

Buddy Up, Slim Down

(NAPSA)—Whether you're trying to lose weight, shape up or just live a healthier lifestyle, it can help to know you're not alone in your efforts. Experts agree that the road to fitness is best traveled with a buddy.



A new diet and fitness program offers peer advice and support 24/7.

Here are some suggestions:

- Exercise with a friend. You'll work out longer and more efficiently with a buddy along.

- Share low-cal recipes, new workouts and strategies you discover as you make progress.

- Create a daily log of meals and exercise; ask your buddy to review it and comment.

- Check in regularly with your friend for motivation and words of encouragement.

- Join PEERtrainer.com, a free diet and fitness program that harnesses the power of peer motivation and accountability. Users join three other like-minded enthusiasts who provide group support, advice and “positive peer pressure.”

The site also provides helpful nutrition information, a calorie counter, user spotlights and the Lounge, offering insights and opinions from the community at large. To learn more, visit www.PEERtrainer.com.