

# Weighty Issues

## Get Ready For Summer

(NAPSA)—For a healthier you when warmer weather rolls around, it can be wise to think S.P.R.I.N.G.!

**Start Early:** If you know that losing weight will make you feel more comfortable in more revealing fashions, look into a weight-loss program now.

**Plan Your Results:** Science has found that a healthy rate of weight loss is no more than two pounds a week. So if you're expecting to drop 40 pounds in a month, you'll be disappointed. Instead, use a realistic and specific weight-loss goal to set yourself up for success. Identifying your goal will help you achieve it and can motivate you to keep making progress along the way.

**Renovate Your Recipes:** Have your cake and eat it, too. Simply substitute unsweetened applesauce for a third of the oil or butter in your cookie and cake recipes; the end result will taste just as good without the extra calories and fat. You don't have to give up your favorite recipes, just find little ways to make them healthier. Many Web sites, including [www.weightwatchers.com](http://www.weightwatchers.com), have "renovated" versions of favorite recipes.

**Identify Your Best Fit:** Learn about different weight-loss programs and determine which will work best with your lifestyle. For example, Weight Watchers guest policy lets prospective members sit in on a meeting, free, to see what it's all about—and to listen



**Getting in shape and losing weight may be easier than you realize, with a little help from your friends.**

to members share what works and laugh about what doesn't.

**Navigate Your Neighborhood:** Incorporate a walk into your daily routine. Walking is one of the few activities a person can benefit from at just about any fitness level. A pedometer can help you track your distance and improve it step by step.

**Gauge Your Commitment:** Many people think that they would look better in their swimsuit if they could drop a few pounds. But to find out if you're REALLY ready to make the commitment to change your behaviors, take a self-assessment, like the one found at [www.weightwatchers.com/health/asm](http://www.weightwatchers.com/health/asm).

Weight Watchers International, Inc. is the world's leading provider of weight-management services with over 46,000 weekly meetings and a wide range of products, publications and programs. To learn more or find a meeting, visit [www.weightwatchers.com](http://www.weightwatchers.com) or call (800) 651-6000.