

# DO IT & DIET

## The Best Diet Fits Your Personality

(NAPS)—Many dieters are finding the way to dieting success is to start out with an honest evaluation of themselves.

“It’s far easier to fit a diet to a personality than to attempt to change the personality to fit the diet,” said Karen Miller-Kovach, MS, RD, Chief Scientist at Weight Watchers International. “Each dieting personality has its own unique strengths and fitting the diet to the individual helps harness those strengths while supporting their weaker areas.”

A key step is to identify a dieting personality profile. When people are aware of their habits and needs, it is easier to personalize a healthy approach to dieting. Some profile examples are:

- **Dedicated Profile**—for those who like structure and would like to know exactly what they need to do to lose weight.
- **Adapter Profile**—some people like the structure of rules but also need the freedom to make choices that will keep them from getting bored.
- **Individualist Profile**—fits those who don’t like lots of rules and want to make their own decisions.

One person who fits the Individualist Profile is Sarah, The Duchess of York. She says, “The Weight Watchers **POINTS**® Weight-Loss System lets me eat what I



**Sarah, The Duchess of York and Weight Watchers member is an *Individualist* dieter.**

like by staying within my daily **POINTS** range. Now, with Weight Watchers new **Winning Points**, my diet fits me perfectly because it gives me the freedom to adapt to any given day or situation. I am true to my Individualist Profile, and I like the fact that my entire Weight Watchers approach is based on my independent nature and the way I live and behave.”

To learn more about Weight Watchers, call 1-800-651-6000, or visit [www.weightwatchers.com](http://www.weightwatchers.com).