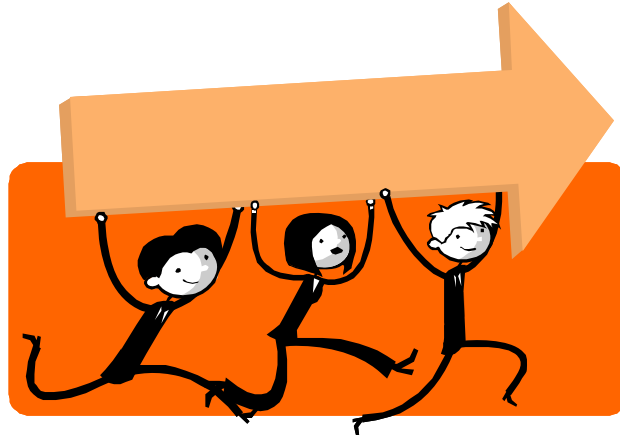


# Getting Ready To Lose Some Weight?

You have indicated that you are getting ready to make some changes to lose weight. Great!! You are moving in the right direction.



Here are some tips that may be important for your success:

- Set a date to begin.
- Focus your attention on the positive benefits you will get from losing weight.
- Make weight control changes a top priority in your life.
- Make a realistic plan of action that fits you.
- Plan how to deal with things that might get in your way.
- Try not to change everything at once. Make changes slowly.
- Tell others, who will support you in a positive way, what you are about to do. Ask for their help and encouragement.

