

A Weight-Loss Resolution That Lasts?

(NAPSA)—As the New Year approaches, many people commit to the popular New Year’s resolution of losing weight. To help achieve this resolve, Weight Watchers® offers the following tips:

- Concentrate on getting started; don’t worry about every detail of your weight-loss program.

Remain focused on the steps immediately before you. Don’t be overwhelmed by the weight you feel you must ultimately lose. Remember that just getting started is an important achievement.

- Make your first major goal to lose 10 percent of your current body weight.

Not only has a 10-percent weight loss been proven to be medically significant by the National Institutes of Health, but it’s also an achievable goal. Sustaining a 10-percent weight loss has multiple health benefits, including lowering blood pressure and cholesterol.

- Get the benefit of coaching and real-life insights from meetings.

Research published in the “Journal of the American Medical Association” comparing structured commercial weight-loss programs to self-help efforts shows that people who diet together do better than those who go it alone. By joining a meeting, you gain valuable encouragement and knowledge from others going through the same situation.

- Choose a comprehensive weight-loss program.

The combination of a sensible diet and a sound exercise plan is a winning combination. While eating fewer calories is critical to weight-loss success, exercise is a key factor for keeping lost weight off.

- Forget your setbacks and focus on your successes!

Making fundamental changes in your lifestyle is no easy task. If you make a mistake, don’t quit! It’s what you do about the mistake that’s important. Also, be sure to celebrate every pound you lose. Each pound brings you one step closer to your weight-loss goals.

- Recognize that new behav-

iors take practice. Practice them until they become your own.

Give yourself time for lifestyle changes to feel natural and automatic.

As part of its new TurnAround™ program, Weight Watchers offers people a choice of two different food plans, both of which are healthy, realistic, and livable ways to achieve lasting weight loss. People can discover weight-loss freedom by choosing the flexible **POINTS**® plan, or the new No Counting plan, which focuses on wholesome, nutritious foods from all the food groups with no counting or tracking. Both approaches provide eating satisfaction, fit into a busy lifestyle, and help people make wise food choices. According to Karen Miller-Kovach, Chief Scientist at Weight Watchers International, Inc., “You choose the plan that fits your needs and preferences best so you can stick with it and lose.”

To learn more about the TurnAround program, visit WeightWatchers.com.