



Guides For Brides

Toning Up Before Becoming A Twosome

(NAPSA)—Are you a busy bride-to-be whose wedding day is quickly approaching? Planning a wedding can be a hectic and sometimes stressful time for everyone involved, but with a new chapter of your life ahead comes great opportunities to start making healthy choices.

Whether you have 12 weeks or six months before your wedding (or any special occasion), you can make a difference in the way you look and feel. The following tips offer ways to help you not only get in shape for the big day, but also stay fit for years—and anniversaries—to come:

The Perfect Fit—As your wedding day approaches, you can develop a daily fitness routine. While the immediate goal is to be a fit and beautiful bride, the true challenge is maintaining a healthier way of life long beyond your wedding day. Sticking to an exercise plan can help you jump-start a lifestyle change that will serve you well long into your married life.

For example, Kathryn Leigh of Orlando, Fla. joined Weight Watchers with her mom and sister four months before her wedding. Kathryn says, “My 17 pound weight loss made such a difference in how I looked in my wedding dress and in my wedding photos but beyond that I am a much happier, more confident person. I am happier as a person and that makes me a better wife and partner for my husband.”

Gift Registration—Register-



ing for the right kitchen items will prepare you for a lifetime of healthy eating. Don't request oversized dishware and serving plates that will encourage overeating down the road. Remember to register for cookware that makes preparing healthy cuisines easy, such as nonstick pans, a steamer and an indoor grill.

Managing Stress—As things get down to the wire, stress can become a factor for everyone involved in the wedding planning process and can easily lead to overeating. Take a moment for yourself whether it is a walk around the block or your favorite yoga class at the gym.

Honeymoon—While the honeymoon is all about relaxing and celebrating your new commitment

to each other, your healthy lifestyle doesn't have to be left at home. Put on your walking shoes and explore your vacation destination—whether you're in a new city or at the beach, there is likely to be plenty for every couple to discover. When it comes to desserts, try splitting your favorite dish with your spouse.

After the Big Day—Post wedding, be sure to continue with the good habits learned during the wedding planning process. Consider making the weekly Weight Watchers meeting “Date Night,” go to the meeting and then out to a healthy dinner or a movie.

Settling Into Life—It is hard to resist pampering a new partner with home-cooked meals like Mom used to make or snuggling up in front of the TV with a bowl of buttered popcorn or ice cream. But instead, focus on truly taking care of each other. Try a bike ride to a park, followed by a picnic. Instead of the traditional fried chicken and potato salad, substitute fresh melon wedges, cold pasta salad and a small dessert. Also consider taking a low-fat cooking class together, joining a volleyball team or taking dancing lessons.

By getting in shape before your wedding, you're beginning a very important journey for both your health and your happiness as a newlywed.

For more tips, log on to www.weightwatchers.com. To find the nearest Weight Watchers meeting location, call (800) 651-6000.