

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
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94 WORDS, 30 SECONDS

## HEALTHY LIVING

YOU CAN HELP YOURSELF AND OTHERS BECOME A HEALTH CHAMPION IN THE NEW YEAR BY EATING BETTER, MOVING MORE AND GETTING TO A HEALTHY WEIGHT. YOU DON'T HAVE TO BE AN ATHLETE OR HAVE A GYM MEMBERSHIP TO BE A CHAMPION. INSTEAD, YOU CAN BUILD NEW HEALTHY HABITS INTO YOUR DAILY LIFE OVER TIME AND INVITE FAMILY AND FRIENDS TO JOIN YOU ON YOUR JOURNEY. START A GROUP AND MEET UP FOR FUN ACTIVITIES SUCH AS WALKS OR HEALTHY POTLUCKS. FOR MORE TIPS, CALL THE WEIGHT-CONTROL INFORMATION NETWORK TOLL-FREE AT 1--8-7-7--9-4-6--4-6-2-7.