

Shape Up! Tips For Weight Management Success

(NAPSA)—Look better, feel better—lose weight: That’s the theme of Shape Up!, a balanced approach to weight management featuring products endorsed by TV’s Dr. Phil McGraw.

Shape Up! offers a personalized plan at www.eDiets.com, food products at retail stores nationwide and a wealth of weight management strategies to help free you from yo-yo dieting. For example:

1. Reduce impulse eating temptations. Remove junk food and replace with healthy foods that help you reach and maintain your goal weight.



Dr. Phil helps online weight-losers to “Shape Up!”.

2. Choose high response-cost, high-yield foods. Foods such as fruits and vegetables take time and effort to chew, eat and prepare. They are high in nutrients and fiber, and low in saturated fat and calories.

3. Redefine your relationships. Replace “pie pals” or “drinking buddies” with people who support your health changes. Make new friends at the gym or through eDiets.com’s support groups.

4. Control your portions automatically. Divide your plate into four sections: one for lean protein, another for a starch, and two for vegetables or a vegetable and fruit.

5. Exercise three to four times a week. It lowers stress, improves self image and boosts energy. And eDiets.com’s virtual trainers make fitness fun.

One hundred percent of Dr. Phil’s endorsement income from ShapeUp! goes to The Dr. Phil Foundation, a nonprofit charitable organization to fight the “silent epidemics” in America, such as childhood obesity and related diseases.