

WEIGHT LOSS RESOLUTION

Trap

Amanda from Royal Palm Beach resolved last year to lose 30 pounds by the end of 2009. Instead, she gained an additional 15 pounds. It's a new year, and she has decided to start a new weight loss program, take supplements and join a fitness club. How does she make the right choices?

Tips

Many decide to lose weight as a New Year's resolution. Here are some tips to help make the right choices.

- Check with your doctor first. Some medical conditions may limit your ability to participate in a weight loss program or use specific exercise equipment.
- Consider exercise and fitness classes provided by nonprofit agencies or your local community centers. These allow you to try new activities for minimal costs.
- Weight loss plans vary in method, structure and price. Carefully consider all components of the plan to decide what works best for you.
- Research the use of supplements or vitamins and check with your doctor. Many of these supplements can negatively interact with prescription medication.
- Carefully review any contract you are asked to sign. Don't depend on the sales presentation to make your decision. Any verbal promises not included in the written contract will not be part of the agreement.
- Don't be pressured into making an immediate decision to join a program. Any valid offer will allow the consumer time to consider all terms.
- If the offer sounds too good to be true, STOP! It probably is.

**For more information, call Palm Beach County Consumer Affairs at
561-712-6600 (Boca/Delray 888-852-7362 toll free)**