

Can Humor Cure America's Weight Woes?

(NAPSA)—So it's official: Americans are putting on weight faster than Richard Simmons can rattle on about how to lose it.

The question, though, is what to do about it?

Well, if you're one of the 60 percent of adults recently declared either overweight or obese by the U.S. Surgeon General, common sense dictates that you address the problem with complete and utter seriousness.

But for those who've tried everything from the gym to fad diets—only to fail miserably, again and again—perhaps a little *humor* with their dieting will at least help them laugh the extra weight off:

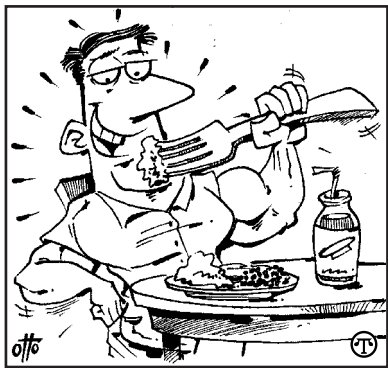
- *Don't* count every calorie. Instead, count every other one and you'll feel as if you've eaten half as much in a day.

- Buy larger furniture for your home. You'll feel much smaller.

- Have that triple-layer mousse cake, but make sure to wash it down with a fat-free, calorie-free beverage like Snapple's new Diet Lime Green Tea. Why add calories?

- Wear clothing that's all black. It hides the extra flab. Also, hang out in pitch black rooms and no one will notice you've gained any weight at all.

- When you go to sleep, dream about exercise. You'll wake up more refreshed and feel thinner in the morning.



- Eat more vegetables. They're good for you, and they go great with pizza, hot dogs and fried chicken.

- Buy heavier silverware. That way, you can build nice biceps every time you eat.

- Write your desired target weight on an adhesive label and stick it onto your scale covering the numerical readout. Weigh yourself regularly and you'll find it's always perfect.

- Get a pair of binoculars and look through them the wrong way at your food when you eat. This way you'll be eating smaller portions.

Of course, there are those who'd like to think the Surgeon General was having his own private joke in releasing his report on the nation's weight problem. For more information on calorie-free drinks, visit www.snapple.com.