

# Your Weight and Fate

## How To Keep Those Weight Loss Resolutions

(NAPSA)—Each year, millions of Americans resolve to lose weight and get healthy, but many abandon their resolutions.

Weight Watchers leaders from all over the country, who have all succeeded in keeping their weight-loss resolutions, are offering their own personal tips to guide you through this season and beyond. Through the entire month of January, you can also call 1-800-ATIP4YOU to get more tips from Weight Watchers leaders like these:

### Getting Started:

- **Meal Makeovers.** Look for low-calorie substitutions that don't sacrifice taste. For example, switching from mayonnaise to mustard on a sandwich can add to big calorie savings over time.

- **Support Sustenance.** Having the support of others is critical. Losing weight with a friend or group of friends really helps.

- **Produce Perfection with Produce.** Ounce for ounce, the nutrition in fruits and vegetables can't be beat. To get the best blend of nutrients, include as many colors as possible.

- **Fitness Flashback.** Use activities you enjoyed as a child as a starting point for choosing an exercise routine: roller skating, hula-hooping, bike riding.

### The Impact of Small Changes:

- **Cover Up.** Put a napkin over your plate as soon as you're satisfied. It's like turning off a light switch.

- **Rewarding Remedies.** Always reward every weight-loss celebration with a non-food item such as a facial or a manicure.

- **Eyes on the Prize.** Purge unhealthy food from your pantry, freezer and fridge.

- **Sneakers in Sight.** Make physical activity as convenient as possible. Keep your sneakers and



**Following a few tips from the experts can help you stay motivated while you diet.**

jacket ready and nearby for short, frequent walks.

### Staying Motivated:

- **Mix and Match.** Food ruts can kill motivation. Visit [www.weightwatchers.com](http://www.weightwatchers.com) for delicious recipes.

- **Fitness with Friends.** Group activities allow you to fill that need for social outlets.

- **Go for the Goal.** Setting new goals can be the key to keeping yourself motivated. Goals do not have to be weight related.

- **Full of Fabulous.** Wear something you feel fabulous in. The best appetite suppressant ever is a compliment.

### Maintaining the Momentum:

- **Consistent Counting.** Consistency is critical. Write down what you're eating each and every day to help keep you on target.

- **Behavior Barometer.** If you eat out, eat exactly the way you would eat at home.

- **TV Tuneup.** Watch TV—but do some form of exercise during commercials: sit ups, crunches, free weights.

To learn more about Weight Watchers or to find the nearest meeting, call 1-800-651-6000 or visit [www.WeightWatchers.com](http://www.WeightWatchers.com).