

# THE BOCA RATON observer

2003  
2013  
CELEBRATING A DECADE OF COMMUNITY

THE HEALTH  
& FITNESS ISSUE

## PINT-SIZED POWERHOUSES

Meet Five Adolescent  
Athletes Superb At  
Their Sports

## THE FUTURE IS NOW

Keeping Your Child  
Healthy In 2014

## THE ABC'S OF DNA

Is Genetic Testing  
A Path To Wellness  
—Or Too Much  
Information?

# GIANT SUCCESS

Super Bowl Champ And "Live" Host  
Michael Strahan Talks Fitness,  
Family And Affinity For South Florida

## ARE WE GOING TO POT?

Florida Becomes  
The Latest  
Battleground For  
Marijuana Reform

JANUARY 2014





## PAWS (ENTERTAINMENT) FOR APPLAUSE

Jo Jo Harder, the savvy fashionista known for placing dogs on the catwalk, is at it again. This time the busy author and founder of America's Top Dog Model, which includes an annual calendar contest, has added an awards ceremony and TV show to the mix. The inaugural America's Top Model Golden Paw Awards recently took place at Dynamic TV Studio in Boynton Beach, where it was filmed in front of a live studio audience for a reality series now in development.

The ceremony, which included a reception and canine walks down the red carpet (of course), honored 15 winners and finalists who, with the aid of their humans, have supported community events and charities nationwide.

It acknowledges pooches that have "made a difference in an extraordinary way," explains Harder, who lives in Boca Raton with Romeo, her Miniature Italian Greyhound. Categories



included "Most Courageous," "Most Angelic" and "Best in Show." The Volunteer of the Year Award went to therapy dog Little Lovey, who has visited more than 500 care facilities.

Think your pooch is a superstar? The next calendar contest begins January 15 and runs through April 30. For more information, visit [americastopdogmodel.com](http://americastopdogmodel.com).

## FAT (HEALTH) CHANCE

So, you ate your weight in truffles over the holidays and now vow to lose 10 pounds.

Wanna bet on it?

The trend du jour is to place wagers on weight loss, and websites such as [healthywage.com](http://healthywage.com) and [dietbetter.com](http://dietbetter.com) are enticing dieters to put their cash where their mouths are (in lieu of all those truffles). The social calorie-counting platforms connect people seeking support, motivation and accountability.

And the financial incentives don't hurt (you lose weight, you win money).

The way it works: DietBet allows users to create a team and set a bet amount, or join an existing group (the more players, the bigger the pot). The first person to lose 4 percent of their starting weight wins all the cash. Healthy Wage offers several challenges based on BMI and percentage of pounds lost, and the pot can reach as high as \$10,000.

There appears to be something to this. According to a Mayo Clinic weight-loss study, participants who had financial incentives were likelier to stick to their diets.

And who are we to argue with science?

(STATS)

NO. 1

HEART DISEASE WAS THE LEADING cause of death in Palm Beach County in 2012 (latest statistics available), accounting for 3,549 deaths. Cancer was the second leading cause, accounting for 3,208 deaths.

Sources: Florida Department of Health  
Palm Beach County Annual Health Profile

## (EVENT) PRESIDENTIAL TREATMENT

In honor of the 100th anniversary of the late Joe DiMaggio's birthday, his namesake hospital in Hollywood, Fla. has created an American Icon Award. Bill Clinton, the former 42nd U.S. president and founder of the Clinton Foundation, will receive the inaugural Joe DiMaggio American Icon Award, which honors individuals who represent the values for which the iconic baseball player stood. Expect Clinton sightings on January 24, when he'll accept the award at the Don



Taft University Center on the campus of Nova Southeastern University in Davie. For more information, call 954-265-7241 or email [crcohen@mhs.net](mailto:crcohen@mhs.net).