

NEW YORK POST

DR. OZ ♥s NYC OPRAH'S FAVORITE DOC FIGHTS KID OBESITY

By GINGER ADAMS OTIS

November 18, 2007 -- *How to Live a Healthy NYC Life, According to Dr. Oz:*

Increase Your Exertion

"Walking up the subway stairs will help you lose weight. Running up them will help your heart. But let's face it, none of us are outside chopping wood," says Dr. Oz. "Building and maintaining muscle is key, and all the better when you can do it in a way that connects you to nature."

Don't Gulp Food

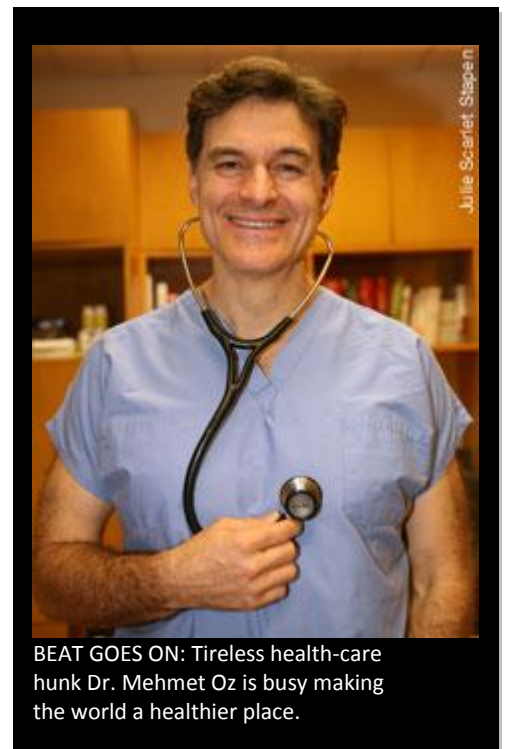
"Never eat two items consecutively. Eat something, drink some water, and if you're still hungry, eat some more. And when you're eating at parties, always keep one hand free."

Never Skimp on Sleep

"Don't wait for the noise to stop and the lights to go down, because it never does in the city. Make your rest a priority." Bodies get the hormones they need to stay healthy and keep building muscle while sleeping, so getting by on just a few hours a night is doing you more damage than you know.

Know How to Party

"Order a glass of red wine with dinner, but order it mid-meal and sip. Nobody wants to drink Chianti with tiramisu." Any more than two drinks a night and you're risking some possible health issues down the road, including weight gain. Count a drink as your dessert - both will be converted to sugar by your body anyway.



BEAT GOES ON: Tireless health-care hunk Dr. Mehmet Oz is busy making the world a healthier place.

Don't Fear Fats

"Keep a small bag of nuts in your desk and take a handful if you get hungry. Lose the fructose drinks and simple carbs." Drop the low-fat processed vending-machine treats and start eating pecans, walnuts, almonds and other nuts that are loaded with essential fats and nutrients.

Shun Stress

"You're busy, I'm busy, we're all busy, but if you never let the person next to you know that you give a damn, that's a problem. Make time to care."

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Dr. Mehmet Oz is running an hour late. He starts popping pecans and walnuts.

"Here, eat something - and stop complaining," he jokes, zipping in and out of the small kitchenette in his office in the cardiac ward at New York Presbyterian Hospital/Columbia, where he is director of the Cardiovascular Institute.

"It's quinoa and tomatoes. I had it for lunch."

The room is filled with celebrity memorabilia, including baseballs signed by former Yankees manager Joe Torre and his brother Frank, a Dr. Oz patient.

Like some sort of comic-book character, he emerges two minutes later, having shed his signature blue scrubs - his standard uniform on his regular appearances on "The Oprah Winfrey Show" and in promoting his best-selling series of books that started with "You: The Owners Manual" - and donned a blazer and tie.

"BlackBerry, phone, keys?" yells an assistant from the back.

But Dr. Oz, who regularly counsels patients to reduce their stress, is already gone.

Minutes later, he's running into a New York Sports Club on 145th Street, shooting a commercial for HealthCorps, the national program he founded several years ago to help reduce childhood obesity.

Dr. Oz's sudden fame, buoyed by his suave good looks as well as his no-nonsense approach to diet and health, has women flocking to his lectures, foundations begging for his speeches, biotech companies in cutthroat competition for his product endorsements and city officials eager to see him expand and promote his student-obesity program.

The 47-year-old Oz, born to Turkish parents in Cleveland, now lives in Cliffside Park, NJ, with his wife of 20 years, Lisa, and his four kids, Daphne, Arabella, Zoe and Oliver. Medicine runs in the family - his dad is a well-known surgeon in Turkey - and Dr. Oz got his undergrad degree from Harvard and later a joint MD and MBA from the University of Pennsylvania.

His fat-fighting program, already in 33 city schools around the five boroughs, acts like the Peace Corps, putting recent college grads into schools to help kids learn about good nutrition, stress management and weight control.

"We got \$2 million from the City Council last year for this program. [Schools Chancellor] Joel Klein is a major supporter," he says.

The promo is for a Jan. 18 event, when HealthCorps and NYSC will put 100 Spinning bikes in Grand Central Station for 24 hours. They hope the event will raise money to help expand HealthCorps in New York and other cities.

"This has always been a team effort with Mayor Bloomberg, Joel Klein and City Council members Christine Quinn, Joel Rivera and many others," says Dr. Oz.

It's all in a day's work. Earlier, he had trod the halls of the cardiac ward, visiting 19-year-old Jaclyn Chamberlain, recovering from heart-valve surgery.

Other doctors initially told the Chamberlains that Jaclyn's infected valve was beyond repair. It would likely have to be replaced with a metal bar, they said, which would require a lifetime on blood-thinning medication.

"She's a young girl, and she wants to have children someday," says Dr. Oz. "The blood thinners are known to cause birth defects. I wanted Jaclyn to have a better choice than that."

Jaclyn could already feel the effects of the surgeon's repairs.

"You feel, like, a 'whoosh, whoosh' now, right?" Dr. Oz tells her, smiling as if he has all the time in the world, instead of a list of patients to visit and a night full of appointments.

Tomorrow morning, he'll be back in surgery. After an early-morning power drink of spinach, apples, cucumbers, parsley, ginger and lemon, that is.

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