

HEALTHFUL EATING



Losing Weight: Gaining Confidence

(NAPSA)—The skinny to losing weight in a healthful way can be easier than many people realize. Here are three top tips from The American Heart Association:

- Start slow. Do low to moderate-level activities, especially at first, then slowly increase the duration and intensity as you become more fit.

- Remember the amount of total fat and cholesterol that should be included in your daily menu (your doctor can help you develop an eating plan). Total fat intake should be no more than 30 percent of your daily calories and your cholesterol intake should be less than 300 milligrams a day.

- Choose activities that are fun, add variety and surround yourself with supportive people.

Sticking to healthful eating can be difficult for dieters on the go. Fast food is often tempting. However, that's not necessarily a bad thing for those watching their weight. Many fast food restaurants offer low-fat choices on their menus—from salads to sandwiches.

One restaurant in particular garnered national attention for helping one man lose 245 pounds. Jared Fogle became an unofficial poster boy for weight loss and a hero among frustrated dieters. He incorporated Subway's low-fat sandwiches into his meal routine. Pam Blakeman of Springfield, Illinois, was one of those people Fogle inspired.

"I'm very determined never to get as big as I was before," said



Subway's Jared and his friends are all smiles about maintaining a heart healthy lifestyle.

Blakeman, a mother of two, who boasted a 60-pound weight loss.

Myra Jackson of Tallahassee, Florida, lost 30 pounds with help from Subway's "7 under 6" sandwiches. The restaurant features seven different low-fat sandwiches, all under six grams of fat each.

"I used to get tired just from walking up the street," she said. "Now I am able to run miles and enjoy doing it."

Former shoe-company executive Kenneth Sanford, of Franklin, Tennessee, lost 56 pounds and was so inspired by his accomplishment that he purchased his own Subway restaurant.

As for Fogle, he still enjoys Subway sandwiches and has kept his weight at about 190 pounds—down from 425. More information on healthful eating is available on the Web site at www.subway.com or by calling toll-free 1-800-888-4848.