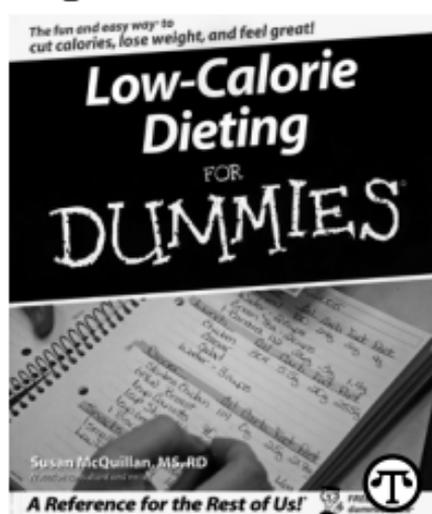


Physical Fitness Books Slim Down And Tone Up

A New Year. A New You.

(NAPSA)—If you're trying to take off some extra pounds in the new year, two new books may help. Tips and recipes, as well as proven weight-loss strategies, may help you reach your goal weight quickly.

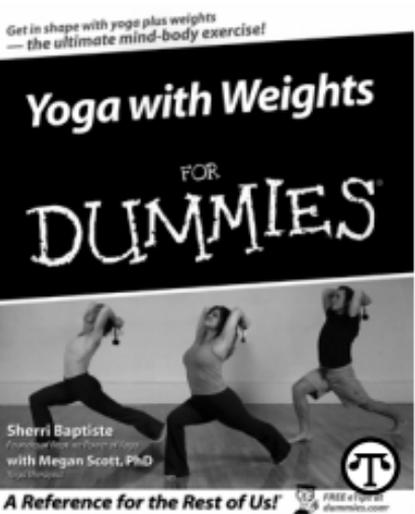
The lo-carb trend is over and people are realizing that what the experts have been saying all along



is true: The only way to lose weight and keep it off is to cut calories and get exercise. "Low-Calorie Dieting For Dummies" (Wiley, \$21.99)

by nutrition expert Susan McQuillan is a no-nonsense guide that shows readers how to consume fewer calories than they burn and provides a delicious and safe low-calorie plan that's easy enough to follow for life. The book includes tools to improve eating and exercise habits, cope with stress and boredom, assess progress and live a healthier, happier life.

For 5,000 years, yoga exercises have been used to get in shape. Adding weights offers another dimension that's explored in "Yoga With Weights For Dummies" (Wiley, \$21.99). All the physical benefits of traditional yoga—muscle toning, balance and flexibility—come faster because yoga with weights is more intense and dramatic than regular yoga. The book divides exercises into several different workouts and offers expert tips to help you succeed.



Both books are available at bookstores everywhere, or go to www.dummies.com.