

Ten Ways To Change Your Body Without Surgery

(NAPSA)—Celebrities' cosmetic surgeries and makeover shows on television every day make plastic surgery appear as common as changing your hair color. According to the American Society of Plastic Surgeons, more than 8.7 million cosmetic plastic surgeries were performed in 2003. Surgery carries health risks and medical costs, however, some people are not prepared to endure.

Cary Barbor, WeightWatchers.com fitness expert, suggests there are less painful and less expensive alternatives to surgery for flatter abs, thinner thighs and a fresh, youthful look. Thousands of people log on to WeightWatchers.com every day for information and advice, as well as to follow the plan.

"All too often, people want a quick fix for what ails them. Good health is born out of good habits," Barbor says. "Before going under the knife, try changing your look by exercising, eating right, and updating your style."

Barbor and the nutrition and style experts at WeightWatchers.com put together the following tips to help people change their bodies without surgery:

- **Ab Answer:** Two or three sets of 15 abdominal crunches every other day will help tighten up your midsection and increase your mobility.

- **Step Up:** Taking the stairs instead of the elevator helps strengthen hamstrings, glutes, quads and calves.

- **Bedtime Exercise:** Wall squats and lunges help firm up lower-body muscle groups, release stress, and promote more restful sleep.

- **Body-shaping Undergarments:** Erase images of constricting girdles from your mind. Today's lightweight body-contouring garments, such as control-top panties, tights and slen-



derizers, work wonders to flatten your stomach and shape your butt.

- **Yoga:** Burn up to 500 calories in one session while improving your mind and body (flexibility, posture and strength are all benefits of yoga).

- **Walking Tours:** Think beyond the treadmill. Many cities offer walking tours focused on architecture, history or natural points of interest. Call the local parks department for information.

- **Water:** Drinking at least six eight-ounce glasses of water (or any non-alcoholic or caffeine-free beverage) helps our bodies function and improves skin's appearance. It also wards off fatigue, headaches, constipation, and tooth decay.

- **Flat-front Pants:** Pleats went out in the 1980s and they create unnecessary puffiness around your midsection.

- **New 'do:** A hip, new hairstyle easily updates your entire look.

- **Spray-on Tan:** Everyone admires a good tan, but who needs harmful UV rays? This quick beauty enhancement will leave you feeling bronzed and beautiful.

For more tips, visit <http://www.weightwatchers.com>.