

ONE POUND OF FAT

Hello!

Do You know me? If you don't, you should. I'm ONE POUND OF FAT, and I'm the happiest pound of FAT that you would ever want to meet! Want to know why? It's because no one ever wants to lose me! After all, I'm ONLY ONE POUND. Just ONE POUND. Everyone wants to lose 3 or 5 or even 15 pounds, but never ONLY one. So, I just stick around and happily keep you. Then I'm free to add to myself, ever so slyly, so that you never seem to notice. That is, until I've grown to 10, 20, or even more pounds in weight.....YES....it's fun being ONLY ONE POUND of FAT.....left to do just as I please.

So, when you weigh in, go ahead....just keep right on saying "Oh , I only lost ONE POUND!" (As if that was so terrible.) For you see, if you do this, you'll encourage others to hang around me because they'll think I'm not worth losing. And I LOVE being around you.....your arms, your legs, your chin, your hips, and every part of you...HAPPY DAYS! After all, I'm ONLY ONE POUND OF FAT!