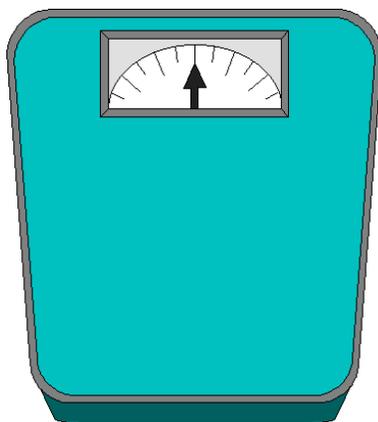


TOPS Wants Us Healthy

I know we weigh-in every week hoping for a loss each and every week. Sometimes we deserve to lose, and sometimes we don't. The point I'm trying to make here is this: If you eat sensibly, drink water daily, exercise during the week, things will happen.

The scale helps us see how we are progressing, but there are other ways also. Our bodies look different, our clothes fit better and we have a glow. That's what tells you, that you are on a weight-loss plan that is working for you. People can get obsessed with the numbers on the scale and it doesn't tell the whole story.



The Bathroom Scale--Friend of Foe?

Are you the sort of person who wakes up, staggers into the bathroom half-sleep, climbs onto the scale...and becomes depressed for the rest of the day if you don't see a number you like? You've got lots of company; all those diet fanatics who let the numbers on the scale rule their lives. Don't misunderstand. Just like standardized height-weight charts, scales are useful tools for gauging your weight-loss or maintenance patterns, and you should buy the best, most accurate model you can afford to help you attain and maintain your goals. But remember: Your scale is your assistant, not your boss, your mother or your guru. If the number you see today happens to be higher than the number you noticed the last time--regardless of your sensible eating and exercise in the interim--it may be because you drank more water than usual, or because your menstrual period is here (or fast approaching). And let's face it; there will be times when your weight goes up for no discernible reason at all.

The real questions to ask yourself as you hop on and off the scale are:

1. How am I eating?
2. How often am I exercising?
3. How do I look?
4. How do I feel?

The more you come up with answers you like, the more you'll realize that the number on the scale is just a number.