keeping her back straight. Non-exerciser Michelle reports that working together makes getting fit more fun. And Patricia agrees: If this happy husband-wife team is any example of how exercise brings people together, they recommend it to everyone!

An estimated 20% of all women between the ages of 15 and 30 are victims of bulimia—the "binge-and-purge" eating disorder. Caroline Adams Miller, the young woman above, was bulimic for seven agonizing years. "When I see pictures of myself then, I could cry," she says. "I looked awful—and was a wreck, physically and emotionally." People think bulimia makes you thin; in fact, Caroline says, it keeps you

at average weight or above—with life-threatening consequences. One of the insidious things about this disease is that it is easy to hide. Some telltale signs of induced vomiting are: chronically sore throat, distended stomach, broken facial capillaries, a red face or watery eyes upon leaving the bathroom. To encourage bulimics to seek treatment and to educate

the public about bulimia, Caroline speaks to schools and groups across the country; and she has written about her own experience in her new book, *My Name is Caroline*. "Dying to Be Thin," the adaptation on page 58, could help you make a difference in the life of someone you love.

Caroline Adams Miller



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