



spotlight on health

Losing Weight Could Be Different This Time With A Plan To Help You Reach Your Goals

(NAPSA)—People who have lost weight successfully say that following an individualized program that fits your lifestyle and provides meaningful support can be an important factor in achieving your weight-loss goals.

For example, Rosary Selensky relies on her weight-loss program for inspiration and incentive. More than a means of support, she finds it a source of strength. “For the first time in years, I feel motivated,” Selensky says. “I feel empowered.”

Selensky’s program has also encouraged changes that she could easily adapt to her lifestyle. It helped to shift the focus from simply “losing weight” to adopting and sustaining healthier ways of living.

“I’m seeing the results and I feel good about myself again,” she says.

Selensky, 46, is part of the growing community of alli (60 mg orlistat capsules) users. It’s the only FDA-approved weight-loss product available to overweight adults without a prescription and it represents a new option for dieters looking for healthy weight loss in the new year. More than 2 million starter packs have been sold.

Unlike many weight-loss products, the capsules are not appetite



A weight-loss pill alone isn’t going to change your life. You need meaningful support tools as well as a strong personal commitment.

suppressants and don’t affect the brain or the central nervous system. Instead, they work in the digestive system to block the absorption of about 25 percent of the fat in the food people eat, helping them lose 50 percent more weight than they would through diet and exercise alone. Instead of losing 10 pounds on a diet alone, people can lose 15 pounds by adding this product.

In addition to enjoying the benefit of 50 percent more weight loss, users can access an online support program at myalli.com that helps them commit to food and lifestyle changes necessary for success.

A Pill and a Plan

Called [myalliplan](http://myalliplan.com), the support program was developed by nutritional and weight-management professionals who understand the struggle to lose weight. It offers straight talk about weight loss and provides educational and behavioral resources to help people lose weight safely and gradually, which experts say is the best approach.

After purchasing the capsules, users can register to join the plan and then access its resources 24 hours a day. The innovative support program includes a variety of tools users can customize to their individual situation and goals,

such as weekly action plans; recipes, meal plans and shopping lists; online tools to record food and lifestyle information; access to a network of other dieters for insight and support; and personalized e-mails that deliver lessons about meal planning, managing hunger and dealing with setbacks. This support is important, as the medication must be used in conjunction with a reduced-calorie, low-fat diet (about 15 grams of fat per meal).

Helpful Weight-Loss Tips

- Too busy to eat healthy during the week? Make low-fat meals on Sunday that you can freeze and reheat.
- Write down everything you eat. You may be surprised by what’s on your list come day’s end.
- Let your family and friends know you want to manage your weight and ask for their support.
- Learn from your mistakes. Don’t focus on feelings of guilt or failure; focus on what happens next.

“alli is not just a pill, it’s a whole program,” says Cecily French, 43. “The online support has helped me tremendously. My eating habits have completely changed and the menu plan and suggestions make it very easy to understand.”

For 41-year-old Linda Tinoco, the plan also provided practical advice on how to avoid “treatment effects,” such as an urgent need to go to the bathroom, which may occur if a user eats a meal with too much fat (greater than 30 percent of calories from fat).

Learn More

For more information on the weight-loss and educational support available on the program, visit www.myalli.com.

It can be different this time. Weight-loss experts help you along your weight loss journey.

- Support is not optional.
 - Whether it’s your friends, family or the experts on myalli.com, support is an essential part of losing weight. The more positive influences, the better.
- Support plus your efforts can equal success.
 - Weight-loss success also requires a strong personal commitment, even with support. Stay focused on your goal.

