

DO IT & DIET

Resolve To Eat Healthier And Lose Weight

(NAPSA)—This year, fulfill your New Year's resolutions by exploring the options available to keep your resolutions to lose weight and to tighten your purse strings.

Americans spend about \$35 billion a year on weight-loss products, according to a report from CBS News—and with the National Health and Nutrition Examination Survey showing that about two-thirds of adults in the U.S. are overweight or obese, much of that spending may have been in vain.

The most effective weight-loss programs should be safe, easy and affordable. So what's the best way to shed pounds without parting with too much cash? To keep your New Year's resolution to lose weight, a good first step is to use the Internet to read up on diet plans that are affordable but effective. For instance, Dr. Sasson Moulavi ("Dr. Sass"), a board-certified bariatric physician, founded a plan that lets people safely lose 10 to 15 pounds in a month, for about \$8 a day plus the cost of a healthy dinner.

Make sure the diet you follow has a proven track record before you waste your money. Check for certifications such as whether it follows the American Society of Bariatric Physicians (ASBP) Guidelines and contains FDA-certified-functional ingredients.

Also, make sure the diet is flexible and easy to follow. For instance, the conveniently packaged Smart

for Life food products such as the Smart Cookie Squares can easily be thrown into a purse or backpack. Participants of the diet can choose

"The foods save you money by replacing the need to purchase breakfast, lunch and snacks."



—Dr. Sass

to join either the medically supervised or at-home program.

The diet plan you choose should provide a variety of food options with natural and predominately organic ingredients. The diet's Smart Cookie Squares, for example, are available in six flavors and are made with all-natural, 60 percent organic ingredients scientifically formulated to be a healthful blend of fiber, protein and amino acids. They're even kosher.

The diet's other food choices, which are available at www.smartforlife.com, by phone and on Costco.com, include muffins, shakes, soups and desserts.

"The foods save you money by replacing the need to purchase breakfast, lunch and snacks," says Dr. Sass. "And, you will not be wasting your money on just another diet. This program works because it was developed to retrain your eating habits automatically."

To learn more, visit the Web site at www.smartforlife.com or call 1-866-821-THIN (8446).