Another popular weight loss method is the South Beach Diet. This diet consists of three steps. The first step requires that you eat normal sized portions of lean meat, fish, eggs, reduced fat cheese and plenty of vegetables in an attempt to drastically restrict carbohydrates. The second step allows you to re-introduce more variety to your diet by adding some whole grain breads and low-fat dairy products, said Green. The third step concentrates on maintaining your weight. You continue to eat healthy foods while avoiding foods that are high in carbohydrates; it is supposed to feel more like a lifestyle, and less like a diet. "(South Beach) is a much better diet," he said. "It provides you with a larger variety of foods and more carbohydrates for your body to use."

While South Beach has the benefit of greater freedom, this also proves to be a drawback. "The problem with the South Beach Diet is that it provides too much freedom," said Green. "People tend not to stick with it because there is not enough structure to make them want to stick with it."

The third diet plan is Weight Watchers. This plan offers two choices. The first, called the "Core Plan," has dieters eating wholesome food to lose weight and maintain your desired weight. The second choice, called the "Flex Plan," relies on food points to control the amount of food that you take in.

"This is the better plan for most dieters because it's very structured and that's what people need in their diet plans," said Green.

Whatever plan you end up choosing, one thing you have to remember is that dieting is just one step in the process, you also need to exercise, said Green.

"If you just diet and don't exercise, most get to a point where they won't lose any more weight," he said.

Because the material in Six Degrees is so difficult, Chmel said that he held off directing it for years until he had the right "pool of actors" to take on the production. "I've rarely worked with an ensemble of young acting talent, such as the one I have for Six Degrees of Separation," he said. "These young actors are taking on material that ranges from broad farce to sophisticated and I think that they're pulling it off admirably."

The play's title comes from a scene, in which Ouisa discusses the theory that every person in the world is merely separated by six people.

"She looks at that as being a very positive thing about humanity," said Chmel.

The writer's message however is not a hopeful one. Contrary to what Ouisa says, Guare's characters are actually disconnected.

"The kids are separated from their parents. The husbands are separated from their wives. The blacks are separated from the whites. The economically privileged are separated from the less economically privileged," he said. "It's about our society being kind of dismembered."

Because of the language, content and brief nudity, the play is suited for mature audiences. The cast is really looking forward to opening night, according to Fectey, who said that his role has helped him grow as an actor.

"The show will leave the audience members with a feeling they won't be able to put their fingers on," he said. "It's very odd but it's a brilliant, brilliant story and it's a very well-written script. It'll really touch the audience."