

Health Trends

More Dieters Finding Weight Loss Help Online

(NAPSA)—When it comes to losing weight, the popularity of online dieting is gaining.

According to a recent study by comScore Pharmaceutical Solutions, more than 60 percent of those researching weight loss use the Internet to learn more about healthy eating and nutrition, as well as details on specific weight-loss plans and diets.

According to the study:

- Almost half of those researching weight loss use online tools to track progress and chart their diet course.

- 44 percent of online weight-loss researchers consider online information extremely/very influential in helping them comply with weight-loss plans.

For those who are inclined to explore the Internet as a way to reach their weight-loss goals, it is important to turn to resources that are reliable. For example, Weight Watchers, a trusted name in weight loss, offers Weight Watchers Online, which enables people to follow the plan step-by-step online.

If you're considering an online weight-loss plan, here's a guide to the features you should look for:

- **Making wise choices:** Online databases should help dieters find the nutritional values of the foods they eat as well as recipes for healthy dishes and meals.

- **Keeping track:** Studies show that people who keep track of what they eat, as well as monitor their weight-loss progress, are more likely to reach their weight-loss goals. Look for these types of tracking tools before you subscribe.

- **Dining out:** Online guides with tips for navigating menu options can help dieters eat out



The next time you're tempted to go off your diet, going online may help you decide if you can afford it.

without derailing their weight-loss progress. A restaurant guide should offer information on popular restaurant chain menus.

- **Getting fit:** Most experts encourage people to exercise as part of their weight-loss routine but to do so at their own pace. Look for a plan that includes fitness tools such as instructional videos and workout plans. Do your research before you subscribe because some sites may charge extra for fitness.

One of the best features of using the Internet as a weight-loss tool is the 24/7 availability, whether you're home, in the office or anywhere with Internet access.

For more tips on using the Internet to achieve your weight-loss goals, visit www.WeightWatchers.com.