



Tipping The Scales

Healthy Advice On Maintaining New Year's Resolutions

(NAPSA)—For many, a new year means a fresh start and an opportunity to make and keep New Year's resolutions. Rowenta, the leading manufacturer of high-performance scales, suggests that 2002 be the year to be good to yourself and resolve to maintain a healthy lifestyle. A regular exercise regimen and a healthy diet will bring many benefits:

- More energy
- Increased stamina & strength
- Improved heart & lung efficiency
- Increased resistance to disease, stress, anxiety and fatigue

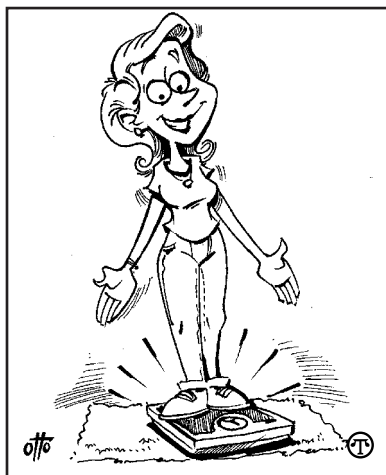
The first step to succeeding at a new, healthy lifestyle is to focus on long-term goals and not get mired in the day-to-day issues.

If weight loss is a long-term goal, pick a time on a weekly basis to weigh yourself, making sure you have a reliable, accurate scale. Try not to weigh yourself multiple times during the week—this can lead to unnecessary frustration and anxiety if you are not seeing the results you expected. Avoiding these “traps” will help you achieve your goals and stick to your resolutions.

Other tips to help you succeed on your journey to a healthy lifestyle are:

Make Realistic Goals: Set an initial goal you know you can achieve. Once you have reached it, set additional tougher goals, but start at a reasonable pace so you will not be disappointed and quit.

Have A Plan: You must have an organized plan to help you remain focused to fulfill your goals. The more details you can



think of, the more likely you'll be to avoid pitfalls.

Don't Procrastinate: Don't wait until tomorrow to start—putting things off is the surest way to fail.

Get Support: There is strength in numbers—join a gym or an exercise class and gain support from your peers.

Learn From Your Mistakes: Don't give up if you failed in the past. Learn from the mistakes you've made so next time you can better reach your goals.

Write Down Achievements: Maintaining a log of your achievements can help you see your progress and inspire you to continue.

Reward Yourself: Be aware of all you have accomplished and do something special for yourself to acknowledge what you have achieved.

For more information about Rowenta scales, visit the company's Web site www.rowenta-usa.com.