



## Blue Notes

Many people struggling with depression are doing it solo. Less than 50 percent of us with the condition see a doctor to get treatment, report researchers at St. Michael's Hospital and the Institute for Clinical Evaluative Sciences in Toronto, who surveyed men and women in Ontario. While everyone has down days, see your family doctor if you feel hopeless, low in energy or unable to concentrate for a month or more, advises Alexandra Key of the Canadian Mental Health Association. For more on the signs of depression, visit [cmha.ca](http://cmha.ca).



# 1,120

THE NUMBER OF CALORIES IN A LARGE BAG OF POPCORN (WITHOUT TOPPING) AT A POPULAR CANADIAN THEATRE CHAIN, ACCORDING TO THE CENTER FOR SCIENCE IN THE PUBLIC INTEREST. THAT'S MORE THAN A BIG MAC, A TALL WHOLE-MILK STARBUCKS LATTE AND A SERVING OF BEN & JERRY'S CHUNKY MONKEY ICE CREAM—COMBINED. THREE PUMPS OF BUTTER ADDS ANOTHER 190 CALORIES.

## Hand Signals

While a palm reader can't forecast your future, your nails can reveal clues to your health. What do yours say? ●

● Pale nail beds or nails that look scooped out may indicate an iron deficiency ● Yellowing nails with a blushed base may be a sign of diabetes, according to the American Academy of Dermatology. "If you've noticed discolorations for three months or more," says Hamilton dermatologist Dr. Peter Vignjevic, "visit a doctor" ● Ridges and splits are a natural part of aging. Consider taking a daily vitamin with biotin to help strengthen nails, Vignjevic suggests.



## Q: HOW QUICKLY CAN I LOSE WEIGHT SAFELY?

**A:** Contrary to the dizzying pace of diet contests like *The Biggest Loser*, you should drop just 1-2 pounds a week, says Dr. Yoni Freedhoff, medical director of Ottawa's Bariatric Medical Institute. "You can lose more per week, but the only way is by doing something unsustainable and unhealthy, like severe calorie restriction." He advises asking yourself: "Could I live like that for the rest of my life and like it?" If not, your plan won't work in the long run. Start in your kitchen if you want to shed extra pounds. "About 80 percent of weight management is dietary," he explains, "so spend time planning healthy meals and snacks."



## GAME THEORY

Mastering Wii tennis gives you more than bragging rights—it can burn as much energy as a brisk walk. Scientists at Tokyo's National Institute of Health and Nutrition found that 23 Wii Sports games, including tennis, baseball and boxing, get players to expend 2.0-4.5 METs (Metabolic Equivalent Tasks—a way of estimating energy burned). That's the same amount used during moderate exercise, such as shoveling light snow.

