

HEALTH HINTS

Don't Give Up Goals

(NAPSA)—When trying to achieve a healthy weight, the first thing you may want to cut out is stress.

According to nutritionist Shawn Talbott, Ph.D., “Stress is just as important a factor to control as diet and exercise, so unless you control all three in the same program, you’re really spinning your wheels.”

That’s why he created the Get Up-Slim Down program. “It’s not about removing stress from your life,” he says. It’s about handling stress differently, to avoid storing “stress fat” the body thinks it needs to survive tough times.



The less stress in your life, the more likely you'll succeed at losing weight, a nutritionist says.

His program helps people relax and destress, while also improving mood and energy levels (without shakes or jitters). Simply feeling better can often help you get back on track with diet and exercise—and achieve your weight loss goals.

To cut stress, he offers some tips. Get a hobby—it can help you relax. Spend time with friends. Identify patterns relating to your stress and do what you can to predict and avoid stressful situations.

More about the program is at www.GetUpSlimDown.com and (888) Get-Up-90.