

Your Weight and Fate

Taking Off Those Extra Pounds

(NAPSA)—If you're ever among the many Americans struggling to lose weight, here are some tips for slimming down:

- **Adopt healthy eating patterns.** It's not enough to limit calories—the calories you eat should come from a variety of nutrient-rich foods from all food groups. For instance, it's important to try to eat five servings of fruits and vegetables every day.

- **Give up poor eating habits.** Don't eat when you're not hungry, or eat more than you're hungry for. You should also try to be aware of what you're eating. In particular, limit sodium, saturated fat and empty calories.

- **Exercise daily.** Losing weight is about more than cutting calories. It is imperative that you add physical activity and cardiovascular exercise to your schedule. Exercise can give you more energy, increase well-being and help build and tone muscle as you lose weight. Weight exercises in particular can help increase skeletal muscle, which burns more calories than body fat even when you're at rest.

- **Be satisfied with small steps.** With any diet or exercise program, you'll probably lose weight very slowly at first. It's important to be patient and be satisfied even with small gains. Don't throw in the towel if you're not getting quick results—losing weight requires a concentrated daily effort.

- **Remember it's only food.** Avoid thinking of foods or eating in general in moral terms. That



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way, a slip is less likely to lead you to give up entirely.

- **Reward yourself.** You may feel as though you're giving up a lot when you embark on a weight loss plan, so always remember to give yourself rewards as you make progress and achieve your goals.

- **Try supplements.** A supplement can be a major factor in weight loss. GNC's Total Lean, for example, has been scientifically proven to increase calorie burning by up to 60 percent in the hour after you exercise. Total Lean is an ephedra-free thermogenic product that increases metabolism and boosts energy. The latest research also indicates that dieters on low carb, low fat and low calorie diets are often deficient in many key vitamins as well as iron and fiber. A good multivitamin can address deficiencies and provide nutritional support for dieters.

For more weight loss tips, go to www.gnc.com.