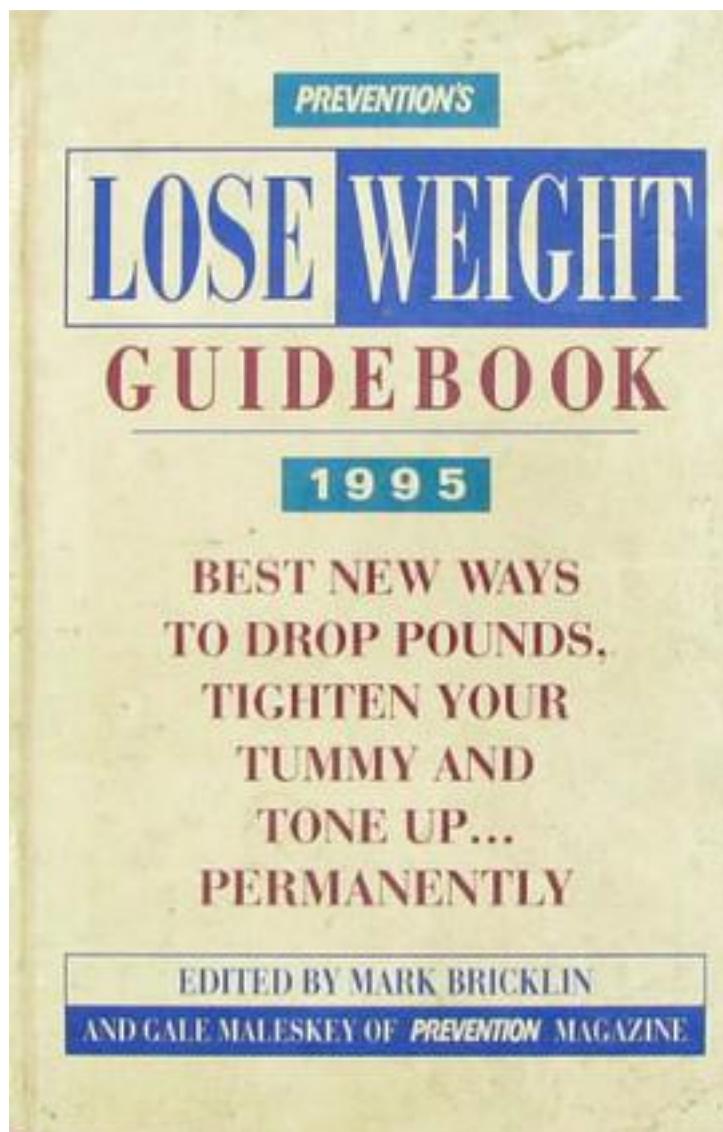


Lose Weight Guidebook 1995



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Introduction
 Staying lean pays off big rei¼Œi¼Œll it comes to a longi¼Œ
 hea/th~i¼Œ lifti¼Œ.
 When we re 18 or 25 or even 35i¼Œ we have lots
 of motivation to stay slim and trim. We want to
 squeeze into our skin-tight jeansi¼Œ get ogled at the
 beachi¼Œ admire what we see when we look in the
 mirror. In other wordsi¼Œ we want to look good to at-
 tract mates. That s our biological imperativei¼Œ and
 whether we like it or noti¼Œ in our societyi¼Œ for most
 peoplei¼Œ sexual attraction is equated with physical at-
 traotion. And physical attraction is equated with
 slimness. Some of us go to extremes to achieve
 shapes society considers attractive.
 ~o what happens when we get olderi¼Œ get marriedi¼Œ
 get comfortable andi¼Œ hopefullyi¼Œ become more ac-
 cepting of ourselves file way we are? For most peo-
 plei¼Œ the motivation to lose weight drops offi¼Œ and the
 ponnds creep on. When we do dieti¼Œ tile weight we
 lose always seems to find its way back.
 That wouldn t be so bad if we could be fat and
 happy--and healthy. But eventuallyi¼Œ those pounds
 catch up with many of us. We all know that being
 overweight contributes to the development of heart
 diseasei¼Œ but researchers have discovered that people
 who are overweight also have a higher-than-normal
 risk of a long list of aihnents. Some--like diabetesi¼Œ
 xl

作者介绍:

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