



Wednesday, March 6, 2002

## MBHEI director to write weekly column

Dr. Fred Stransky, director of Oakland University's **Meadow Brook Health Enhancement Institute**, will dispense nutrition, exercise and fitness advice in a weekly column that will appear every Thursday in The Oakland Press, Sundays in the Macomb Daily and Mondays in the Royal Oak Daily Tribune. The new column will reach an estimated 350,000 readers each week in Oakland and Macomb counties.

Stransky's first column will appear in the Oakland Press on Thursday, March 7.

The new column will explore the many health myths that enjoy wide currency in today's fast-paced world of quick sound bites. More than this, Stransky will challenge his readers to take responsibility for their own health and well-being with practical and workable advice designed to be easily integrated into hectic lifestyles.

A strong advocate of preventive health care, Stransky will make a compelling case that today's Americans can live a functional life to 100 years of age if they make the proper lifestyle choices and remain proactive about their own health care.

Stransky's no-nonsense advice about health issues has long been popular among the countless companies and individuals who have sought his counsel over the past 25 years. The author of two books, including "The Good News About Nutrition, Exercise and Weight Control," published in 2000, Stransky's tell-it-like-it-is style has endeared himself to thousands of people who have sought to separate fact from fiction when it comes to health issues.

### SUMMARY

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