
Health Hints

Lifestyle Changes Point To Healthy Weight Loss

(NAPSA)—There may be good news for many people who feel they have a fat chance of being slim.

The key to healthy weight loss is changing your lifestyle, says nutritionist and dietician Gayle Reichler, MS, RD, CDN. “Fad diets and starving yourself just do not work. The key is changing your lifestyle. I always recommend to my clients that they find a balanced meal replacement program that still allows them to enjoy the foods they love.”

Here are some healthy tips for choosing a meal replacement program:

- Make it easy. Look for a comprehensive program that fits into your lifestyle, such as one that does not require counting calories or fat grams or weighing food.

- Taste, taste, taste. A balanced meal replacement program should have products that taste good. If it is labeled chocolate, it should smell, chew, and taste like chocolate.

- Variety. Look for a program with a lot of choices. No one wants to eat the same meal every day. A wide range of flavors will allow you to mix and match bars and shakes over the week to avoid boredom.

- Convenience. The program must be convenient. A meal that needs to be microwaved can't be used if you don't have access to a microwave at lunchtime.

- Treat yourself. Everyone



Dieters should choose meal replacement products that give them the most taste, variety, and convenience.

needs a snack now and then. Pick a diet program that offers healthy snack options.

- Support. Anyone who is dieting needs support to change eating habits and help lose weight.

One balanced meal replacement program that meets these requirements is SlimWell, the newest introduction to the Avon Wellness line. In addition to the SlimWell meal replacement bars and shakes, Avon has also created a complementary wellness program called The New Me. This program provides eating, exercise, and stress management tips, and incorporates other fitness products and tools into the overall SlimWell plan to encourage a healthy lifestyle.

For more information about SlimWell and the New Me Program, call 1-800-FOR-AVON or visit <http://www.avon.com> on the Internet.