

# Health & Beauty

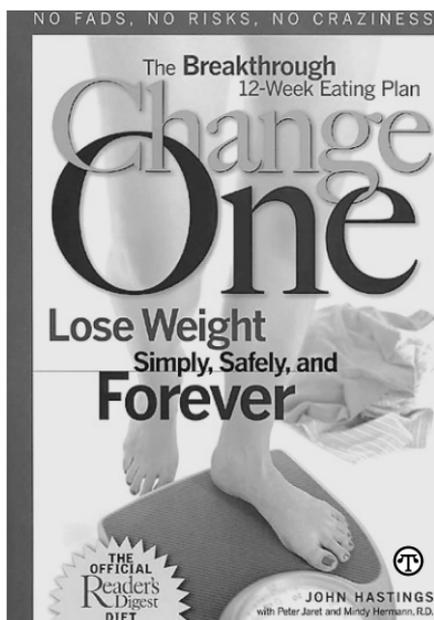
## Suit Yourself

(NAPSA)—When it comes to shopping for a bathing suit, you can feel more confident getting into the swim. That's the advice from health and fashion experts who say there are a number of choices women can make to feel more comfortable in their own skin.

They offer these tips:

**The Right Diet**—The Reader's Digest first official diet—*ChangeOne: The Breakthrough 12-Week Eating Plan, Lose Weight Simply, Safely and Forever* (Reader's Digest, \$27.95) offers an easy-to-follow method of changing your eating habits, one at a time, one week at a time. The book contains delicious and healthy meal and snack suggestions, plus techniques for successfully navigating menus at restaurants, parties and other occasions. The fundamental goal of the diet is to let people eat the foods they want, but in sensible portions and without having to count calories or remember rules. It can be a smart way to feel good about yourself in a bathing suit.

**The Right Regimen**—A number of doctors say an important key to finding an exercise program you can stick to is variation. They suggest finding two or three activities you enjoy doing (gardening, dancing, walking, bike riding, swimming, etc.) and engaging in three a week. As you feel yourself growing more fit, increase the number of times you exercise per week. In addition to helping shape your body, exercise can relieve stress—



**There are a number of steps women can take to feel better about themselves in a bathing suit.**

especially if some of it is caused by the thought of putting on a bathing suit.

**The Right Look**—Certain patterns, such as vertical stripes or multi-colored flowers can have a slimming effect on a person's body. In addition, some bathing suits come with matching cover-ups that help women to be a bit more modest without sacrificing style. It's also a good idea to remember that one-piece suits tend to make a person's body appear slim and streamlined.

For more information, visit [www.changeone.com](http://www.changeone.com).