

SPECIAL WEIGHT-LOSS OFFER!

PREVENTION[®]

**LOSE 16 LB.
WITH THIS
“WONDER FOOD”
AND NEVER
FEEL HUNGRY!**

➤ **Plus Hundreds of
Easy Ways to Be
Slimmer, Firmer,
Younger, Healthier**

INSIDE:

**11 “CRAZY SECRETS”
THAT WORK LIKE MAGIC!**

- *Lose weight with chocolate!* p. 33
- *Lose 64% more weight by writing!* p. 43
- *Look 10 lb. thinner in 10 seconds!* p. 69
- *“Thin thoughts” that slim your body!* p. 50



STRENGTH BALL GIVEAWAY CONTEST!

200 PRIZES TO BE AWARDED—YOU COULD WIN! SEE PAGE 8.

The PREVENTION Guide to Permanent Weight Loss Made Easy!

IN THIS SPECIAL REPORT:

4 Letter from the Editor

- Lose Weight Like “Crazy”!
- Seven new “crazy secrets” that melt pounds away like magic.

10 Pleasure Is the Secret to Controlling Your Weight!

- Your new “secret weapon” against weight gain.
- The only way to lose weight permanently.
- New “little tricks” that subtract big pounds.

20 Lose Every Single Pound—and Never Ever Regain Them!

- “Re-program” your body to lose weight automatically.
- Quit “losing weight”—and start dropping pounds.

29 Delicious, Yummy “Pleasure Foods” That Slim You!

- Obey your appetite to lose more pounds.
- Why you should eat all the foods you love.
- Meals that “hush” your hunger and block fat.
- Eat more to lose more.

GO AHEAD—TREAT YOURSELF!

Being able to indulge your cravings is part of what makes the GET THIN, GET YOUNG PLAN so successful!

Here Is Your Free Report on the Ultimate Way to Lose Weight!

This Special Report brings you news about the most unusual way to lose weight you've ever seen.

This unorthodox new method is based on the very latest scientific discoveries. Developed by *PREVENTION* magazine, it breaks all the old rules—yet, produces results that last a lifetime.

Now you can lose every single pound of your excess weight—and you'll never, ever re-gain them.

The good news begins on page 4. But, be prepared for a few startling surprises...

- ▶ On page 4: Eat everything—if you want to be slim!
- ▶ On page 34: Why you'll lose more weight by returning to full-fat foods!
- ▶ On page 30: Drop 16 pounds by eating this one food.
- ▶ On page 42: Burn as many calories as 30 minutes on the Stairmaster—by shopping!
- ▶ On page 52: Lose 64 percent more weight just by writing!
- ▶ On page 68: Subtract a double chin without losing a pound!

(over, please...)

- ▶ On page 69: Lose 10 pounds in 10 seconds!
- ▶ On page 14: Have a doughnut!
- ▶ And that's just for starters. Each of these new discoveries is backed by mountains of research—and is proven to work. Together, they represent the biggest weight-loss breakthrough in history!

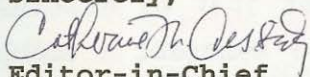
The weight-loss plan so good it carries the full backing of *PREVENTION* magazine.

If you've tried to lose weight in the past without much success, this new approach will surprise you with immediate and lifelong results. Especially if you love to eat (page 29)... if you don't like exercise (page 41)... if you've begun to lose hope that you'll ever be slim again (page 53)... or, if you're concerned about how your weight is affecting your health (page 65).

Because you are a valued friend of *PREVENTION*, I've sent you this report as a "free sample" to show you how this remarkable new method works—and how it can help you shed pounds effortlessly and naturally.

But there's something even bigger and better in store for you. Read my letter on page 4, to see what I mean.

Sincerely,



Editor-in-Chief

PREVENTION Magazine

38 Now, Losing Weight Is As Easy As Child's Play

- Lose your pounds without sweaty exercise.
- Burn extra calories in your sleep.
- Lose extra weight on your evening strolls.
- Correct your body's "problem areas."

50 Win the "Mental Game" of Weight Loss

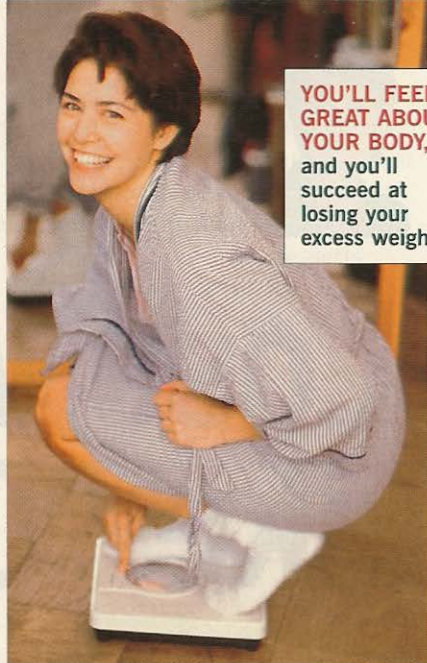
- How your mind can make you thin.
- Easy ways to like your body.
- Lose 64 percent more weight just by writing!

58 How Getting Thinner Makes You Younger

- You have the power to "age in reverse."
- Play more to get thinner and younger.
- "Youth foods" that de-age your body.
- How muscles make you young.

8 GET FIT—AND HAVE A BALL!

- FREE "Strength Ball Giveaway" (a \$72 value).



YOU'LL FEEL GREAT ABOUT YOUR BODY, and you'll succeed at losing your excess weight!

66 Fashion Secrets That "Slim" You

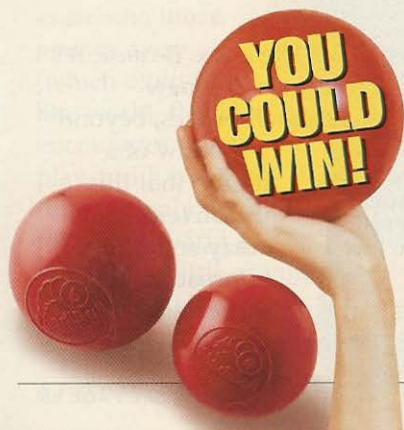
- Clothes that create the "illusion" of thinness.
- Make-up tricks that subtract years.
- Lose 5 pounds in 5 seconds!
- The number one "anti-aging" skin product.

75 A Thinner, Younger You in 12 Easy Weeks

- Our promise to you.
- A FREE invitation.
- New health dangers of being overweight.
- We'll guarantee your weight loss!

80 Special FREE Gift!

- Yours FREE—*The 60-Second Slim-Down Journal*.





From the
EDITOR

Catherine Cassidy, Editor-in-Chief, PREVENTION® magazine

Lose Weight Like “Crazy”!

Let me tell you about an utterly new way to lose weight that breaks all the rules—and produces permanent results like nothing you’ve ever seen before! Here’s the story. . .

I want to tell you about a new way to lose weight that’s so surprising, it’s hard to believe—until you see the proof.

What would you say if I told you that the very best way to lose all of your excess pounds (*yes, ALL of them*) is by eating whatever you like (including full-fat foods, sweets, and desserts). . . doing only what feels good. . . not ever using a drop of willpower. . . and never feeling bad about your body again?

Most people would say “That’s crazy!”

Yes, crazy like a fox. *Because, it’s actually true!* Startling new scientific research proves, beyond a shadow of a doubt, that this unconventional, crazy-sounding, approach is

actually the most successful way to lose weight ever developed.

The best way to lose all of your excess pounds is by eating whatever you like!



Break All the Rules and Watch Your Pounds Drop Off—and Stay Off Permanently

This Special Report tells you about a radically new and different way to lose weight that breaks all the old rules—yet, succeeds like nothing you've seen before. For instance...

► **Instead of fighting food cravings** (which is impossible, anyway), experts now say you should surrender and satisfy them. *Am I kidding? NO!* Follow this one little trick (explained on page 36) and—*surprise!*—you'll lose pounds, stay slim, and feel happier for life.

► **Instead of reducing your calorie intake** (like most diets do), this new approach wants you to eat *more food, more often*. New research shows this is like a guaranteed insurance policy against overeating and oversnacking. Page 14 reveals why.

► **Instead of exercising those pounds away** (which often feels like work), this plan encourages you to play and have more fun. You only do what feels good—and as much or as little as you like. Page 40 tells why this works better.

► **Instead of avoiding certain "no-no" foods**, researchers have found that you'll lose MORE weight if you eat ANY food you desire. *That's a fact!* This includes full-fat foods... chocolate... sweets... desserts... pizza... steak... even ice cream. Page 30 proves it to you.

► **Instead of waiting till you slim down to feel good about your body**, this method teaches you how to get happy about your body right away. Studies show that this, all by itself, can **DOUBLE** your chances of weight-loss success! See page 53.

► **Instead of promising that you'll lose 10 or 15 pounds**, this new strategy guarantees that you'll shed ALL of your excess weight—every single ounce! Page 19 reveals how.

► **Instead of re-gaining the weight a few months later**, now you'll keep those pounds off for good. *Yes, for the rest of your life!* Don't miss page 22.

► **And this, dear reader, is just the beginning of what's in store.** This report will introduce you to 11 strange-sounding new discoveries that will help you lose weight like crazy! (And there are many others, which you can learn about later.)

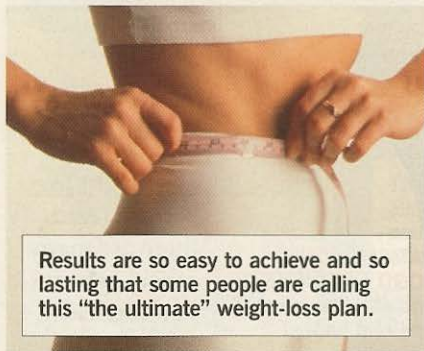


SATISFY YOUR FOOD CRAVINGS—
and still lose pounds
and feel happy!

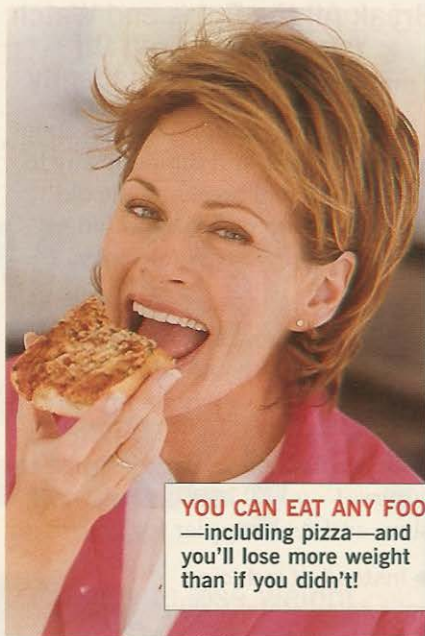
For the Next Few Minutes, Forget Everything You've Ever Heard about Losing Weight

I realize all this may sound a little, well . . . *crazy*. But, believe me, it's not. Everything you're about to read is backed by the very latest scientific findings. These new discoveries only seem "crazy" when compared to our old beliefs about what it takes to lose weight. But, as you'll see, those old ideas are exactly the reason why people find losing weight so difficult—and why they can't keep those pounds off for very long. At last, there is a method that will!

Now, anyone can lose weight, look younger and healthier, thanks to the revolutionary new GET THIN, GET YOUNG PLAN—developed right here at *PREVENTION* magazine. Never again will you deny yourself one of life's greatest pleasures—the joy of eating—just to slim down or look good. *It's not necessary!* This new, unorthodox strategy makes losing weight feel good every step of the way. And it lets you feel good about yourself from the very first moment you begin.



Results are so easy to achieve and so lasting that some people are calling this "the ultimate" weight-loss plan.



YOU CAN EAT ANY FOOD
—including pizza—and
you'll lose more weight
than if you didn't!

Is This the Ultimate Way to Lose Weight?

Everything about this new method is completely safe and M.D.-approved. Results are so easy to achieve and so lasting that some people are calling this "the ultimate" in weight loss. *It's that good.* No other weight-loss program comes close to the steady and permanent results it produces.

Best of all, *PREVENTION's* GET THIN, GET YOUNG PLAN has been carefully designed to work regardless of how many pounds you want to lose—or how much your metabolism has slowed. Even if you hate exercise. . . or think you're "too busy" . . . or if you've tried other methods in the past (without much success) and have become discouraged—you can now succeed!

You're Hearing About It Here First

You haven't heard a word about this new breakthrough before, because we held back the news until our test run was complete. When the results came back, all of us here at *PREVENTION* became so excited that we created this Special Report to tell you more about it.

The full details of this new step-by-step weight-loss plan are completely explained in a new book, the GET THIN, GET YOUNG PLAN. You may not have seen it yet, because it is not sold in bookstores—or any other retail outlets. It is available exclusively from *PREVENTION* only.

Because you are a special friend of *PREVENTION*, I've been authorized to send you one of these Exclusive Edition copies of the GET THIN, GET YOUNG PLAN for a 21-Day Free Trial—so you can examine it with no strings attached and no purchase obligation.

This is an exclusive offer. So, you will be among the first men and women anywhere (other than our panel of Living Proof test subjects) to read about this successful new strategy—and actually try it out. That means you can sample its remarkable results without spending a cent.

You Have No Risk Whatsoever—I Give You My Word

You are free to examine the GET THIN, GET YOUNG PLAN for up to 3 full weeks. That's enough time

to read it, cover-to-cover—and to experiment with some of these amazingly simple techniques. You'll experience first-hand just how easy and enjoyable losing weight can be.

You'll start losing weight the very first week the book arrives—and at the end of your 21-Day, Free Trial, you should be at least 6 pounds lighter (or more) without "working" at it at all.

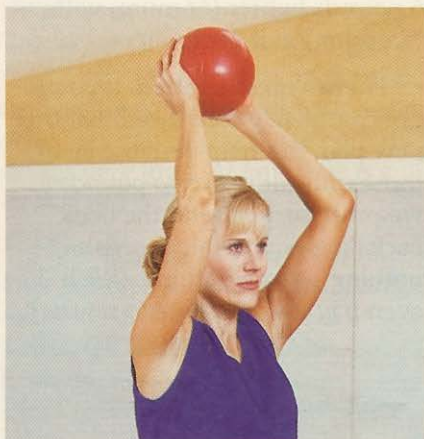
There's no obligation. If you're not completely convinced that this new plan can help you lose all of those unhealthy excess pounds as we promise, just send the book back. You pay nothing. . . risk nothing. . . owe nothing. (We'll even pay your postage to return it.)



At the end of your 21-Day, Free Trial, you'll be pounds lighter—and it won't cost you a penny!

Get Fit—and Have a Ball!

FREE "STRENGTH BALL" CONTEST GIVEAWAY!



THESE STRENGTH BALLS are the ideal way for a woman to build muscle tone, increase flexibility, and LOSE WEIGHT!

Mail back the FREE WEIGHT-LOSS Certificate right away, and you'll also be eligible to win a set of three colorful Strength Balls. These weighted, soft rubber-coated balls are the ideal way for women to build muscle tone, increase flexibility, and lose weight. (Page 43 of this report tells why.)

There's nothing to buy.

No purchase is necessary. We will randomly draw 200 returned Certificates as winners. You must enter to win. Mail back your entry today!



200 SETS TO BE AWARDED —YOU COULD WIN ONE!

The Get Thin, Get Young "200 Strength Ball Giveaway"

No Purchase Necessary. A purchase does not increase your chances of winning.

To enter, follow the published directions. Entries must be received by 12/31/01. Not responsible for lost, late, misdirected, or non-deliverable mail.

To enter without ordering, write your name and address on a postcard and mail to: **The Get Thin, Get Young "200 Strength Ball Giveaway," P.O. Box 7034, Emmaus, PA 18098-0734.**

The winners of the **The Get Thin, Get Young "200 Strength Ball Giveaway"** will be determined no later than 1/31/02, in a random drawing from all eligible entries received.

Winner selection is under the supervision of Rodale, Inc., whose decisions are final. Taxes, where applicable, are the sole responsibility of the winner. Chances of winning depend on the number of eligible entries received.

Sweepstakes open only to residents of the 50 United States, District of Columbia, and Canada (except the Province of Quebec and the Commonwealth of Puerto Rico) who are 18 years of age or older. Employees of Rodale, Inc. and members of their immediate families are not eligible. Residents of Canada will be required to correctly answer a skill test administered by mail. Sweepstakes subject to all federal, state, and local laws and is void wherever prohibited by law.

All entrants will be eligible to win one of the following prizes: **200 sets of Strength Balls—two 4-pound and one 6-pound weight per set.**

For the names of the winners (available after 2/15/02), send a separate stamped, self-addressed envelope to: **The Get Thin, Get Young "200 Strength Ball Giveaway" Winner, Rodale Books Customer Service, 33 E. Minor Street, Emmaus, PA 18098. Or you may e-mail us at: customer_service@rodale.com.**

And, no matter what you decide, we'll express our appreciation for your interest with a FREE "THANK YOU" GIFT. (It's a copy of *The 60-Second Slim-Down Journal* which is described on page 80 of this report.)

This Exclusive Invitation May Not Be Repeated

If you've been struggling to control your weight (and feeling bad about yourself because you can't), this wonderful new plan is designed to work where other methods have failed you. Please take a few minutes to flip through this report for a "free sample" of how it can work for you. Then, if you like what you see, just use the postage-paid reply card at the end of this report to examine a copy of the GET THIN, GET YOUNG PLAN for a 21-Day Free, Trial along with your FREE GIFT. There is no purchase necessary. See details on the Order Card.

Send no money. Make no commitments. Take no chances. Remember: you are just looking. You must be entirely convinced of the value of this GET THIN, GET YOUNG PLAN before you spend a penny. We here at PREVENTION wouldn't have it any other way.

I hope you'll accept my exclusive invitation. But for now, please sit back and take a few moments to page through this report. You're about to see just how easy it really is to lose all of

your unhealthy, unwanted excess weight forever—(and look and feel years younger in the process!).

The good news begins on page 10. . .

Editor-in-Chief
PREVENTION® magazine

PS. DON'T FORGET TO CLAIM YOUR "THANK YOU" GIFT! It's a copy of *The 60-Second Slim-Down Journal*—containing 35 "One-Minute Miracles" that will help you burn extra calories and fat in one minute or less. This FREE GIFT is yours just for examining the GET THIN, GET YOUNG PLAN. No purchase is necessary. (For a full description, turn to page 80.)



You can block 7 calories with every extra gram of fiber you add to your diet. That's more than 200 blocked calories when you meet your 30g daily fiber requirement. Best fiber foods for this? See PAGE 159 for a delightful surprise!

PLEASURE IS THE *Secret Key*

TO CONTROLLING YOUR WEIGHT!

After a lifetime of struggling to control your weight, you are finally going to succeed. Your lifelong struggle with food and your figure is over for good. You'll never ride the weight-loss rollercoaster again.

You're finally going to have the body you want—and keep it for life! You're going to look better and feel better than you have in years... Drop down to a much smaller dress size... Shrink and firm those jiggly problem areas on your body... Have more energy... Be stronger... Look sexy in your jeans again... Feel sexy in lingerie... And that's just the beginning of the good news!

PREVENTION'S GET THIN, GET YOUNG PLAN is going to help you succeed, where other

methods and diets may have let you down. *What's going to be different this time?* Instead of struggling and torturing yourself, you're going to lose those pounds by harnessing the strongest, most powerful natural drive in the human body: your desire to feel good. Let me explain...

"Crazy Weight-Loss Secret" #1: *Use "the pleasure principle" to really lose weight*

Sounds crazy, doesn't it? But think about it. Isn't the real reason you haven't been able to stick with a weight-loss program is because it hasn't felt good? You don't have to be a rocket scientist to know that if something doesn't feel good, people won't stay with it for very long. *That's just human nature!* Yet,



"FAT-BLOCKER DESSERTS."
Eat these yummy treats to satisfy your sweet tooth—and block the storage of fat from your meals. We're talking pies... brownies... candy... and more! Don't miss PAGE 159.

PLEASURE IS THE *Secret Key* TO CONTROLLING YOUR WEIGHT!

After a lifetime of struggling to control your weight, you are finally going to succeed. Your lifelong struggle with food and your figure is over for good. You'll never ride the weight-loss rollercoaster again.

You're finally going to have the body you want—and keep it for life! You're going to look better and feel better than you have in years... Drop down to a much smaller dress size... Shrink and firm those jiggly problem areas on your body... Have more energy... Be stronger... Look sexy in your jeans again... Feel sexy in lingerie... And that's just the beginning of the good news!

PREVENTION'S GET THIN, GET YOUNG PLAN is going to help you succeed, where other

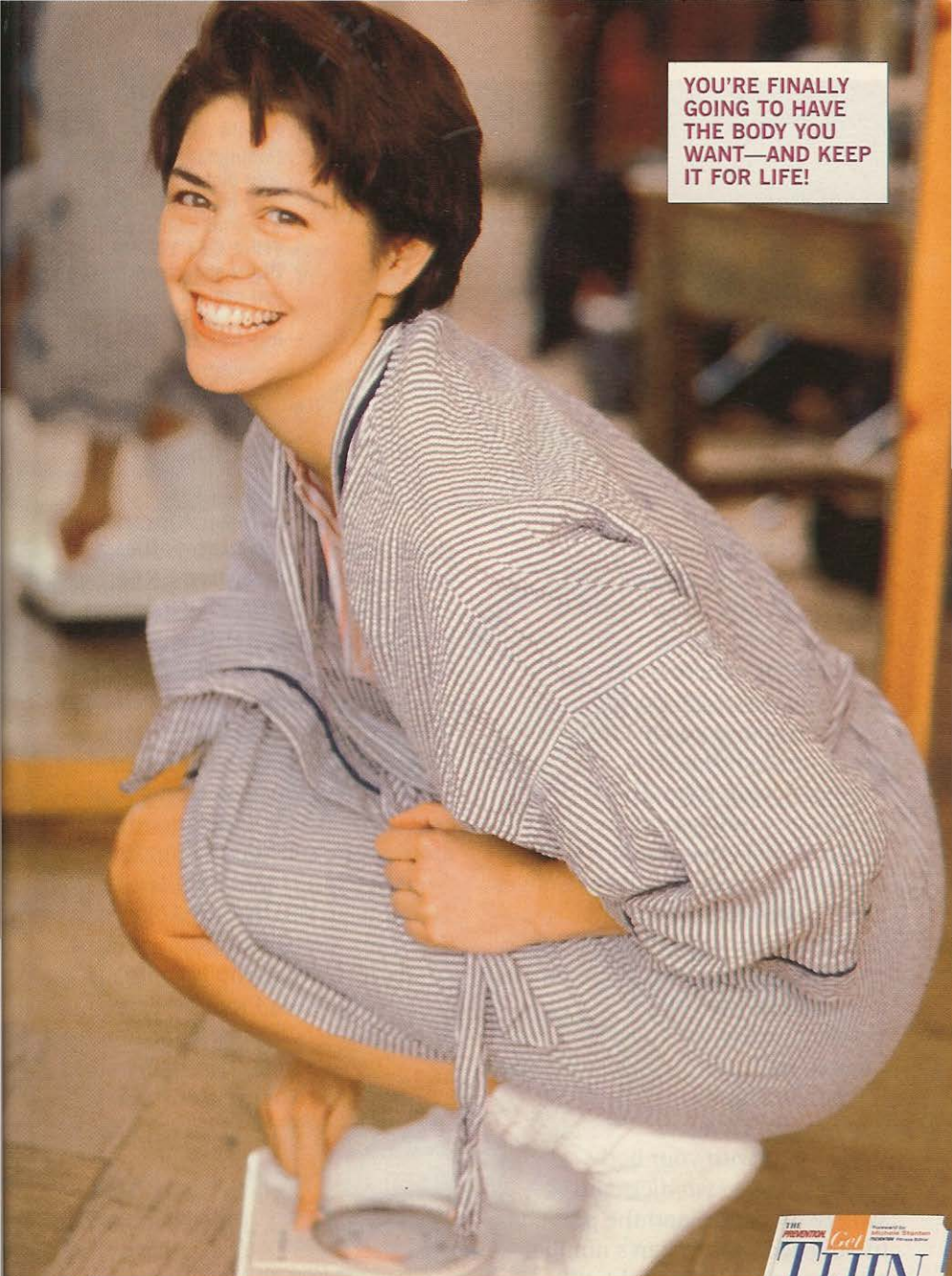
methods and diets may have let you down. *What's going to be different this time?* Instead of struggling and torturing yourself, you're going to lose those pounds by harnessing the strongest, most powerful natural drive in the human body: your desire to feel good. Let me explain...

"Crazy Weight-Loss Secret" #1: *Use "the pleasure principle" to really lose weight*

Sounds crazy, doesn't it? But think about it. Isn't the real reason you haven't been able to stick with a weight-loss program is because it hasn't felt good? You don't have to be a rocket scientist to know that if something doesn't feel good, people won't stay with it for very long. *That's just human nature!* Yet,



"FAT-BLOCKER DESSERTS."
Eat these yummy treats to satisfy your sweet tooth—and block the storage of fat from your meals. We're talking pies... brownies... candy... and more! Don't miss PAGE 159.



YOU'RE FINALLY
GOING TO HAVE
THE BODY YOU
WANT—AND KEEP
IT FOR LIFE!

FREE 21-DAY PREVIEW: You can examine every exciting new weight-loss discovery in the GET THIN, GET YOUNG PLAN—**FREE FOR 21 DAYS.** Just return the **FREE WEIGHT-LOSS Certificate** inside the back cover of this report. (This book is available exclusively from *PREVENTION*. It is not sold in bookstores.)



**NOT SOLD IN
BOOKSTORES!**



DON'T GIVE UP FAT.

Putting fat back into your diet will satisfy your hunger longer than a low-fat diet. The **GET THIN, GET YOUNG PLAN** shows you how you can eat the full-fat foods you love and still lose weight!

almost all weight-loss plans and diets do not make you feel good because they require so much sacrifice, struggle, and willpower.

But what if there was a way to lose weight that actually felt good? One that allows you to eat all of the delicious foods you love. That didn't force you to exercise. That didn't require any inner-struggle. A plan so pleasurable that losing weight became a delight. One that removes those unhealthy, unattractive pounds just as easily and naturally and effortlessly as you gained them? *Wouldn't you love that?*

Wouldn't that be a dream come true? It would mean the end of your secret displeasure with your body, the torturous crash diets and sweaty workouts, and the perpetual fussing about a woman's number-one obsession: her weight.

Oh, what a happy day it will be when doctors and scientists can make this fantasy come true!

Well, guess what? They have. And it's ready to work for you

right now. Even better, you can examine the entire plan **FREE** for 21 days in *PREVENTION's* groundbreaking new book, the **GET THIN, GET YOUNG PLAN.**

One glimpse will show you that this new approach is truly different. The secret behind its extraordinary success is that it actually makes you feel good. No more of the self-punishing, "no pain, no gain" mentality. The **GET THIN, GET YOUNG PLAN** makes the entire process of losing weight so enjoyable that you love it. You'll

love the food. You'll love the activity. You'll love the way you feel about yourself. And, you'll love the results.

Is it really possible? New research says: **YES!** But it may sound hard to

believe at first. That's because most people secretly believe anything good for them has to feel bad. *But it just isn't so!*



EAT THIS YUMMY "BELLY FILLER"
food first and you'll eat 25 percent less food. See **PAGE 449.**

I'll give you a few examples to illustrate how and why "the pleasure principle" works so well. But this space is limited. So, if you're really interested, I urge you to send for a 21-Day Free Trial of the GET THIN, GET YOUNG PLAN. You'll read the full story with your own eyes—and it won't cost you a penny.

Pleasure Is Your "Secret Weapon"

One thing is certain (and behavioral studies prove it): Human beings cannot deny their natural desire for pleasure for very long. That's why diets don't work, why dieters always break down and binge, and why exercisers blow off their workouts for something more fun or relaxing. The reason? Willpower just doesn't work.

But with the GET THIN, GET YOUNG PLAN, you'll never have to deny your love of good food, or relaxation, or pleasure. Instead of struggling against these powerful pleasure impulses, you're going to flip them over and make them work for you. Let me give you some examples of how this "feel good" plan works. . .

YOU'LL SHED POUNDS FASTER by avoiding foods with "hidden fat." The "warning list" on PAGE 114 may surprise you. It contains foods you may think are healthful and slimming, such as bran muffins, Chinese food, "lean" ground beef—even salads. Don't miss this!

► **Forget about exercise.** *If you hate it, don't do it!* The GET THIN, GET YOUNG PLAN says "have more fun instead." On PAGE 38, you'll discover dozens of truly pleasurable activities that burn as many calories as exercise. Enough to stop your weight gain—even if you never change how you eat at all!

► **Treat yourself everyday.** Whether your passion is chocolate or cheesecake, psychologists now say it's so important to give yourself special food treats every day when you're trying to lose weight.

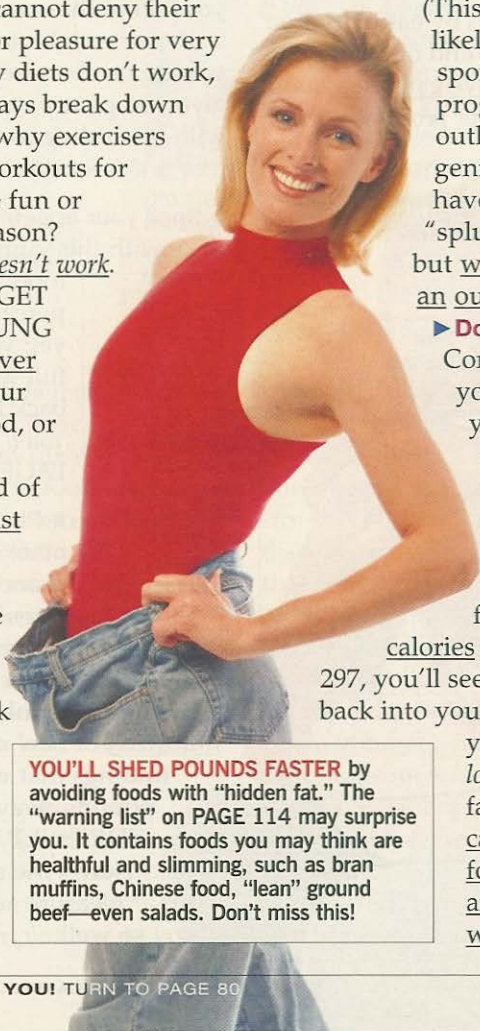
(This way, you're less likely to binge and spoil all your progress.) PAGE 58 outlines an ingenious way to have your favorite "splurge food"—but without gaining an ounce.

► **Don't give up fat.**

Contrary to what you've heard, you *shouldn't* eliminate fat.

(Research shows that it's not fat that makes you fat—excess

calories do.) On PAGE 297, you'll see how putting fat back into your diet will satisfy your hunger *longer* than a low-fat diet. Now you can eat the full-fat foods you love and still lose weight!



► **Eat more often.** *More food?*

Are we crazy? Isn't that why people are so overweight? Not at all.

New studies show that the real reason is because most people wait too long between meals. By lunch or dinner, they're so famished that they take in far too many calories for the body to process—so they get stored as fat.

But on PAGE 318, you'll discover a proven way to control your hunger and food cravings by eating more often. Yet, by the end of the day, you'll actually have eaten less food! That's great news for people who love to eat, isn't it?



HAVE A GLAZED DOUGHNUT WITH YOUR COFFEE

*instead of a "healthy" muffin—it actually contains **HALF** the calories and fat!*

► **Have a doughnut.**

The truth is, you'll get fewer calories and less fat if you have a glazed doughnut (180 calories, 8 grams of fat) with your coffee, instead of a muffin—even if that muffin is the "health-conscious" banana nut or the bran! *Who would have guessed that?* Be sure to see PAGE 450 for many other food surprises like this.

► **Stuff yourself, please.** You can eat your fill of these snacks without worry or weight gain. They'll fill you up fast between meals and give you plenty of energy—without adding to your girth. *And they're delicious!* See PAGE 409.

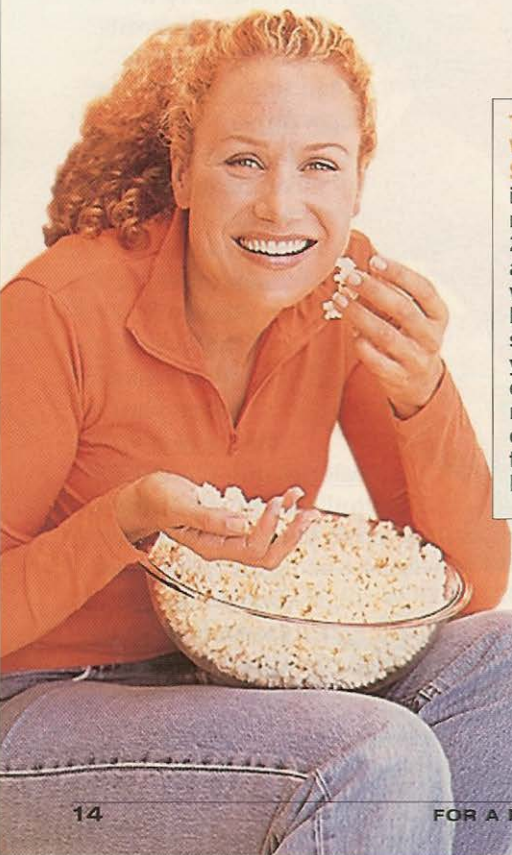
► **Spoil your appetite.** Start your meal with this yummy "belly filler" food and you'll eat 25 percent less food—yet, you'll feel just as full when you push back from the table. *You'll love this!* See PAGE 449.

► **Plus hundreds of other "pleasure secrets" like these.** *Doesn't this sound like a more interesting way to lose weight? You bet.*

And these are only a few of the hundreds of new scientific findings that will melt your pounds away on the GET THIN, GET YOUNG PLAN. Here's the reason these "pleasure secrets" work so well...

THE SMART WAY TO SNACK

is to have no more than 200 calories at a time. This way, your hunger stays satisfied, and you won't overeat at mealtime. For other snacking tips, see PAGE 113.



Dieters Are Secretly “Hungry” for Pleasure

Psychologists have made another surprising discovery that may come as a shock to you.

You see, most people believe they are overweight because they love the pleasures of eating far too much. But, when researchers probed deeper, they found this simply is not true. In fact, they discovered that many people barely taste the foods they eat. Instead, they stuff themselves to feel “full” . . . or to relieve stress. . . or because they feel so lonely. Sitting in front of the TV, mindlessly munching a box of low-fat cookies isn’t pleasurable—it’s numbing, say the experts. It’s also fattening. So people feel even worse about their bodies—which, in turn, sends them back to food in order to relieve the inner stress.

But the GET THIN, GET YOUNG PLAN breaks this vicious cycle. Its goal is less about losing weight, and more about waking up from this trance and climbing out of the rut. The pounds you’ll lose (and you’ll lose a lot!) will be like icing on the cake.

Now, you can get a new, younger body by putting more pleasure in your life. *Wow—what a concept!* And, I know it seems crazy, but adding more pleasure to your

life will have an amazing effect on you. Week-by-week, you’ll witness a remarkable transformation in yourself. You’ll see the proof in your scale and mirror as the pounds steadily disappear without

dieting, starvation, or grueling exercise. A youthful vigor will return to your body. Your “problem areas” will thin down and firm up. Your senses will come alive. Your spirit will soar again. You’ll begin to feel more energy and enthusiasm than you have in years.

With this powerful “pleasure principle” working for you, you won’t need to struggle nearly as hard to lose weight. In fact, the GET THIN, GET YOUNG PLAN is so ingeniously designed, that losing weight has never been easier. I hope you’ll send for a copy of the

book so you can read the full story. When you do, you’ll discover another “crazy secret” that may surprise you. . .



Quick Tip:

Did you know that walking just 5 minutes a day will lower your weight by almost 5 pounds in a year—even if you do nothing else? The more you walk, the more you’ll lose.

“Crazy Weight-Loss Secret” #2:

It’s the “little things” that count the most

Do you get overwhelmed at the idea of losing weight—especially if you have a lot of weight to lose? Yes? Then, you’re going to love the GET THIN, GET YOUNG PLAN approach. It makes small work out of a big job. Let me explain how. . .

You see, it's really the little things that make you fat. That little pat of butter on your bread. The little nibbling you do while making dinner. The extra cookie you grabbed during your coffee break. These "little things" add up to big pounds over time.

But, the opposite is equally true: little things can help you lose a lot of weight. So, instead of using

willpower, the GET THIN, GET YOUNG PLAN shows you how to use *brainpower* to outsmart all those underlying urges and emotional triggers that make you overeat and gain weight. No struggle is required. Instead, you'll learn hundreds of powerful little tricks and "crazy ideas"—*all based on science*—that will subtract a lot of pounds from your body. For example. . .

Do Those New "Protein Diets" Work?

Today's newest weight-loss fad is the protein diet. Trouble is, there's really nothing new about it.

"Some version of the high-protein diet re-emerges about every 5 years as 'the new weight-loss breakthrough,'" says a professor of food and nutrition at Purdue University. In the 1960s, it was called the Stillman Diet. Now, it has resurfaced as The Zone. . . Protein Power. . . the Carbohydrate Addict's Diet. . . and the Atkins Diet. But one thing has remained the same:

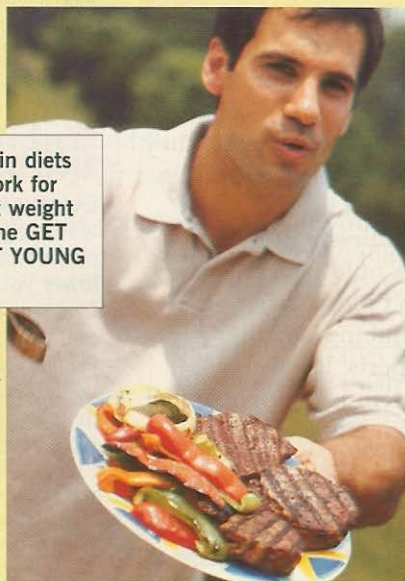
"It will not work for permanent weight loss," the professor emphasizes. Yes, people do lose weight initially, but it's mostly water and muscle tissue—not body fat. And, in almost every case, they regain the weight shortly after the diet ends.

"It will not work for permanent weight loss," the professor emphasizes. Yes, people do lose

weight initially, but it's mostly water and muscle tissue—not body fat. And, in almost every case, they regain the weight shortly after the diet ends.

The GET THIN, GET YOUNG PLAN is different. It encourages you to enjoy a wide variety of foods, not just one or two. *And, if you love to eat, that's got to be good news.* There are no "bad foods," either. So you never feel deprived. That means you can have yummy pizza, full-fat ice cream, steak, rich, sweet chocolate—whatever turns you on—and still control your weight. ***Three little eating secrets make this possible.*** Once you know them, you'll never be a victim of overeating again. You'll find all three on PAGE 66 of the GET THIN, GET YOUNG PLAN.

High-protein diets will not work for permanent weight loss, but the GET THIN, GET YOUNG PLAN will.





LOSE 10 POUNDS in a year just by doubling your fiber! See PAGE 154 for some of the most delicious sources!

► **The fiber trick.** Doubling your fiber intake could take 10 pounds off your weight in a year. *That's without eating any less food—or exercising any more.* (You'll read about this amazing "fat-blocking" action of fiber a little later.) Now, combine with a 10-minute walk and you'll lose 20 pounds—without doing anything else. Add two or three other simple tips like these and you could be 50 pounds lighter without sweating. And that's just for starters. *Are you beginning to see just how easy losing weight on the GET THIN, GET YOUNG PLAN can be?* Turn to PAGE 153 for other fiber secrets.

► **The "15-second" trick.** If the idea of exercising (or even walking) for 30 minutes feels like too much, then try the super-easy "15-second solution" described on PAGE 81. That's all it takes to ignite a calorie-burning frenzy in your body. It's like touching a match to gasoline. *Anyone can do this!*

► **The water trick.** I know you've heard that drinking water will quiet your hunger—but, sorry, it won't. (New studies prove it.) But drinking

more water (in the amounts described on PAGE 349) *will* do something even more important. It activates the burning-off of stored fat in your body. People who utilized this simple water secret (also on PAGE 349) lost up to 5 pounds after just one week! You will, too, once you try it.

► **The fat-blocker trick.** Another class of foods has been dubbed "Mother Nature's fat-blockers" because of the fascinating way they block the digestion of fat calories in the other foods on your plate. Simply adding one or two of these to your meals, allows you to enjoy your favorite "no-no" foods without adding to your weight. *That means your days of guilt or depriving yourself are over!* Turn to PAGE 154. for full details.

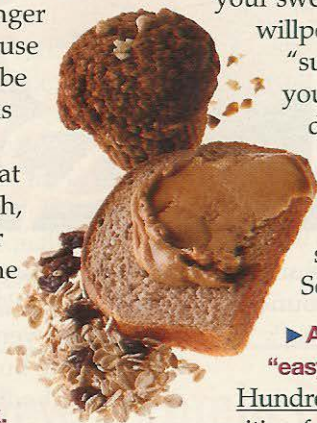
► **Eat early, lose more.** When you eat is almost as important as what you eat. Simply change the timing of your first meal to this time of the day and your metabolism will burn more calories all day long. You'll also feel fuller, so you'll take in fewer calories, too. *That's easy, isn't it?* See PAGE 70.

Quick Tip:

If you cut just 200 calories a day, you'd lose 20 pounds in a year—even if you did nothing else! That's as easy as giving up a toaster pastry—or 16 french fries!

► **“Hunger-hushing foods.”** These foods keep your hunger satisfied longer because they take so long to be digested. That means fewer snack attacks during the day. If that weren’t good enough, they also lower your levels of the hormone that orders your body to store fat. See PAGE 228.

► **The 20-minute trick.** That’s all it takes to burn 100 extra calories. And that’s all most people need to stop gaining weight. You’ll actually be reversing the weight-gaining process—even if you never go beyond this level! You’ll also be improving your health and longevity in countless other ways. PAGE 115 explains more.



► **The “sweet tooth” trick.** Control your sweet tooth—but not with willpower. Just add one of these “sugar-balancing foods” to your next meal. It will cut down on your desire for sweets and carbohydrates like magic! More than 250 sources to choose from. See PAGE 253.

► **And there are many other “easy-does-it” tricks in store.**

Hundreds, in fact. They’re all waiting for you in the GET THIN, GET YOUNG PLAN. I urge you to see them all soon, so you can put them to work right away—especially this next “crazy secret”...

“Crazy Weight-Loss Secret” #3:

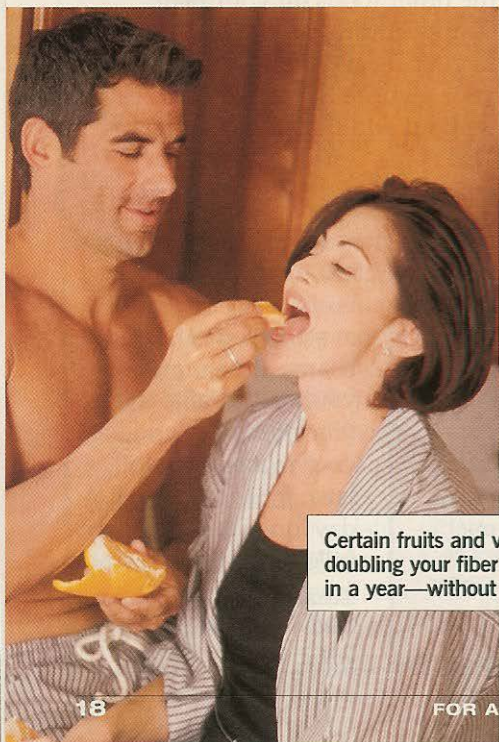
Lose no more than 1 to 2 pounds a week

Now, hold your horses! I know you’d love to get into a smaller dress size tomorrow—or drop a lot of weight right away. But a big goal like that requires unnatural effort. Besides, it’s just not physically possible. Here’s why...

Remember the story of the “Tortoise and the Hare”? The Tortoise beat the quicker Hare because of his slow, steady progress. And that’s exactly how the GET THIN, GET YOUNG PLAN succeeds.

You might think that eating less or exercising more would speed up your weight loss. *But it doesn’t work*

Certain fruits and vegetables are great sources of fiber, and doubling your fiber intake could take 10 pounds off your weight in a year—without eating any less food—or exercising any more.



that way. You see, once your body receives less than 1,000 calories a day, it sounds an "alarm" and your metabolism shifts into "survival mode" and starts conserving every calorie it gets. So, even though you're eating less, you could actually gain weight this way. That's why rapid weight-loss approaches don't work. When it come to weight loss, "slow and steady" works best.

Lose a Pound (or Two) a Week—Every Week —Until You Say "Stop"

No one becomes overweight overnight. Those pounds and inches sneak up on you gradually over months and years. With the GET THIN, GET YOUNG PLAN, you'll take off all of your excess weight exactly the way you've gained it: *1 or 2 pounds at a time!* Progress like this isn't as slow as you might think. In just 2 months, you could be 20 pounds slimmer. By the end of 4 months, you will have dropped 40. By the 6-month mark, 60 pounds will be gone—and they won't return.

Doctors say this is the ideal way to lose weight. Not just because it's so easy. But also because slow, steady weight loss is healthier and a cinch to maintain. You see, your body needs this time to "lock in" the weight you lost and the changes you've made, so they become permanent. And that takes about 12 weeks, on average. That's why this 12-week "easy-does-it" plan works so well.

Ready to Try Something Really Different?

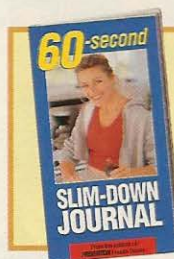
Chances are, you've tried a



Use this simple
water secret
and lose up to
5 pounds after
just one week!

bunch of weight-loss gimmicks and new diets in recent years—and they haven't done the trick. Maybe you lost weight—but it always seems to return. *Boy, that can really be frustrating!* Even worse, it can erode your self-esteem. *And nothing will send you to the cookie jar faster!*

But you didn't fail. Those fad diets and old-school weight-loss theories failed you. The truth is: It's nearly impossible to achieve lasting results with these willpower-driven methods. To stay slim and healthy forever, you need an approach that you can live with for the rest of your life. And that's exactly what you'll get with the GET THIN, GET YOUNG PLAN.



YOUR FREE GIFT!

(Full description on
page 80 of this report.)

Lose Every Single Pound —and Never, Ever Re-Gain Them!

Have you ever wondered why it's so easy to gain weight—and so darn hard to lose it? The answer may surprise you. It's because almost everything we've been told about losing weight has been proven dead wrong by new scientific research. *No wonder it's been so frustrating.* Look at the facts.

► **Dieting doesn't work.** Recent studies show that dieting has a 95 percent failure rate. *If you've ever dieted, you know this is true!* That's because no matter how much you

try to deny your hunger, it will always win. It may sound crazy, but you've got to eat to lose weight. The trick is to eat wisely. *The GET THIN, GET YOUNG PLAN will show you how.*

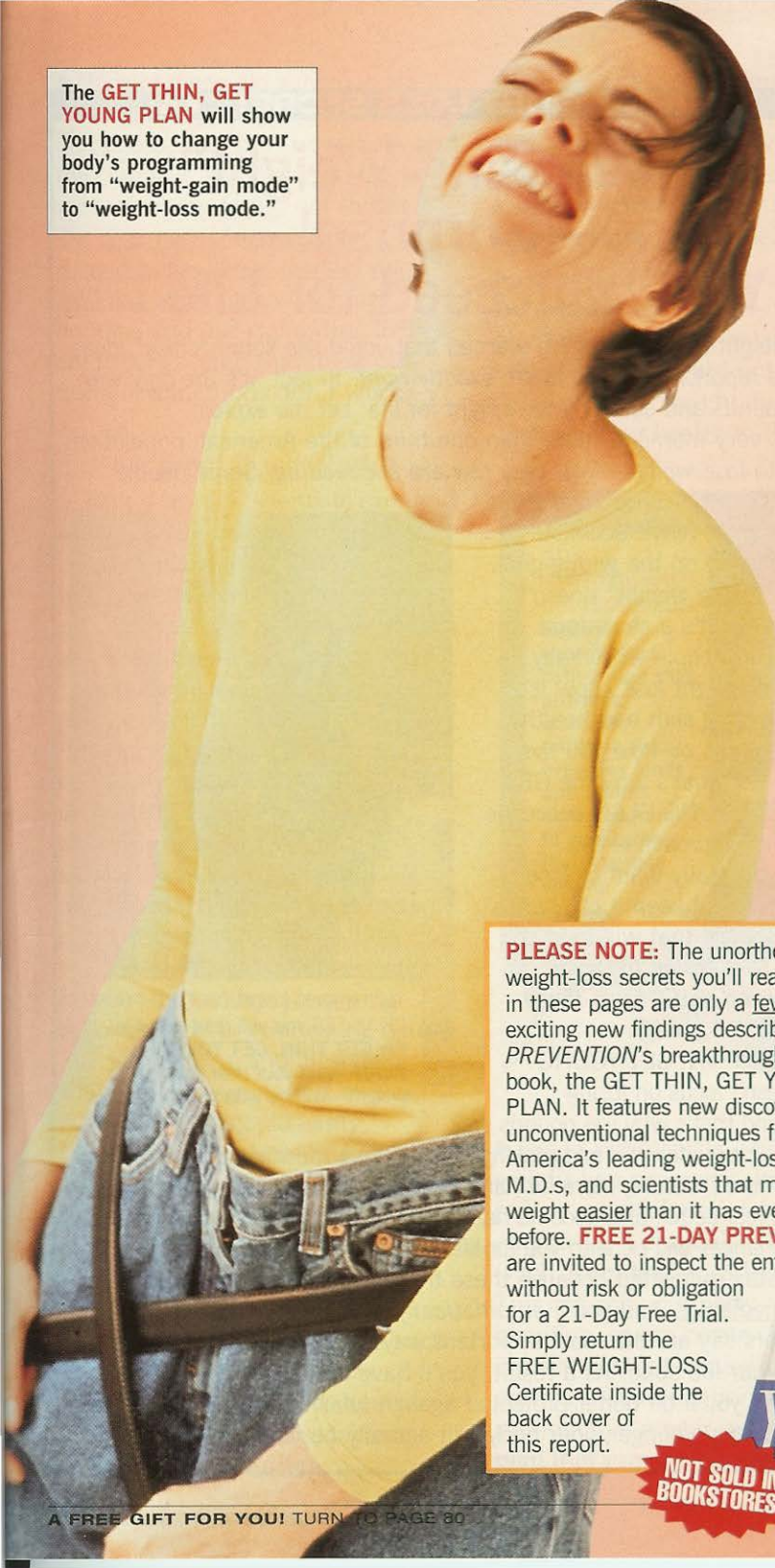
► **The myth of low-fat.** New findings show that fat isn't the villain we've been taught to believe. In fact, fat actually keeps your hunger satisfied much longer than low-fat foods—because it takes so long to digest. Sounds crazy, but eating fat can actually help you lose weight—provided

you follow the simple "fat-eating" guidelines in the GET THIN, GET YOUNG PLAN. *Isn't that a relief?*

► **The error of exercise.** Must you become a "fitness fanatic" to lose weight? New research says NO. In fact, exercising to lose weight is no very effective—especially if you want permanent results. The GET THIN, GET YOUNG PLAN will show you how you can trigger the same calorie-burning effect in your body, without sweaty exercises or workouts. *How good is that?*



**EATING FAT CAN ACTUALLY
HELP YOU LOSE WEIGHT —**
provided you follow the simple
"fat-eating" guidelines in the GET
THIN, GET YOUNG PLAN.



The **GET THIN, GET YOUNG PLAN** will show you how to change your body's programming from "weight-gain mode" to "weight-loss mode."

PLEASE NOTE: The unorthodox new weight-loss secrets you'll read about in these pages are only a few of the exciting new findings described in *PREVENTION*'s breakthrough new book, the **GET THIN, GET YOUNG PLAN**. It features new discoveries and unconventional techniques from America's leading weight-loss experts, M.D.s, and scientists that make losing weight easier than it has ever been before. **FREE 21-DAY PREVIEW:** You are invited to inspect the entire book without risk or obligation for a 21-Day Free Trial. Simply return the **FREE WEIGHT-LOSS Certificate** inside the back cover of this report.



NOT SOLD IN BOOKSTORES!

Quit "Losing Weight" and—Surprise!— You'll Succeed for Life

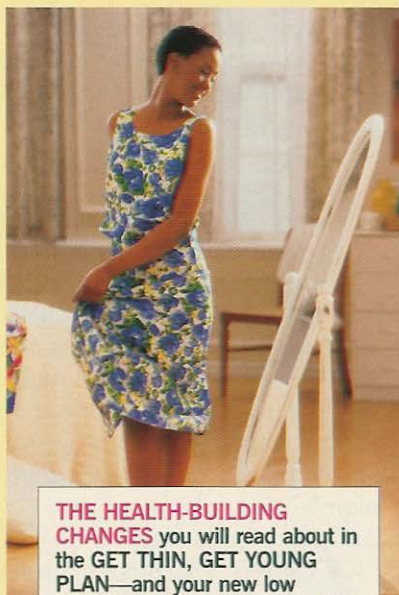
Lose weight by not trying? (I warned that you'd see some "crazy" ideas in this report.) *But, yes, that's exactly right.* In fact, it's the only way to lose pounds and control your weight for life. Let me explain. . .

At this very moment, more than one-third of the American population is trying to lose weight—yet, *very few are succeeding.* Some people lose and gain the same 10 pounds year after year. Why? Because they're focused on the wrong goal. You see, "losing weight" doesn't work because it's a short-term strategy. But people who really succeed at weight loss know it's forever. Staying slim and healthy for life depends on how you live your life. And that's why the GET THIN, GET YOUNG PLAN succeeds where other approaches fail.

So, if you really want to lose that weight, and keep it off, here's a "crazy secret" that will help you succeed: ***Quit trying to "lose weight"—and you'll keep these pounds off for good!***

The GET THIN, GET YOUNG PLAN doesn't focus on losing weight—and that's why the pounds stay off. Instead, it guides you into making small, subtle modifications in your life that add more pleasure, more fun, and build more health into your life. You eat better, feel better, and become healthier and happier. And these health-building changes will be with you for life—along with your new weight.

You'll stay motivated because these things actually make you feel good immediately. And you'll *automatically* be doing all the good things that doctors say are the most important ways to block disease and increase your life span. As a result, you'll have more energy, better health, and you'll be better protected against heart disease and cancer. Besides looking younger, your body will actually be younger.



THE HEALTH-BUILDING CHANGES you will read about in the GET THIN, GET YOUNG PLAN—and your new low weight—will be with you for life.

► **None of these old schemes are working.** Despite all the best-selling diet books, the “hot” new diets, and the “miracle” slimming products we are getting fatter, not thinner! The percentage of overweight Americans has almost doubled since 1991 and 1998! Our widening bottoms and our expanding bellies are proof enough that these old-fashioned methods don’t work.

So What Does Work?

Isn’t it ironic? Scientists can land a man on the moon and doctors can transplant a human heart. Yet they have failed to come up with a safe, successful way to shed weight and keep it off—until now!

About a year ago, *PREVENTION* put the challenge to some of America’s most brilliant scientific minds. We gathered together a dream team of leading scientists, M.D.s, nutritionists, fitness specialists, psychologists, and motivational therapists to help us develop a weight-loss plan that would produce permanent results for you—but without requiring major changes in your eating habits, exercise patterns, and lifestyle. Something so simple and so easy, that real people could easily incorporate them into their daily life, without turning it upside-down.

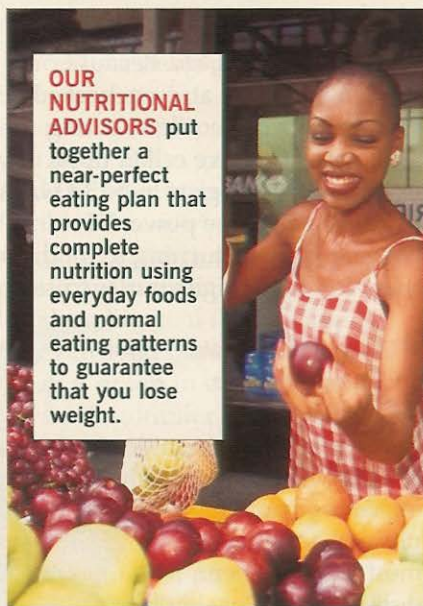
Heading our team was one of America’s foremost weight-loss authorities and a professor at a leading California medical university. Never before had such a team of multi-disciplinary experts been assembled. Every facet of the weight-loss picture was covered, including. . .

► **Top weight-loss authorities.**

We brought together the leading authorities in the field who know what really works for reducing excess weight and body fat—and keeping them off for life.

► **Leading alternative-health M.D.s.**

We asked these holistic-minded physicians to create an absolutely safe plan that would not only decrease your weight, but also increase your health in the process.



► **Expert nutritionists.** Many popular weight-loss programs simply reduce your calorie intake—or over-emphasize a particular food group (such as protein or carbohydrates). This can rob your body of adequate nutrition, or can create chemical imbalances that trigger food cravings. Our nutritional advisors put together a near-perfect eating plan that provides complete

nutrition using everyday foods and normal eating patterns to guarantee that you lose weight.

► **Health-minded chefs.** Why do most weight-loss diets fail? The number one reason is because the foods and meals they use simply do not taste good. Our team of chefs worked hard to make sure that wouldn't happen on the GET THIN, GET YOUNG PLAN. In fact, our meals and snacks taste and look so good, you'd never guess you're losing weight.

► **Astute psychologists.** Because hidden emotions and unchecked stress play a huge role in eating and overeating, we called upon leading psychologists to build ways to neutralize these powerful triggers without turning to food, so they don't sabotage your success.

► **Exercise therapists and fitness trainers.**

It's nearly impossible to lose weight without increasing your physical activity. But most people either dislike exercise, or simply don't have time. So our team of fitness experts came up with a wide variety of easy, enjoyable ways to burn more calories without exercise

regimens or workout routines. Most are so much fun that you'll feel like a kid again.

► **Brilliant motivational experts.**

There's a "mental game" involved in losing weight—and this is where the majority of people fail. So, we asked some of America's top motivational experts to pepper our plan with continuous encouragement and instant gratification. What they gave us is an unique strategy that actually makes losing weight a breeze—so you enjoy it and stick with it. You won't need willpower.

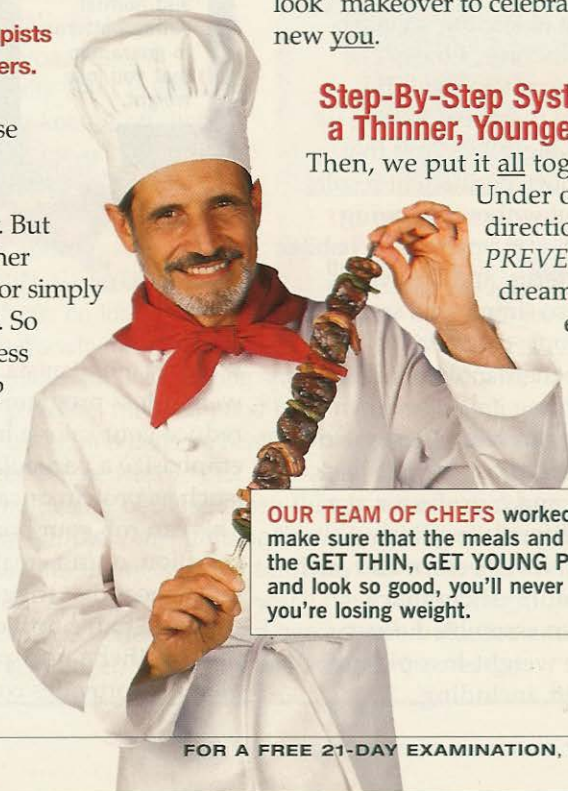
► **Fashion designers and make-up artists.** They added some truly amazing tips for clothing styles, colors, and make-up techniques that create a slimming illusion even before you've lost your first pound. You'll read how to give yourself an entire "new look" makeover to celebrate the new you.

Step-By-Step System to a Thinner, Younger You

Then, we put it all together.

Under our direction, the *PREVENTION* dream team of experts created a plan that covers all

OUR TEAM OF CHEFS worked hard to make sure that the meals and snacks on the GET THIN, GET YOUNG PLAN taste and look so good, you'll never guess you're losing weight.





Start eating early and you'll take in fewer calories all day.

your body—even with your busy schedules, picky kids, food temptations, and less-than-avid interest in exercise.

Day by day, you'll be guided into making small, easy changes in your eating habits, exercise patterns, and mental state that "re-programs" your body to do more of the things that cause weight loss. And you'll never notice—except when you see the results. *Nothing ever before has been easier!*

"Nibble" Away at Your Weight

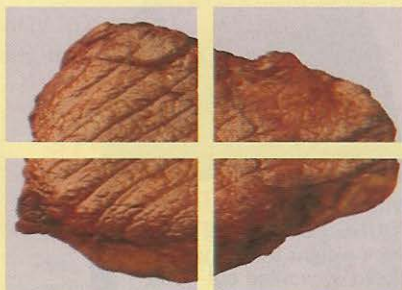
You'll be delighted to see your body lose pounds steadily, effortlessly, and permanently, as you make these gradual changes. And the plan is completely flexible. You're free to add as many (or as few) as you're comfortable with. This allows you to take a big goal (like losing 30, 50, even 100 pounds or more) and break it down in easy actions that have a "multiplier effect." Like a snowball rolling down a hill, your progress will automatically gain speed and power. Week by week, your progress will *compound*, just like the interest on your bank account. You'll literally nibble

the bases. At last, here is a step-by-step system that puts all of today's newest weight-loss discoveries together for you. A system that gives you an easy, organized pre-planned way to decrease your weight, increase your health, build your self-esteem, and re-shape

A proper portion

A serving of meat is 3 ounces (about the size of your palm). But, good luck trying that at the supermarket or a restaurant.

No problem. Just do this: Since beef shrinks about 25 percent when cooked, that 16-ounce steak you bought will be about 12 ounces when it arrives on your plate. So, cut it into quarters before you cook it, freeze the portions in individual bags. You'll never have to guess at a serving size again.



away at your weight in small chunks, until you arrive at the weight you want.

Sure, it's possible to lose weight more quickly. But are you willing to "pay the price" by starving yourself, torturing yourself, and denying yourself—only to see the weight return when you can't bear the pain any longer? *What's the point of that?* With the GET THIN, GET YOUNG PLAN, you'll lose more weight than if you dieted or worked out—and those pounds won't return.

Start Right Where You Are

Don't fret if you think "I've got so much weight to lose," or "I don't know where to begin." Just open the



With the GET THIN, GET YOUNG PLAN, you'll lose more weight than if you dieted or worked out—and those pounds won't return.

You need a "snack stash"



Create a snack drawer at home or work to control your hunger. Buy individual serving packs of pretzels, raisins, fruit cups, or fig cookies—or divide that super-sized bag into 1-cup servings. If your snack stash is portion-controlled, you're less likely to overeat.

book to the "Week One" section and you'll see exactly how to get going. Everything has been planned out for you.

You'll start by making a few small additions and adjustments to your diet and lifestyle—and you'll be on your way. Day by day, you'll add a few more pieces to the puzzle. By the end of **WEEK ONE**, you'll be 1 or 2 pounds lighter and feeling much better already. And because these changes are so small and gradual, there's no adjustment period, no withdrawal symptoms, and no sore, aching muscles.

► **WEEK THREE:** You've lost up to 6 pounds—and you're beginning to notice some delightful changes in your body, your moods, your energy level,



After just 6 weeks on **PREVENTION's GET THIN, GET YOUNG PLAN**, your body will feel great. Your skin will have a new radiance. Your outlook will be brighter and you'll catch yourself smiling more often.

and your self-esteem. You're starting to feel that this might really work, after all!

► **WEEK SIX:** You're 12 pounds down and you *know* it's going to work. You're in a smaller dress size. Your body feels great. Your skin has a new radiance. Your outlook is brighter and you catch yourself smiling more often.

► **WEEK NINE:** By now, you've lost almost 20 pounds, but you look even thinner. That's because you've got—*goodness, is it true?*—*muscles* where jiggly fat used to be. And since muscle weighs more than fat, you're now following your progress by inches lost, instead of the bathroom scale. *And you look marvelous!* Your thighs are thinner, your belly is flatter, and your tush is tighter. Your metabolism is in a higher gear—and you're burning many more calories, all day, every day—even in your sleep.

► **WEEK TWELVE:** Look at you now! You're slimmer, stronger, and sexier. Now, you've lost 24 pounds without even trying. You're changing your make-up and wardrobe to reflect this adventurous new you. *Friends can't believe the changes you've made!* Your body is a lean, clean, fat-burning machine. Even though you're eating more and better than you did at your old weight, *you're losing pounds and inches.* You've finally made it to the "weight-loss mode!" Your body is now programmed to lose weight and naturally crave the things that improve your health and lengthen your life. From now on, your body will automatically shed fat and lose weight until you say "stop." And it will be easy to continue, well into your 70s, 80s, and 90s. *How smart is that?*

"STRENGTH BALL" CONTEST GIVEAWAY!

(See page 8 of this report for details.)

YOU COULD WIN!





Once you discover the secret of eating for pleasure (you'll learn it on PAGE 60), you'll never have to overeat again.

NOT AVAILABLE IN BOOKSTORES!

**YOURS FREE
FOR 21 DAYS!**



No risk. No commitment. Just return the "Free Weight-Loss Certificate" inside the back cover of this booklet.

DELICIOUS, YUMMY

"Pleasure Foods"

THAT SLIM YOU

How long have you heard that losing weight requires eating less, avoiding fat, and giving up sweets? *Well, forget it.* Scientists now know that just the opposite is true. They've found that the best way to shed pounds is by eating for pleasure, treating yourself well, and enjoying the foods you love. *Wow! Who wouldn't enjoy losing weight like that?* So, if you love eating, we've got a wonderful surprise for you. . .

"Crazy Weight-Loss Secret" #5:

Eat for pleasure and you'll get thinner

With the GET THIN, GET YOUNG PLAN, delicious food is the path to permanent weight loss—and a lifetime of good eating. In fact, great taste is actually one of the keys to successful weight loss.



Studies prove that when you start eating for pleasure (instead of "fullness"), you'll actually take in fewer calories at mealtime. Sounds crazy, but here's why it works:

Think of how you eat an ice cream cone.

Each lick is pleasurable. And even though it contains less ice cream, a cone lasts twice as long as a

bowl—and it's more fun. That's because it's not

the *volume* of food you eat that satisfies your appetite. Instead, it's the length of time you take to eat it and the pleasure you get.

Most diet plans are so focused on avoiding certain foods that they forget the pleasurable aspects of eating. *That's no fun.* When people binge or cheat on their diet, they're really looking for the pleasure that most diet plans lack. And research proves that diets that deny our basic need for pleasure inevitably fail.

More Satisfaction from Less Food

Once you master the secret of eating for pleasure (you'll learn it on PAGE 60), you'll never overeat again. Every morsel becomes an experience in ecstasy, so you need less food to feel satisfied. Instead of gulping down your meal, you savor every bite. Your senses awaken and become more sensitive. The pleasure centers in your brain open like flowers. The aromas, textures, and delicious

flavors delight you like a fine wine.

It's a scientific fact: The more pleasure you get from your food, the less food you'll need to feel satisfied. But most of us have forgotten how to eat for pleasure. Since childhood we've been taught to clean our plates or stuff our stomachs. Unfortunately, by the time our stomachs can send the "I'm full" signal to our brains (it usually takes about 20 minutes), we've already overeaten. You can prevent that every time just by doing this. . .

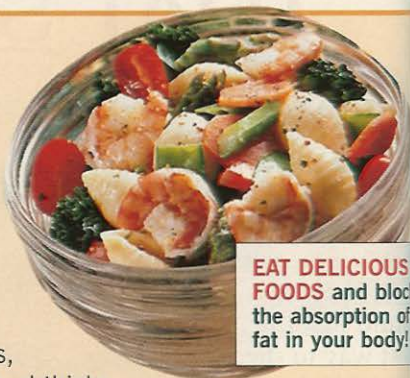
Mother Nature's Fat-Blocker Foods

Got a craving for a juicy steak, or a rich slice of cheesecake—but worried about the calories and fat? Try this trick: Just add one of these "fat-blocker foods" to your meal and you'll block the excess fat and calories, so they won't be stored on your hips and thighs.

How is this miracle possible? The answer is fiber. Each gram of fiber you add to your meal blocks the absorption of 7 calories—especially fat. This happens because fiber is made up of thousands of microscopic threads. In your body, these threads wrap around fat globs, encasing them so they can't be digested. Thanks to the fiber, the fat simply exits before it can do any damage.



SATISFY YOUR SWEET TOOTH. You can get a good dose of fiber even when you indulge. For example, a slice of blackberry pie contains a whopping 4.5 grams of fiber. For other yummy examples, see PAGE 159.



EAT DELICIOUS FOODS and block the absorption of fat in your body!

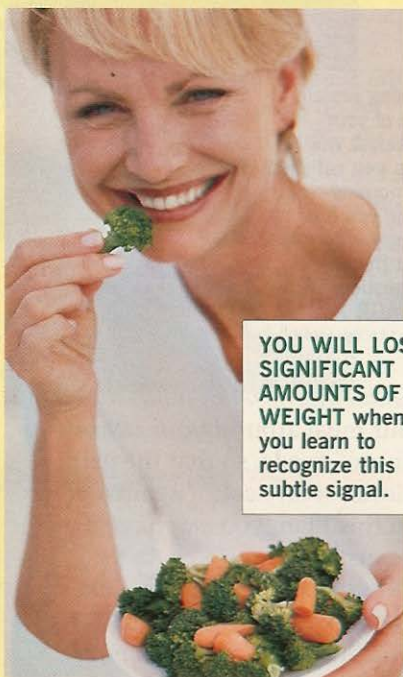
Without a doubt, these fat-blocker foods are your greatest weight-loss ally. Simply doubling your daily fiber intake will block the absorption of 90 calories. Over a year, that could take 10 pounds off. Boost it to 35 grams, and you'll shed 16 pounds. That's without eating less or exercising more. And you'll receive a slew of bonus health benefits, too.

Want to know more about these fabulous fat-blocker foods—and which ones you should eat? Turn to PAGE 155 for the best choices.

The “tastebuds” trick

Your body sends out a particular sensation (it occurs in your mouth) when your hunger is satisfied. It's easy to miss, unless you're on the lookout for it. On PAGE 68, you'll learn how to recognize this subtle signal and know when to put down your fork. *“This is Nature's way of telling you that you have had enough,”* says John Poothullil, MD. Once you learn this, you'll always know when to stop. You'll be surprised at how little food you actually ate, yet, how satisfied you feel.

By the way, when this simple technique was clinically tested by Dr. Poothullil he reported that, to his surprise, *“all of the women in the test group lost significant amounts of weight in the first month.”* They kept it off for a year or longer, even though they were told to eat anything they desired whenever they were hungry. Please—if you only read one page in the GET THIN, GET YOUNG PLAN, let it be PAGE 66.



**YOU WILL LOSE
SIGNIFICANT
AMOUNTS OF
WEIGHT** when
you learn to
recognize this
subtle signal.

“Crazy Weight-Loss Secret” #6: There are no “bad foods”

Here's something else that may surprise you. . .

Almost all diets have “taboo foods” that are bad and forbidden. One tells you to avoid sugar and sweets. Another makes carbohydrates the villain. Still another bans bread and pasta. And almost all of them make fat the universal bad guy. *No wonder you're so confused and frustrated.* But you won't be confused any longer, once I explain the sixth “crazy secret” from the GET THIN,

GET YOUNG PLAN. . .

It's this: *There are no bad foods.* That's a scientific fact, too. New studies show that it isn't what we eat that makes us fat, it's how much. So, stop forcing yourself to eat less or avoid certain “forbidden foods.” The GET THIN, GET YOUNG PLAN will teach you how to get more enjoyment from everything you eat. This way, you'll naturally eat less. We say, if a side of mashed potatoes makes you happy, go right ahead. On PAGE 119, you'll find a clever way to plan



Making protein a part of your breakfast will keep you satisfied all morning—and make you less hungry at lunch. Best three suggestions? Turn to PAGE 255.

your meal around your favorite “no-no” foods, so that the extra calories won’t count against you. On this Plan, you can have it all. For instance. . .

► **Bread, pasta, potatoes, cakes.**

If you love them, don’t deny yourself. And don’t fret about overeating them. You won’t—if you simply add a bite or two of these delicious protein foods (choose your favorite from the list on PAGE 254) along with it. The protein will weaken your carbohydrate cravings—or even eliminate them entirely.

► **Fill up on fish.** These types of fish may be the best “hunger hushing” foods of all (see the list on PAGE 256). In one study, they made participants feel fuller faster than either beef or chicken. And how about this: When it comes to losing weight, shrimp takes the cake. A 3-ounce serving packs about as much protein as salmon, but contains fewer calories than a cup of orange juice. Starting on PAGE 256 of the GET THIN, GET

YOUNG PLAN, you’ll read how to build your meals around these delicious “hunger hushing” foods to eat less and feel full.

► **“Meat” your needs.** Yes, you can enjoy juicy steaks. . . chops. . . bacon. . . burgers—whatever gets your juices flowing. The GET THIN, GET YOUNG PLAN shows you an ingenious way to eat them and still lose weight. Just make sure you avoid the one hidden pitfall that has given these meaty favorites a bad reputation. You’ll discover it on PAGE 257.

► **Speaking of protein. . .** You’ll read how eating a little bit of protein at breakfast can satisfy your hunger all morning. You’ll even eat less at lunch. That’s because protein, like fiber, is a natural “hunger hushing” food (meaning it makes you feel full longer because it digests

Spray on the flavor



The oil in salad dressings can really pack on the extra pounds. But here’s an idea that solves the problem: Fill a spray bottle with extra-virgin olive oil and mist it on your salad. You’ll get full-fat satisfaction, but with a fraction of the calories. Add a few sprigs of your favorite herb for exotic flavor without a lot of calories. More clever ideas like this on PAGE 300.

slowly). But which protein foods hush your hunger best? Take your pick from the list on PAGE 256.

► **Where's the beef?** Most people believe that they've got to give beef the boot if they want to lose weight and prevent a heart attack. But that's just not true!

Studies show that certain cuts of red meat can be as low in fat and as heart-healthy as chicken. Which ones? You'll find a complete list on PAGE 257.



EAT AVOCADO
to lose weight!
See PAGE 300.

► **Avocado, you say?** Sure, they contain 75 percent fat. But it's one of the good fats—the kind your body needs to keep your joints lubricated and your body healthy. So, try this: Substitute a tablespoon of mashed avocado for mayonnaise on your next turkey sandwich. You'll lose several grams of saturated fat from your meal and gain lots of delightful once-forbidden flavor. More ideas? Turn to PAGE 300.

"CRAZY WEIGHT-LOSS SECRET" #7:

Eat More, Lose More!

Eating more meals will actually help you lose weight! Does that sound crazy? *It's not—and here's why:* You know that your car gets better gas mileage on the highway than it does around town, right? That's because all those starts and stops make it hard for your engine to squeeze as many miles out of a gallon of gas as on the highway at a constant speed. (Fuel burns more efficiently when it's received in a steady flow.)

The same is true for your body. Eating more frequently keeps your metabolism idling higher—so that you burn calories faster. That means you stay energized, your hunger won't get out of control, and those calories are less likely to be stored as body fat. Another bonus: Studies also show that people who ate this many times a day (see PAGE 319), lived longer than folks who ate the usual three big meals. For specific examples of these wonder-working mini-meals—plus how often you should eat them—just turn to PAGE 320.



EATING THREE MEALS A DAY ISN'T ENOUGH to stay healthy and lose weight!

► **Don't skip the fat.** Why do we love fatty foods so much? Because fat molecules carry a food's flavor—it's where the "taste" is. So don't chuck the fat. Instead, use it wisely to make all your foods taste better—and you'll still lose weight. For full details, plus lots of ingenious "fat tricks," start on PAGE 296.

► **Miss peanut butter?** If you like peanut butter, go for it! Just don't buy the processed varieties. Those contain trans-fatty acids that can damage your heart and arteries. What's the best kind of peanut butter to look for? You'll find the answer on PAGE 300.

Lose Weight with Chocolate!

It's a fact: The more pleasure you receive from your food, the less of it you'll eat. Here's how to train yourself to eat for pleasure, so you'll get maximum pleasure and satisfaction from your food. Practice this

sense-awakening exercise with a piece of dark, rich chocolate (Belgian chocolate is best for this experiment). Engage all five of your senses to savor every bite completely. Just follow these steps:

1. **SEE** and appreciate the beautiful, dark color before you put it in your mouth.
2. **FEEL** the weight and smooth texture as you hold it in your hand.
3. **SMELL** and slowly inhale its rich aroma.
4. **HEAR** the crunch as you take the smallest bite that you can.
5. **TASTE** a larger bite and extract as much taste as possible.
6. **NOTICE** how satisfied you feel—and how little of the chocolate it took to get you there.
7. **REPEAT** as often as necessary until you master the technique. Stop when the chocolate ceases

to satisfy your taste buds. Use this method at mealtime and you'll never overeat again.

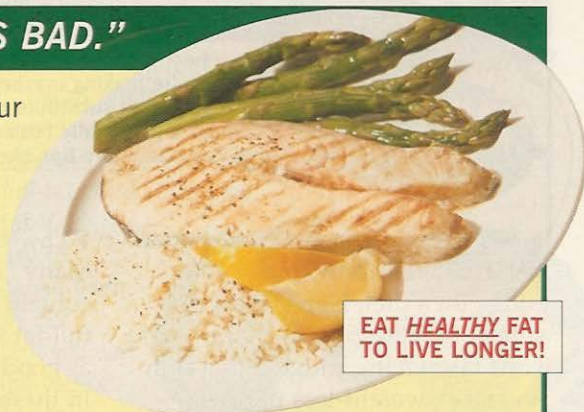


IT'S A FACT:
More pleasure
from your food
equals less desire
to eat so often!

MYTH: "ALL FAT IS BAD."

Baloney! The truth is, our bodies need fat for a healthy heart, stronger bones, better vision. Doctors also have found that eating fat in your diet also slows down the aging process. Fat can even help you lose more

weight, because fat makes you feel full and satisfies your hunger for longer periods of time—*up to 6 hours*. The key is to replace the unhealthy fats in your diet with healthy fats that are much better for you. *Which fats and oils are healthiest?* You'll find a list and complete descriptions on PAGE 298.



EAT **HEALTHY FAT**
TO LIVE LONGER!

► **Join the breakfast club.** To save calories, people often skip breakfast. But this has the *opposite* effect. They get so hungry by lunch or dinner, that they end up consuming more calories. If you have no time or appetite in the morning, just have a little of this (see PAGE 321) to wake up your taste buds. Your hunger will stay under control all morning.

► **Go nuts.** Been avoiding nuts because you've heard they're too fattening? Well, that's... *nuts*. Certain varieties of nuts are actually very good for you—(particularly those listed on PAGE 299). You'll read how to make them an important part of your weight-loss efforts. Just be sure to avoid the kinds described elsewhere on the same page. They can sink you.

INTERESTED IN MORE? These new weight-loss tips are excerpted from *PREVENTION's* breakthrough new book, the **GET THIN, GET YOUNG PLAN**. More than 1,024 proven techniques are described there. This is the safest, healthiest, and most reliable way to shed pounds ever. It's the only plan that has the full endorsement of *PREVENTION* magazine. **FREE 21-DAY PREVIEW:** You are invited to inspect the entire book without risk or obligation for a 21-day Free Trial. Simply return the **FREE WEIGHT-LOSS Certificate** inside the back cover of this report.





SNEAK IT TO 'EM. When you're making steak fries, heat them in the oven instead of a deep fryer. If you're making mashed potatoes, lose the butter and cream, and substitute chicken broth and garlic. In a snap, a potentially fattening side dish becomes healthy and flavorful. More tips like these on PAGE 326.

► **The ultimate refrigerator makeover.**

PAGE 377 tells how to put your fridge on a diet. Here's a list of some of the best foods to transform your fat-making fridge into a slim and sleek weight-loss partner.

► **When your family wants junk food.**

What do you do when your mate and your kids insist on high-calorie meals and snacks? Whip up these low-fat, low-cal versions. These healthful substitutions are so sneaky, your scheme will go unnoticed. See PAGE 224.

► **Low-fat foods that make you fat.**

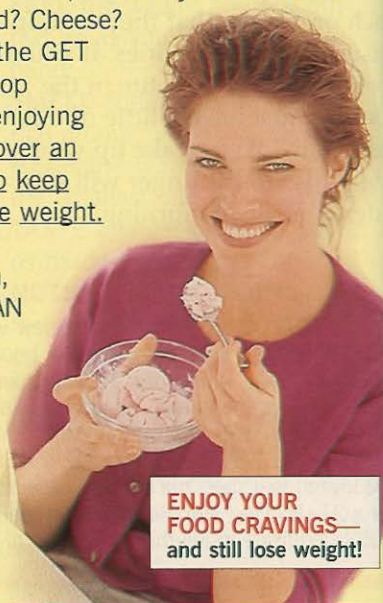
Many "low-fat" foods actually contain as many calories as their full-fat siblings. Yet, they don't taste as good (because the fat is gone). In these cases, you might as well go with the real deal. Want to know if a "low-fat" food will increase your weight? Just flip the package over and look for this dead giveaway on the nutrition label. See PAGE 375. One study found that people who did this one thing took in less fat and fewer calories!

Surrender to Your Food Cravings!

Which food has your number? You know, the one you can't resist. Is it chocolate? Ice cream? Bread? Cheese?

You'll be happy to know that with the GET THIN, GET YOUNG PLAN, you can stop fighting your food cravings and start enjoying them. Over on PAGE 323, you'll discover an ingenious little trick that allows you to keep eating your favorite foods and still lose weight. You're going to love this!

And don't worry about overeating them, because the GET THIN, GET YOUNG PLAN contains some proven little tricks that will minimize your cravings, so you'll feel them less powerfully and less often. One little trick, in particular, helps you break the "sugar cycle" that keeps you craving for sweets and carbohydrates. *No willpower is required.* You'll find it on PAGE 72.



**ENJOY YOUR
FOOD CRAVINGS—
and still lose weight!**

MYTH: "I CAN EAT ALL THE LOW-FAT FOOD I WANT."

Boy, is that false! Most people don't realize that what makes us fat isn't fat—it's total calories. And low-fat often doesn't always mean low-cal. For instance, a fat-free fig cookie contains 20 more calories than the full-fat version. And 2 tablespoons of low-fat peanut butter equals the same calorie count as the full-fat version. So, be careful of low-fat and non-fat foods!

Another reason it's so easy to overeat low-fat foods is because they don't have enough fat to satisfy our appetite. It may sound crazy, but you can lose weight by eating the full-fat version instead of the non-fat, in many cases. Which ones? See PAGE 151 of the GET THIN, GET YOUNG PLAN.



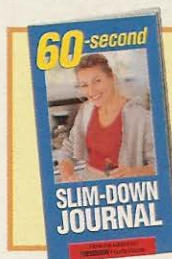
► Five-star cooking techniques.

PAGE 429 tells how to avoid the five most common pitfalls of low-fat cooking. For instance, don't eliminate oils or butter. (A little bit of fat adds enormously to a dish's flavor and texture.) Don't think that all ground chicken or turkey is low-fat. (If the skin is ground along with the meat, it can be quite fatty.) Many others await you on PAGE 431.

► **Fat chance.** Here's a trick that gives low-cal foods the taste of full-fat (but without increasing your weight). Just spritz a little olive oil on salads, tortilla crisps, and baked french fries. That way, the fat will be the first thing you taste. Your food will have more flavor, but still keep you slim. Here's another tip: Adding a touch of oil, butter, or cheese to your first bite can make your whole meal taste richer in fat than it really is. That's because your taste buds recognize the flavor of fat first.

And fat satisfies! More tips on PAGE 299.

► **And there's much more.** The GET THIN, GET YOUNG PLAN is literally packed with more than 1,024 great tips and ideas like these. Now, you can be one of the first people anywhere to see them, try them, and actually use them to finally end the frustrating, energy-draining struggle with food, your body, and how you feel about yourself. *Wouldn't that be wonderful?* Don't miss our "no strings attached" invitation to see it all absolutely free for 21 days. All you have to do is mail back the FREE WEIGHT-LOSS Certificate you'll find at the back of this report.



YOUR FREE GIFT!

(Full description on
page 80 of this report.)

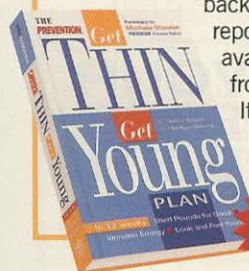
Now, Losing Weight Is As Easy As

CHILD'S PLAY

Think you're overweight because you eat too much? Well, new studies say that's just not true. The main reason we gain weight, researchers say, is our inactivity. We're just not burning

FREE, 21-DAY PREVIEW You can examine every exciting, new weight-loss discovery in the GET THIN, GET YOUNG PLAN—**FREE FOR 21 DAYS**. Just return the FREE

WEIGHT-LOSS Certificate inside the back cover of this report. (This book is available exclusively from *PREVENTION*. It is not sold in bookstores.)



**AVAILABLE
DIRECT FROM
PREVENTION
ONLY!**

off enough of the calories we eat.

But cutting back on calories won't do the trick. This simply signals your metabolism to slow down more, so even fewer calories get burned. *So what's the answer?* The undeniable fact is, if you're serious about losing weight, *you've got to get moving*. There's no way around it. But here's good news: You don't need to join a gym or start jogging to blast away those pounds. A tiny bit of extra movement every day may be all you need to make those pounds come off much faster.

So, if you're not that fond of exercise... or don't have the time... or just aren't ready to be seen in a leotard in aerobics class, we've got your solution...



The **GET THIN, GET YOUNG**
PLAN is based on enjoyment
and play, not work and effort.

"Crazy Weight-Loss Secret" #8:

You don't need sweaty exercise to lose weight!

You read correctly. You don't have to go to a gym. You don't have to work out. You don't even have to sweat to get thinner and younger. All you really have to do is have more fun—and

add a little more activity to your day.

In the GET THIN, GET YOUNG PLAN, you'll see how you can lose just as much weight as the girls in aerobics class simply by strolling in the park... taking the stairs... parking the car a little farther from work and walking... riding a



Five Easy Secrets that Turn Your Evening Stroll into a "Weight-Loss Walk"

► **Rock on your feet.** You'll burn more calories if you push off from your heel, rolling through the outside of your foot, and push through the big toe. Then propel yourself off the ball of your foot, pushing off from the toes. Your stride will be short and quick, rather than long and leisurely.

► **Swing your arms.** Simply swinging your arms increases the calorie-burn of your walking.

You'll go faster and build upper body strength. Details on PAGE 107.

► **Stand tall.** An upright posture opens up your chest, allowing your lungs to expand fully. Tighten your belly and tuck in your rear by slightly squeezing your gluteal muscles. Keep your eyes up and focused about 10 feet ahead of you. This will keep your neck aligned properly.

► **Take the "talk test."** Walking is supposed to be invigorating and fun. You shouldn't be gasping for air.

One way to tell if you're hitting the right stride is to do the "talk test." You should be breathing harder than normal, but still able to carry on a conversation.

► **Walk every day.** To get the best results, you really should try to walk daily. For more tips like these turn to PAGE 108 of the GET THIN, GET YOUNG PLAN.

MAKE WALKING FUN.

The tips in the GET THIN, GET YOUNG PLAN will help you burn more calories and have fun with your daily walk.

bike... working in your garden... mowing your lawn... or just getting out in Nature. What an easy way to get back in shape! You'll feel invigorated and energized—and you'll be melting off pounds!

Before you know it, you'll be zipping up pants that haven't fit in years. Buying smaller clothes. Loving your body. And eager to try new athletic activities.

Lose Fat in Your Sleep

Why is activity so important? Because it raises your metabolism (the calorie-burning "fire" in your body that converts food into energy). You see, being inactive cools that fire so you burn even less of the calories you take in. The result? Those unused calories get converted into fat for storage. *And guess where it gets stored?* That's right—on your belly, hips, butt, and thighs.



GARDENING BEATS AEROBICS.

When researchers tested a 40-year-old woman, they found she burned 30 percent more calories in her garden than she did during a step aerobics class—392 versus 306. Both workouts lasted for an hour.



MELT YOUR POUNDS AWAY with fun, everyday activities.

Lose Weight Without "Exercise"

Fifty years ago, people never "exercised." And do you know what? *They were a lot thinner.* Thanks to our modern conveniences, we burn 800 less calories a day than we did just 25 years ago. *And those extra 800 daily calories can add one pound to our weight every 4½ days!*

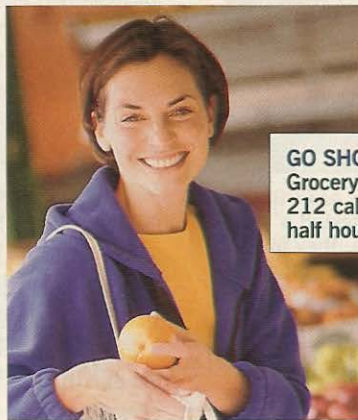
But you can burn those calories without ever setting foot in a gym. A few simple activities (like those described on PAGE 313 of the GET THIN, GET YOUNG PLAN) can melt those pounds away. In fact, you'll get the same benefits as taking a regular aerobics class or working out on the Stairmaster. *And you'll be amazed at how many more calories you can eat and still maintain your weight.*

Want proof? In a 2-year study, researchers found that overweight people who upped their physical activity *by just 30 minutes a day*—for example, by taking the stairs at the office, walking around the soccer field during their kids' practice, or gardening—had about the same improvements in fitness, blood pressure, and body fat as did people who exercised vigorously at a gym for 20 to 60 minutes, 5 days a week! (Don't miss PAGE 313 of the GET THIN, GET YOUNG PLAN for dozens of examples.)

Moving your body turns up your thermostat, igniting a raging inferno inside you that burns more of the calories you eat (and even those that are stored). And it will keep that burning fire going even after you stop—even in your sleep!

And that's not all. Those burned calories will produce tons of extra energy—giving you more get-up-and-go to do more with your life. Research shows that more physical movement also stops certain food cravings, quiets your appetite, melts body fat (so you lose inches in your “problem areas”), increases your strength and stamina, soothes aches, pains, and inflamed joints, reduces your stress, helps you sleep better at night, lowers your risk of heart disease, brightens your mood, and makes your brain and memory function better. *Wow—that's a big reward for such a small investment!*

Best of all, these fun activities are even better than exercise when it comes to permanent weight loss. To prove it, researchers studied two groups of women. One group participated in a regular exercise program, while the other simply increased their level of fun activities (like those recommended on PAGE 38 in the GET THIN, GET YOUNG PLAN). Both groups lost weight. But after one year, the exercising



“NO PAIN, NO GAIN”—NO MORE. Today, fitness experts know better. Get off the couch and get a little activity—like jumping rope—even if it's just for 10 minutes at lunch and 10 minutes in the evening on a regular basis.



women had gained back more than three times the weight, compared to the non-exercisers!

“No Pain—All Play”

Doesn't it feel great to know that you don't have to “sweat it” in order to lose weight? In the GET THIN, GET YOUNG PLAN, you'll discover a list of 20 little things you can do to burn 150 extra calories *whenever you feel like it*. Best of all, you won't even have to leave the house to do them. (You'll find them described on PAGE 313.) Here are some other new ideas that may surprise you...

GO SHOPPING TO LOSE WEIGHT! Grocery shopping for an hour burns 212 calories—almost as much as a half hour on a step machine.

► **Everyday fitness.**

Over time, the results of even the smallest amounts of extra activity can

result in dramatic weight loss. For example, shopping at the supermarket for an hour burns 212 calories. *That's about four calories shy of using a step machine for 30 minutes!* For other startling calorie-burning surprises like this, turn to PAGE 312.

► **The "fidget" secret.** You can burn extra calories even when you're sitting down or talking on the phone. These little movements

burn calories and fat—and they add up faster than you think. For other clever ways to make your sedentary activities more active, see PAGE 316.

► **Break it up.** New research shows that you'll lose more weight if you get your activity in small, "mini-breaks," instead of one longer workout. You'll get the same cardiovascular benefits as if you exercised longer. And when it

Have a "Ball" Getting in Shape!

You don't have to join a gym to shape up your body with more fat-blasting muscle. You can do it at home. And you don't need barbells or dumbbells. Women who want to add more calorie-burning muscle to their bodies are now using weighted "strength balls" to do the job—and having more fun!

Patterned after the medicine balls of yesteryear, these are more fun to use. Using them feels a whole lot more like playing than working out! *"If I could have only one thing to train with for the rest of my life, medicine balls would be it,"* says a leading fitness trainer.

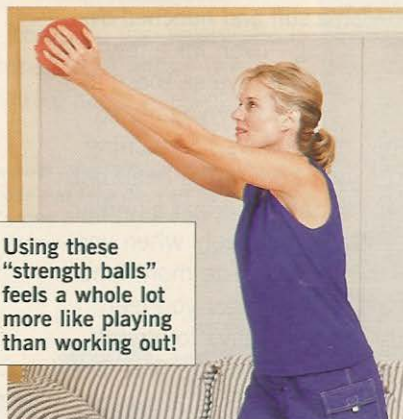
Strength balls are brightly colored, weighted balls that can be used as substitutes for dumbbells and barbells. *"The motions and the way you use*

them are much more like the things you do in real life,"

says personal trainer Michael Romatowski.

They also allow you to do exercises that don't work well with other weights, such as bending and twisting. Read more about them on PAGE 138 of the GET THIN, GET YOUNG PLAN.

**WIN
A FREE SET OF
STRENGTH BALLS
A \$72 VALUE!**
(200 prizes to be given away.
Nothing to buy. You could
win! See page 8
of this report.)



Using these "strength balls" feels a whole lot more like playing than working out!

STRETCHING is the quickest and easiest way to look fit and feel younger.



Stretching Made Easy!

Of all the things you can do to strengthen your muscles, look fit, and feel younger, stretching is by far the quickest and easiest. Unfortunately, it's also the most overlooked—and that's a serious mistake. Exercising your muscles without stretching can actually make them tighter. And tight muscles are more prone to injury.

Stretching is also the magic cure for people who sit all day in cars, at desks, at computers, and in front of the TV. This not only makes us overweight, but shortens our muscles and rounds our shoulders so we become stiff and hunched over.

Stretching—even for a few moments—will reverse these ill-effects. (That's why yoga is so popular these days.) Stretching makes your body more beautiful. You stand taller, appear slimmer, and move more freely when you stretch regularly. The more limber you are, the younger you feel.

For the best ways to stretch, turn to PAGE 94 of the GET THIN, GET YOUNG PLAN. You'll read how to make your body young again in just minutes.

comes to losing weight, this trick will take off the pounds just as fast. It's revealed on PAGE 218.

Discover the Power of "Play"

Want to stay "young at heart" forever? Then start acting like a kid again. That's the advice from researchers who found that playing more is the key to staying active, looking younger, and improving your health. You'll even feel like a kid again. And, most amazingly, studies show that your heart, arteries, brain, and other organs will actually be younger, too.

That's why the GET THIN, GET YOUNG PLAN takes a refreshingly different approach to fitness. It's based on enjoyment and play, not work and effort. Fitness this way won't require effort, struggle, or willpower. On the GET THIN, GET YOUNG PLAN, you'll feel so good, that you'll actually want to get moving, be more adventurous, and try new activities. *You might even surprise yourself and want to exercise.* And if you do, the GET THIN, GET YOUNG PLAN is ready to help you do it right.

NOT AVAILABLE IN BOOKSTORES!

**FREE, 21 DAY
HOME TRIAL!**



No risk. No commitment. Just return the "Free Weight-Loss Certificate" inside the back cover of this booklet.

Muscles Are a Girl's Best Friend

Most people don't know that Marilyn Monroe lifted weights. She didn't do it to get bigger muscles. She just knew that building muscle may be the best way to keep a young, trim figure. **That's because each pound of muscle on your body burns about 50 calories a day (even when you're just sitting around!)**—compared to only **two calories** for a pound of fat. So, the more muscle you have, the more calories you'll burn—even during sleep.

Problem is, after age 40, you start losing muscle every year. That's why it's easy to get fat. The only way to reverse this loss is with strength-training.

The Beauty of Weights

Strength-training not only gives your body a bigger calorie-burning furnace—it also gives you a better looking body. *And it doesn't take long!* You'll see improvement in just 4 to 6 weeks. By then, your body will be burning fat again, just like when you were younger. And you'll be looking and feeling younger, too.

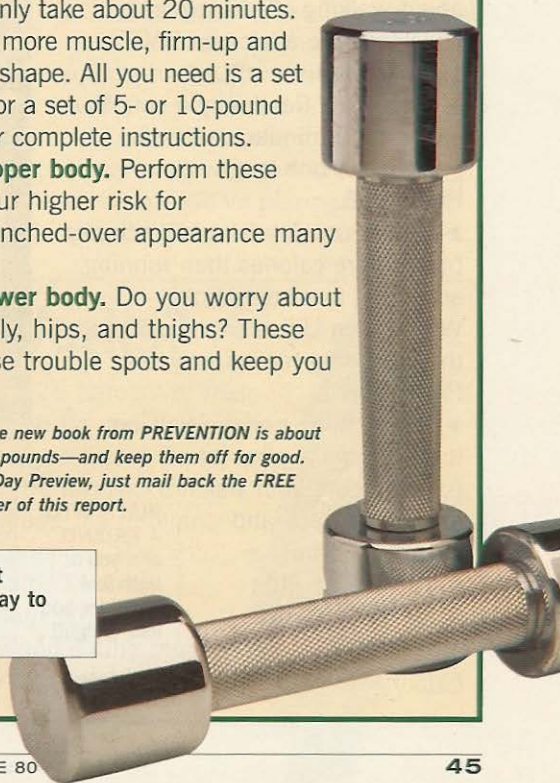
Think you don't have time for strength-training? *Not true!* The GET THIN, GET YOUNG PLAN will show you a few simple exercises you can do right in your living room. They'll only take about 20 minutes. That's all you really need to build more muscle, firm-up and trim down your body, and stay in shape. All you need is a set of 4- or 6-pound medicine balls (or a set of 5- or 10-pound dumbbells). Turn to PAGE 135 for complete instructions.

► **Best five exercises for your upper body.** Perform these motions and you'll *neutralize* your higher risk for osteoporosis—as well as that hunched-over appearance many older women get.

► **Best five exercises for your lower body.** Do you worry about putting extra pounds on your belly, hips, and thighs? These targeted movements will hit these trouble spots and keep you trim and toned.

—From the *GET THIN, GET YOUNG PLAN*. The new book from *PREVENTION* is about the easiest way ever to lose all of your excess pounds—and keep them off for good. Want to see the entire story? For a **FREE 21-Day Preview**, just mail back the **FREE WEIGHT-LOSS Certificate** inside the back cover of this report.

MARILYN MONROE KNEW that building muscle was the best way to keep a young, trim figure.



STRETCHING
is the quickest
and easiest
way to look
fit and feel
younger.



Stretching Made Easy!

Of all the things you can do to strengthen your muscles, look fit, and feel younger, stretching is by far the quickest and easiest. Unfortunately, it's also the most overlooked—and that's a serious mistake. Exercising your muscles without stretching can actually make them tighter. And tight muscles are more prone to injury.

Stretching is also the magic cure for people who sit all day in cars, at desks, at computers, and in front of the TV. This not only makes us overweight, but shortens our muscles and rounds our shoulders so we become stiff and hunched over.

Stretching—even for a few moments—will reverse these ill-effects. (That's why yoga is so popular these days.) Stretching makes your body more beautiful. You stand taller, appear slimmer, and move more freely when you stretch regularly. The more limber you are, the younger you feel.

For the best ways to stretch, turn to PAGE 94 of the GET THIN, GET YOUNG PLAN. You'll read how to make your body young again in just minutes.

comes to losing weight, this trick will take off the pounds just as fast. It's revealed on PAGE 218.

Discover the Power of "Play"

Want to stay "young at heart" forever? Then start acting like a kid again. That's the advice from researchers who found that playing more is the key to staying active, looking younger, and improving your health. You'll even feel like a kid again. And, most amazingly, studies show that your heart, arteries, brain, and other organs will actually be younger, too.

That's why the GET THIN, GET YOUNG PLAN takes a refreshingly different approach to fitness. It's based on enjoyment and play, not work and effort. Fitness this way won't require effort, struggle, or willpower. On the GET THIN, GET YOUNG PLAN, you'll feel so good, that you'll actually want to get moving, be more adventurous, and try new activities. *You might even surprise yourself and want to exercise.* And if you do, the GET THIN, GET YOUNG PLAN is ready to help you do it right.

NOT AVAILABLE IN BOOKSTORES!

**FREE, 21 DAY
HOME TRIAL!**



No risk. No commitment. Just return the "Free Weight-Loss Certificate" inside the back cover of this booklet.

Muscles Are a Girl's Best Friend

Most people don't know that Marilyn Monroe lifted weights. She didn't do it to get bigger muscles. She just knew that building muscle may be the best way to keep a young, trim figure. **That's because each pound of muscle on your body burns about 50 calories a day (even when you're just sitting around!)—compared to only two calories for a pound of fat.** So, the more muscle you have, the more calories you'll burn—even during sleep.

Problem is, after age 40, you start losing muscle every year. That's why it's easy to get fat. The only way to reverse this loss is with strength-training.

The Beauty of Weights

Strength-training not only gives your body a bigger calorie-burning furnace—it also gives you a better looking body. *And it doesn't take long!* You'll see improvement in just 4 to 6 weeks. By then, your body will be burning fat again, just like when you were younger. And you'll be looking and feeling younger, too.

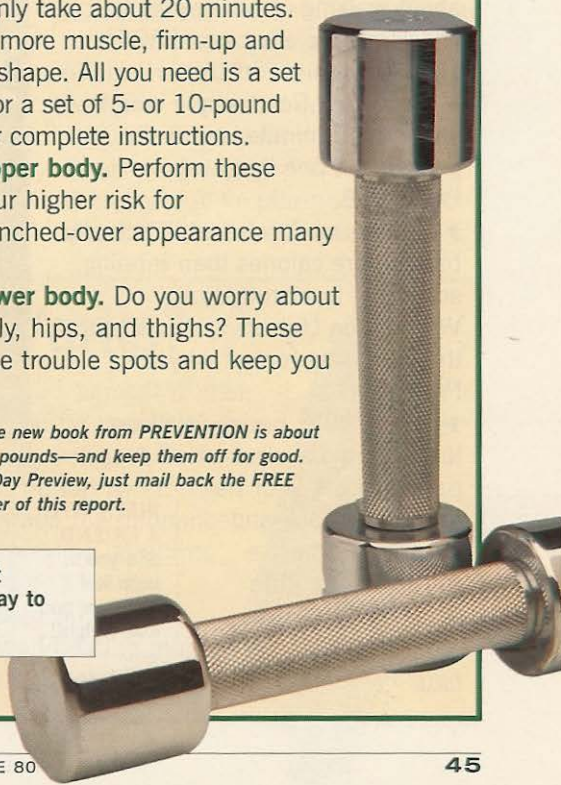
Think you don't have time for strength-training? *Not true!* The GET THIN, GET YOUNG PLAN will show you a few simple exercises you can do right in your living room. They'll only take about 20 minutes. That's all you really need to build more muscle, firm-up and trim down your body, and stay in shape. All you need is a set of 4- or 6-pound medicine balls (or a set of 5- or 10-pound dumbbells). Turn to PAGE 135 for complete instructions.

▶ **Best five exercises for your upper body.** Perform these motions and you'll *neutralize* your higher risk for osteoporosis—as well as that hunched-over appearance many older women get.

▶ **Best five exercises for your lower body.** Do you worry about putting extra pounds on your belly, hips, and thighs? These targeted movements will hit these trouble spots and keep you trim and toned.

—From the *GET THIN, GET YOUNG PLAN*. The new book from *PREVENTION* is about the easiest way ever to lose all of your excess pounds—and keep them off for good. Want to see the entire story? For a **FREE 21-Day Preview**, just mail back the **FREE WEIGHT-LOSS Certificate** inside the back cover of this report.

MARILYN MONROE KNEW that building muscle was the best way to keep a young, trim figure.



Speed Up Your Weight Loss

Nothing will speed up your weight loss like exercise. It dramatically increases your metabolic rate so you can eat more food without gaining an ounce. Besides improving your health in myriad of ways, exercise really re-shapes your body fast. But the benefits go way beyond your waistline.

Besides blasting away those pounds, exercise fights many of the

health problems that can sneak up on you after age 40. It lowers your cholesterol. Reduces blood pressure. Soothes hot flashes. Calms mood swings, reverses bone loss that causes osteoporosis, and protects you from heart disease and cancer. *"If all the benefits of exercise were available in a pill, I wouldn't be able to write prescriptions fast enough,"* says Dr. James Rippe of Tufts University School of Medicine.

Walking Rules!

When it comes to losing weight and getting fit, walking is tops. It's the simplest exercise you can do. And if you do it daily, you'll lose weight, burn calories, have more energy, lower your risk of chronic disease, reduce your need for medication, boost your brain power, calm your nerves, improve your mood, and live longer. For the very latest about walking off your weight, check out the advice on PAGE 104. You'll discover. . .

► **Go short.** Read why a couple of short 10-minute walks are better than one long walk. PAGE 108.

► **Don't run.** A brisk walk actually burns more calories than running, according to a study from Washington University. You'll read the surprising reason why, on PAGE 106.

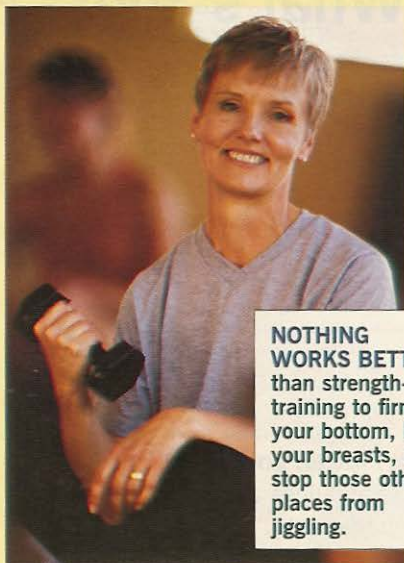
► **A healthier heart.** Walking just 3 hours a week at an easy pace can cut your risk for heart attack and stroke by almost a third. Walk a little faster and you'll reduce these risks by half. PAGE 106 tells more.



**WALK WITH
A FRIEND**
and you'll
both feel
healthier and
lose weight!

MYTH: "AEROBIC EXERCISE IS THE BEST WAY TO LOSE WEIGHT."

That's just not true. Many experts now believe that strength-training is best, because it burns more calories over a 24-hour period. And only strength-training really changes the way you look. So, it's perfect for fighting the effects of age and gravity—especially in specific body parts that you want to make better. Nothing works better to firm your bottom, lift your breasts, and stop those other places from jigglng. Want to see how easy it is to firm up and slim down your problem areas? Turn to PAGE 139 of the GET THIN, GET YOUNG PLAN for the easy directions.



NOTHING WORKS BETTER than strength-training to firm your bottom, lift your breasts, and stop those other places from jigglng.

More Good News: It's Easy!

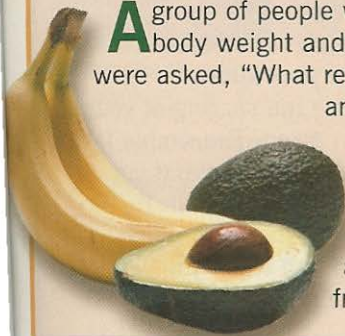
You'll find everything you'll need to get started, and keep going, in the GET THIN, GET YOUNG PLAN—even if you've never exercised before. And over on PAGE 80, you'll discover the greatest tip of them all: how to stay

active for life. Remember, half of all new exercisers quit within the first 6 months. So, knowing this secret will give you a real edge.

And what about the lulls and snags you're bound to hit along the way? We've planned for that, too. PAGE 80 brings you the

What Really Works?

A group of people who lost 25 percent of their body weight and kept it off for nearly 5 years, were asked, "What really, really works?" Their answer: The top two things that made the difference over previous attempts that didn't work: Frequent physical activity and eating more fruits and vegetables.

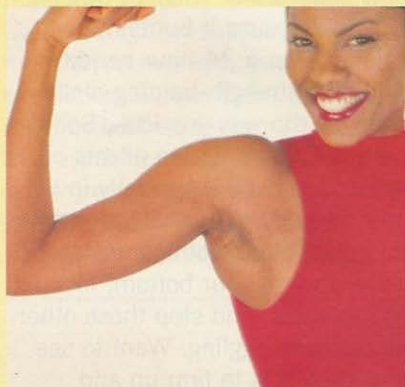


What's Your "Problem Area"?



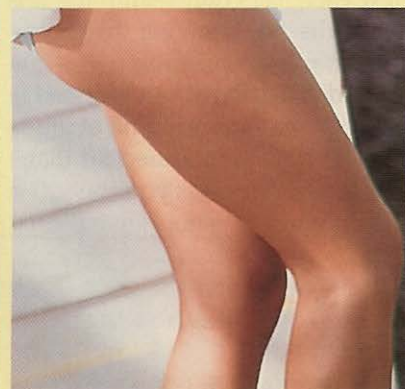
► Flatten your belly.

Belly bulges are America's number-one "problem spot." But there's an easy solution. You'll discover the single best way to flatten your tummy on PAGE 336.



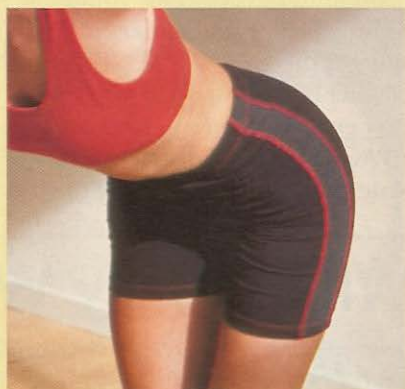
► Bye-bye "batwings."

PAGE 366 tells the best way to firm and tone that jiggly upper arm. *These are the very best.*



► Re-size your thighs.

Doing a thousand leg lifts *won't* thin your thighs—it will only give you tired legs. But you can make a big difference simply by doing these exercises that target, tone, and slim your thighs. They're on PAGE 360.



► Tighten your tush.

Don't blame the sagging of your bottom on aging. The simple fact is: the butt is a muscle. If you don't use it, you'll lose it. If you want to have the high, round tushie you had when you were younger, don't miss PAGE 342.

proven tips for staying with it. For example...

► **Get started right.** You won't "burn out" if you follow these tips. Your muscles will feel energized and invigorated, rather than sore and fatigued. Turn to PAGE 81.

► **What's your "exercise personality"?** Picking an exercise activity that you love is the key to staying with it. So, which exercises are best-suited for your personality? Now, a prominent sports psychologist has created an ingenious "What's Your Fitness Personality?" quiz that will tell you in a matter of minutes, on PAGE 101.

► **Work out at home.** Not quite ready to join a gym? *No problem.* You'll lose more weight by exercising in your own home, anyway. A study of overweight women found that home-based exercisers lost 10 more pounds than those who went to the gym. Want to set up a small area for exercise in your home? PAGE 52 has all the help you'll need.

**"STRENGTH
BALL"
CONTEST
GIVEAWAY!**

(See page 8 of this report for details.)



15 Fun Ways To Burn 100 Calories

You can play away the pounds in no time with these summer activities.

ACTIVITY	MINUTES*
Playing volleyball	11
Hiking with a light backpack	13
Playing doubles tennis	15
Planting flowers	18
Rafting down a river	18
Playing badminton	20
Coaching kids' soccer	22
Fishing	22
Horseback riding	22
Flying a kite	29
Playing miniature golf	29
Strawberry picking	29
Bird-watching	35
Building a campfire	35
Swinging in a hammock	88



*based on a 150-lb person.

WIN THE "Mental Game" OF WEIGHT LOSS

The greatest weight-loss secret of all is that it's a "mental game." *Why?* Because what goes into your mouth is often determined by what's in your head.

For instance, did you know that hating your body—a common reason for wanting to lose weight in the first place—can secretly sabotage your weight-loss success? Or, that stress is the biggest obstacle to losing weight?

Most diets don't bother with the

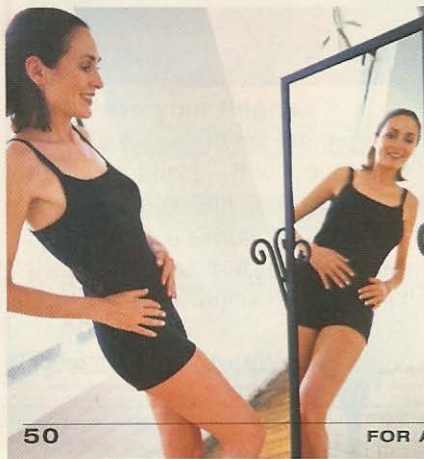
hidden emotional and psychological factors that keep us heavy. But these issues hold the key to getting slim—and staying there for life. That's why the GET THIN, GET YOUNG PLAN does. It gives you practical advice for addressing these all-important issues head-on. So, here's another crazy-sounding idea that will really pay off for you. . .

"Crazy Weight-Loss Secret #9:

***Start "thinking thin"
—and your body will follow***

Changing your body starts with changing your mind. Experts have discovered that there are certain attitudes, beliefs, and behaviors that all weight-loss "winners" share. And these mental traits are very easy to develop, once you read how. For example. . .

► **The right goals.** Don't make losing weight your goal, psychologists advise. You'll have much better success if you focus on



**THE BETTER
YOU FEEL
ABOUT YOUR
BODY,** the
more likely
you are to
succeed at
losing weight.



NOTICE: The weight-loss secrets you'll read about in these pages are only a few of the exciting new findings described in *PREVENTION*'s breakthrough new book, the **GET THIN, GET YOUNG PLAN**. It features new discoveries and unconventional techniques from America's leading weight-loss experts, M.D.s, and scientists that make losing weight easier than it has ever been before. **FREE 21-DAY**

PREVIEW: You are invited to inspect the entire book without risk or obligation for a 21-day Free Trial. Simply return the **FREE WEIGHT-LOSS Certificate** inside the back cover of this report.

**NOT SOLD IN
BOOKSTORES!**



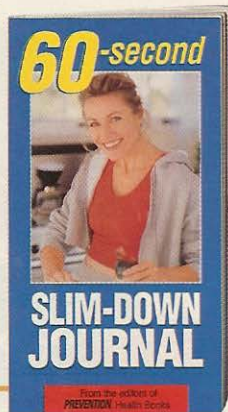
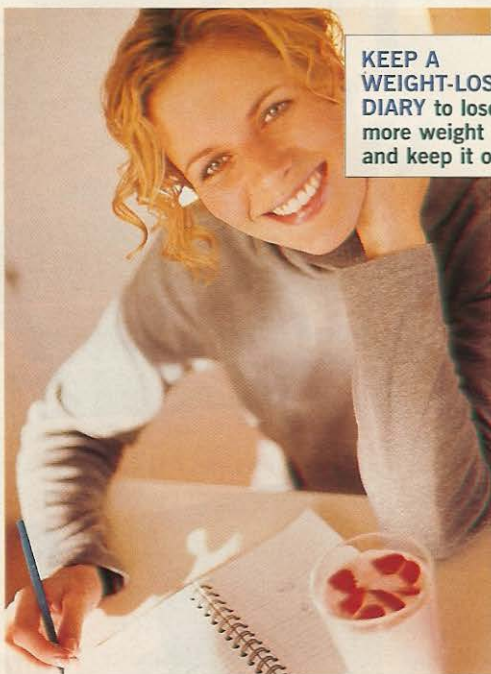
The Write Stuff

Keeping a weight-loss diary will help you lose more weight. Here's proof: During a 10-week study, researchers found that people who kept detailed food diaries lost 64 percent more weight than those that didn't. That's a lot of extra weight! Another study found that this was the only technique that allowed people to keep the weight off for up to 2 years.

Why It Works:

We don't always notice the little things we eat or do. So, a weight-loss diary acts like a mirror—but only if you utilize it correctly. On PAGE 30, you'll read how to set up a diary that motivates you. . . helps you map out your progress. . . and keeps track of your success and pitfalls. You'll see how to use it to create a successful eating and exercise plan for yourself. And you'll learn how to use your diary to uncover hidden emotional issues which may be "eating" at you. You'll lose more weight, as well as the hidden issues that may be weighing you down.

**KEEP A
WEIGHT-LOSS
DIARY to lose
more weight
and keep it off!**



YOUR FREE GIFT!

This handy weight-loss journal makes it easy to keep track of your eating and exercise, as well as underlying emotional issues. Studies show that referring to it daily can help you *lose 64 percent more weight!* We'll send you a copy of *The 60-Second Slim-Down Journal* ABSOLUTELY FREE when you mail back the FREE WEIGHT-LOSS Certificate at the back of this report. (Contents fully described for you on page 80 of this report.)

these long-term health-building goals, instead. *"These aren't focused on weight loss, but if you accomplish them, the weight will come off... and you'll keep it off for life,"* says Dr. Raymond C. Baker, Ph.D., clinical psychologist. Which goals should you aim for? See PAGE 21.

► **Feel good about your body.** Learn these little tricks to feel great about your body now—before you lose the weight. It will double your chances of success. That's the word from a Stanford University study. It found that people with high self-esteem were more than twice as likely to lose weight. If you're not feeling as good about yourself as you'd like to, be sure to see PAGE 131. You'll find some instant tips for brightening your self-image.

► **A "young" attitude.** You'll read how to re-train your brain to think thinner and younger. *"Once your thoughts start moving in this direction, your body will quickly follow,"* says certified fitness instructor Lynne Brick. PAGE 169 tells how to shape up your thinking.

► **Uncover your hidden "triggers."** Do you overeat when you're stressed? Do you blow off exercise when you feel tired? Does watching TV automatically send you to the refrigerator? These unconscious triggers are a big reason why people gain weight. They can ruin all your progress if you're not careful. But with the psychological "counter-tactics" on PAGE 71, you'll be able to nip these saboteurs in the bud. Don't miss these.

How Your Mind Can Make You Thin

Olympic athletes visualize themselves winning even before they compete. And it works. Now, you can use these same visualization secrets to program your subconscious mind for weight-loss success. It's amazing!

"By picturing yourself with a slim body, you'll find your appetite will decrease and your desire to exercise will increase," says this New York City doctor and expert in visualization.

"You will see and feel what it's like to be thinner and younger." Best of all, this little mental exercise is easy to perform and requires no physical effort at all. He guides you, on PAGE 331.

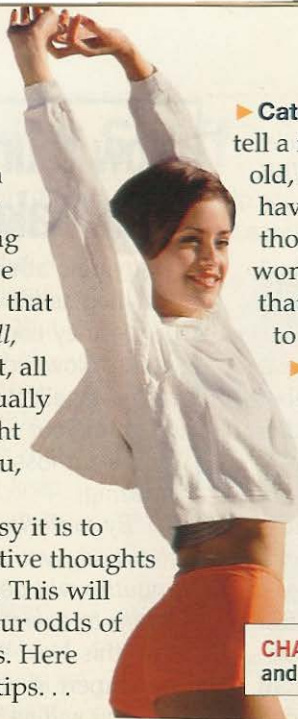


VISUALIZE YOURSELF as a weight-loss winner and you will be.

The Power of "Self-Talk"

Do you stand in front of the mirror with a disapproving scowl, poking those parts of your body that you don't like? *Well, you're not alone.* But, all that negativity actually makes losing weight harder. If this is you, turn to PAGE 130.

You'll read how easy it is to replace those negative thoughts with positive ones. This will greatly increase your odds of weight-loss success. Here are a few of those tips...



► **Catch your language.** You'd never tell a friend that she looks fat and old, so why tell yourself? If you have any of these negative "fat thoughts," PAGE 131 describes a wonderful psychological antidote that works like mental medicine to stop them.

► **Challenge your "bad thoughts."** Some people think: "I am a bad person because I can't lose weight." But thoughts like these can sink your program. Next time you feel this way, just do this... (The

CHALLENGE YOUR BAD THOUGHTS
and you will succeed at weight loss.



A Tale of Two Sisters

Two sisters, both of whom lost 20 pounds, go to their mother's house for Thanksgiving. The table overflows with turkey, gravy, sweet potatoes, and pumpkin pie. Both sisters eat until they feel like they are about to burst. And both feel guilty. But only one of these women will regain the 20 pounds she lost. Why? What will make the critical difference? For the surprising secret, turn to PAGE 434 of the GET THIN, GET YOUNG PLAN.

The Stress Response

Watch out for stress! It's the number one cause of overeating. That's confirmed by California researchers who studied women who had lost weight, yet regained it. Over 70 percent of the women said they ate unconsciously in response to stress and emotions.

IF YOU HAVE HOPES OF LOSING WEIGHT, you've got to get a handle on your stress, and the GET THIN, GET YOUNG PLAN will show you the best ways.

So, if you have hopes of losing weight, you've got to get a handle on your stress. And the GET THIN, GET YOUNG PLAN can be a big help. You'll discover today's best ways to lower your stress, so you can keep your weight-loss program on course. The simple relaxation techniques described on PAGE 307 will show you how. Use them as an immediate reaction to stressful events, instead of turning to food. Or, as a daily mind-calming exercise, they'll give you enough serenity so that you think



before you eat. (Use them at bedtime to help you fall asleep.) Just one minute of these little "tune-ups" will keep you on an even keel, even when the pressure starts building. Follow the easy directions on PAGE 308.

psychological trick is described on PAGE 131).

► **Splurge on yourself.** Studies show that people who dislike their bodies withhold nice things from themselves as a form of punishment. *This just makes you feel worse.* Psychologists say you'll lose more weight if you reward yourself often (on PAGE 131). Not only will this lift your spirits, but it'll make you feel better about your body. *You deserve it!*

► **Check your reality.** A woman might say: "No one will ever love me because I'm fat." When you find yourself equating your body with dread and doom, pick yourself up with something that psychologists call a "reality check." It's explained on PAGE 131.

► **More on PAGE 132.** You'll find dozens of other powerful ways to build your self-esteem and positive self-image. Whatever you do, please don't miss this.



FIND THE TIME TO COOK AND EAT PROPERLY.

You can do it. On PAGE 275, a time-management expert reveals some ingenious ideas that get you all the time you need—without shirking your present duties. Just follow these five simple steps.

"Crazy Weight-Loss Secret" #10: ***Setbacks are the key to success***

Most people get sunk by setbacks and "slips." Once they overeat or skip a few days of physical activity, they chuck the whole thing. *Don't let this happen to you.* You see, setbacks aren't the end of a weight-loss effort, they are part of the process. In fact, there's a way to use your setbacks to actually increase your chances of success. You'll find it on PAGE 20. Once you learn this "crazy secret," nothing will stand in your way again.

How TV Makes You Fat

Your TV is more dangerous than your refrigerator, when it comes to sabotaging your weight-loss efforts. Numerous studies have linked television watching to weight gain and obesity. And a University of Minnesota study found that the amount of time women spend watching TV can actually predict how much weight they will gain. But you can turn your TV time into weight-loss time if you follow these clever tips. PAGE 274 has some brilliant

strategies—from healthy, low-cal snacks to fat-burning activities you can perform while you watch your favorite shows.

Here are some other tips from the GET THIN, GET YOUNG PLAN that will help you win the mental game of weight loss. . .

► **The "smartest" snacks.** These snacks stabilize your blood sugar and balance your brain's chemistry better than any others. Munch these instead of the junky kind, and you'll keep your brain in high gear all day, level out your moods, and tame your weight. See PAGE 72.



TURN YOUR TV TIME INTO WEIGHT-LOSS TIME by following the clever tips on PAGE 274.

► **Conquering your temptations.** What if your spouse or friends continually tempt you with cookies and other treats—and “no, thanks” won’t deter them? A leading psychologist advises you to simply say this and they’ll never try it again. See PAGE 333.

► **The food craving trick.** Next time you feel an irresistible food craving coming on, just do this for a few seconds. The craving will pass and you’ll be safe. *Works like a charm!* See PAGE 69.

► **More time for you.** Where will you find the extra time to exercise? To cook and eat properly? To relax? Can you really do it on such a busy schedule like yours? *Yes—and it will be easy!* On PAGE 275, a time-management expert reveals some ingenious ideas that get you all the time you need—without shirking your present duties. Just follow these five simple steps.

► **Survive the holidays.** This one little trick kept people from overeating or gaining weight during Thanksgiving and Christmas. *It’ll work for you, too.* You’ll find it on PAGE 28.

► **If you’ve failed before.** Have you tried to lose weight in the past, without much success? That’s no problem. The GET THIN, GET YOUNG PLAN has a special plan for you. This super-easy technique allows you to do the absolute minimum so that you stop gaining weight. Then, it gradually prepares you for the weight-loss phase when you are ready. See PAGE 117.

► **Short-circuit emotional eating.** Psychologists report that when people begin a new weight-loss program, they can be more

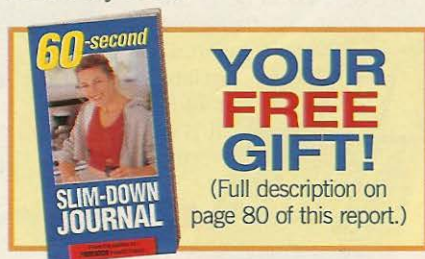
vulnerable to emotional eating. So, get ready—but *don’t worry!* Beginning on PAGE 72, you’ll read about three easy ways to use certain foods to prevent an emotional attack, so you don’t go out of control.



► **What’s “eating” you?** All of us turn to food once in a while when we’re anxious, bored, lonely, or angry. Unfortunately, emotional eating makes us fat. On PAGE 70, you’ll discover one of today’s best do-it-yourself psychological techniques to neutralize the emotional impulses that cause us to eat. You’ll see how to feel better without turning to food for comfort.

Want to See More?

Dozens of other brilliant tips like these await you in the GET THIN, GET YOUNG PLAN. The sooner you read them, the sooner you can put them to work. So, I hope you’ll send for your 21-Day Free Trial look very soon.



How Getting Thinner Will Make You Younger

Suppose you could take a harmless pill that would make you years younger. You'd swallow it, wouldn't you? Well, if ever there were a Fountain of Youth right in our midst, losing weight is it. Here's why...

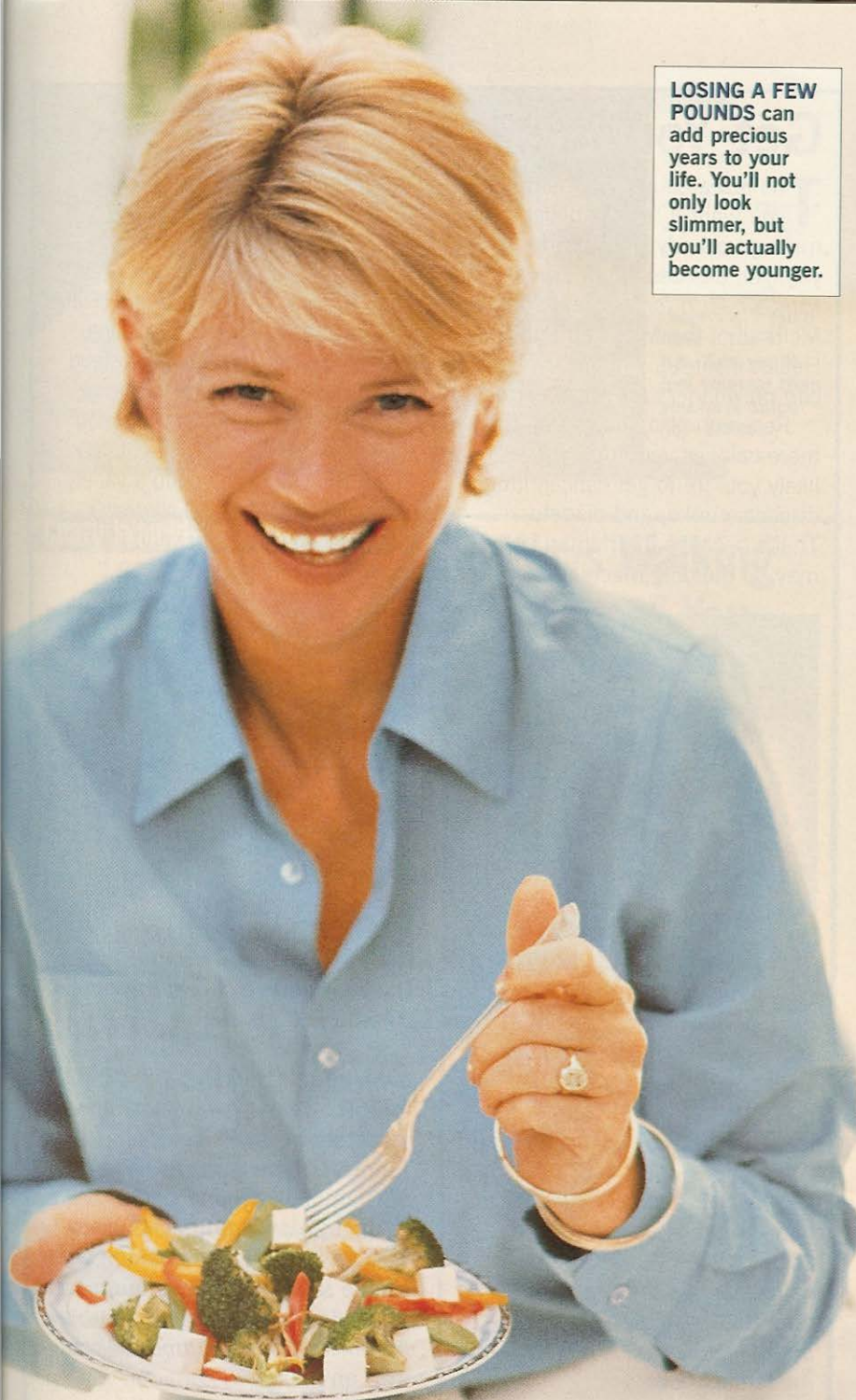
FREE, 21-DAY PREVIEW: You can examine every exciting, new weight-loss discovery in the GET THIN, GET YOUNG PLAN—**FREE FOR 21 DAYS.** Just return the FREE WEIGHT-LOSS Certificate inside the back cover of this report. (This book is available exclusively from PREVENTION. It is not sold in bookstores.)



**AVAILABLE
DIRECT FROM
PREVENTION
ONLY!**

Scientists are shocked to find that people who are overweight are aging faster than their years. Those extra pounds actually speed up the aging of the heart, arteries, brain, and other organs. They also encourage the growth of breast tumors and prostate cancer. To add insult to injury, lugging around those extra pounds zaps your energy, making you feel tired and fatigued.

So, how would you like to reverse this unhealthy trend right away? Well, you can. New research shows that simply losing a few pounds can subtract some of that extra mileage off your body—and add precious years to your life! You'll not only look slimmer, but you'll actually become younger. Now, hear this...

A woman with short, blonde hair is smiling warmly at the camera. She is wearing a light blue button-down shirt. In her left hand, she holds a silver fork, and in her right hand, she holds a small white plate with a silver rim. The plate contains a salad of broccoli, yellow bell peppers, red bell peppers, and white cubes of cheese. She is also wearing a diamond ring on her left ring finger and a gold bracelet on her right wrist.

LOSING A FEW POUNDS can add precious years to your life. You'll not only look slimmer, but you'll actually become younger.

Get Younger Faster

The research is overwhelming. If you want a "magic bullet" to make your body thinner and younger, exercise is it. "*Exercise is truly a health tonic*," says John D. McPhail of the Michigan Public Health Institute. "*Small daily doses can do wonders for your health.*"

Research also shows that the more calories you burn, the less likely you are to get cancer, lung disease, stroke, and diabetes. That's because the human body may be the only machine that lasts

longer the more you use it. By moving your body as often as you can, you become trimmer and lighter, instead of heavier and slower. Your arteries will remain supple and clear, instead of hardening and blocking. Your bones will get stronger, instead of weaker. You'll have more energy, instead of less. *How can you do all this?* The GET THIN, GET YOUNG PLAN will introduce you to a variety of fun activities that will slim your body and energize your youthful spirit. For example. . .



Bicycling. *Calories burned:* 400 to 500 an hour at a moderate pace.

Walking. This is, by far, the easiest exercise you can do. It's non-stressful on your joints and you can do it absolutely anywhere. *Calories burned:* 200 to 400 an hour, at a brisk pace.

Jogging. Lets you burn more calories in a shorter amount of time than walking. *Calories burned:* 500 to 600 an hour at a moderate pace.



Dance. *Calories burned:* About 375 an hour.

Swimming. *Calories burned:* 400 to 550 an hour, swimming slow to moderate freestyle laps.

Tennis. *Calories burned:* About 500 an hour, playing singles.

Hiking. *Calories burned:* 400 to 500 an hour, at a moderate pace.

In-line skating. *Calories burned:* 400 to 600 an hour.

Aerobics. *Calories burned:* About 450 an hour.



TENNIS, ANYONE?

Playing tennis a couple of times a week can make you 20 pounds lighter in one year without "exercise." You'll have a ton of fun. And you'll feel younger than you have since high school.

"Crazy Weight-Loss Secret" #11:

*Losing weight will
make you younger*

It's true! You have the power to roll back the clock simply by losing a little weight. And the GET THIN, GET YOUNG PLAN shows you how to "de-age" your body and *reverse your aging process*. As your pounds melt away, you'll feel wonderful improvements in your energy level, your skin and muscle tone, your enthusiasm, your blood pressure and cholesterol—all vital signs of youthfulness. Your life will be filled with more pep, more fun, and more adventure than you've had since your teen years. You'll look and feel like you did 10 or 20 years ago!

Get a New Outlook on Life

Have you ever met someone and gasped with surprise when you learned that their age was much older than you thought? Most times, it's not just their physical appearance that makes them appear younger—it's also the way they act, the energy they have, and the positive enthusiasm

8 Ways Walking "De-Ages" You:

1. Reduces excess weight.
2. Lowers your blood pressure.
3. Cuts your cholesterol.
4. Boosts energy.
5. Gets you outdoors.
6. Reduces your stress.
7. Improves your sleep.
8. Relieves your aches and pains.



they project. *Soon, you will, too!*

You see, it's easy to get into a rut as we grow older. But the GET THIN, GET YOUNG PLAN will show you how to climb out now—or avoid that trap entirely. It helps you rediscover the playful, free spirit you had when you were younger. You'll see how to re-train your mind to think younger. How to open yourself up to new adventures. . . new foods. . . new activities—plus youthful beauty looks and fashion styles.

Little by little, week by week, you'll discover new ways to enjoy life and love your body. These tiny victories will fuel your desire to make other positive changes in your health and in your life. With just a few easy steps every day, you'll lower your risk of middle-age diseases, drop dress sizes, and feel more energized than you have in decades.

Get Young at Heart

You're going to succeed in so many important ways because the GET THIN, GET YOUNG PLAN

makes you feel good every step of the way. Most weight-loss programs and diets don't. The food is boring and restrictive. The exercise feels like drudgery. You need to sacrifice and use lots of willpower. No

wonder most folks quit or cheat! But this plan is different. It's based on one secret key that will revive your youthful

GET OUT OF THAT RUT!

Losing weight can be fun if you let it. Try new adventures. . . new foods. . . new exercises.

spirit—no matter how old you are. Just turn to PAGE 169 to discover it. It will have you acting and feeling like a kid again, so you stay young at heart for life.



"PLAY" YOUR POUNDS AWAY. Adding a little play to each day can help you lose weight better than a structured exercise program. In a groundbreaking study at Johns Hopkins University, overweight women who simply started walking, gardening, or generally being more active about 30 minutes a day lost as much weight—about 18 pounds—as a similar group who did step aerobics three times a week.

How Muscles Make You Young

You probably already know that having muscle makes your body look younger. But did you realize that it also gives you a younger-functioning body, too? *It's true.* Having just a little more well-toned muscle gives you more energy and makes losing weight a lot easier. That's because muscle tissue is where most of your calories are burned. Here are some other reasons to add a little more muscle to your frame. . .

► **Builds younger bones.** Strength-training is the best way for women to keep their bones strong and prevent osteoporosis.

► **Boosts brain power.** People who participate in regular strength-training are less likely to develop Alzheimer's disease.

► **Strengthens your joints.** Strength-training helps keep joints strong and pain-free—actually eliminating many aches and pains.

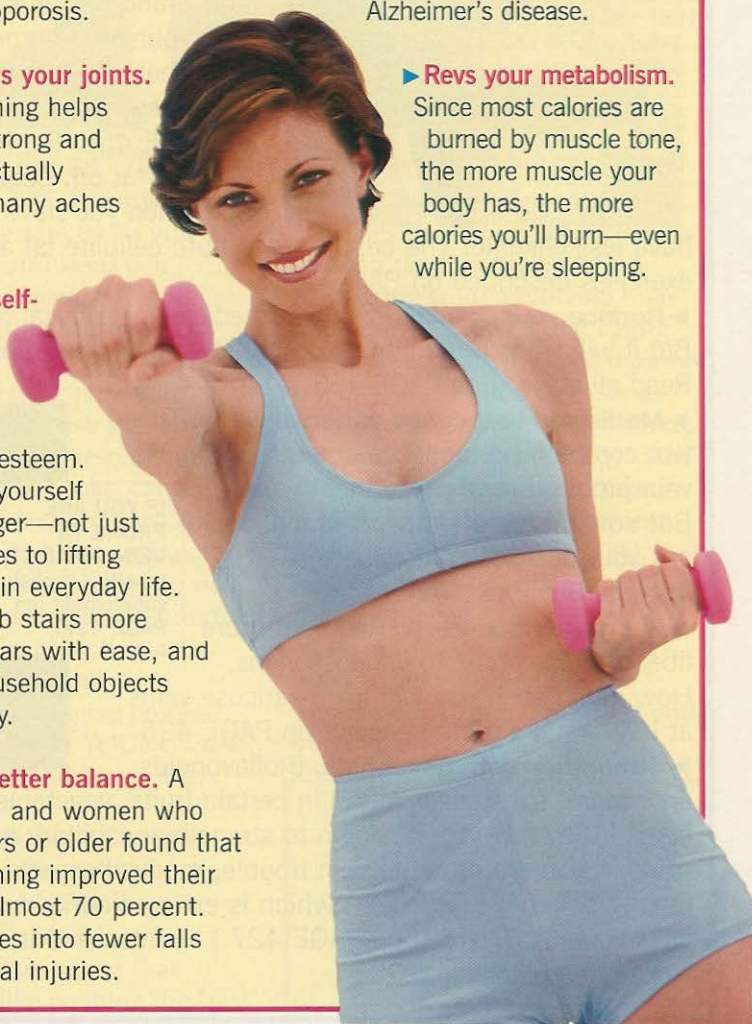
► **Improves self-confidence.**

Resistance training is great for building self-esteem. You can see yourself getting stronger—not just when it comes to lifting weights, but in everyday life. You can climb stairs more easily, open jars with ease, and lift heavy household objects without injury.

► **Bestows better balance.** A study of men and women who were 70 years or older found that strength-training improved their balance by almost 70 percent. That translates into fewer falls and accidental injuries.

► **Revs your metabolism.**

Since most calories are burned by muscle tone, the more muscle your body has, the more calories you'll burn—even while you're sleeping.



The Cellulite Solution



More than 85 percent of adult women develop at least a little cellulite somewhere on their lower body. But that doesn't mean you have to spend the rest of your life in sarong skirts and long beach cover-ups. We now have ways to reduce cellulite—and to minimize its appearance, so that your legs look younger, trimmer, and smoother. You'll read all about these new discoveries beginning on PAGE 458. For instance. . .

► **"Burn" it off.** Cellulite is fat—and when you have less fat, you

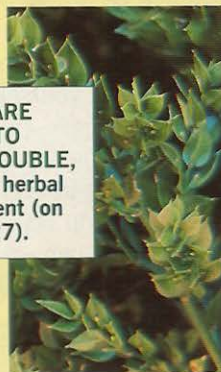
have less cellulite. The best ways to burn cellulite fat are two exercises described on PAGE 461.

► **Reduce your cellulite.** It's not a medicine or surgical technique. But it will smooth out bumpy cellulite tissue on your hips and thighs. Read all about it on PAGE 463.

► **Medicines that cause varicose veins.** These two common hormone treatments can cause vein problems and make them worse. But now there's a simple solution. Just ask your doctor to prescribe this instead. See PAGE 426.

► **Eat more fiber.** People who eat more fiber are less prone to varicose veins. How much each day will keep varicose veins at bay? You'll find the answer on PAGE 425.

► **Strengthen with flavonoids.** Bioflavonoids are natural substances found in certain fruits, vegetables, and herbs. They have been shown to strengthen capillary and vein walls. If you are prone to vein trouble, medical experts suggest you take this herbal supplement which is extraordinarily rich in bioflavonoids. (Named on PAGE 427.) You can find it in your local natural food store.



IF YOU ARE PRONE TO VEIN TROUBLE, take this herbal supplement (on PAGE 427).



"THE BENEFITS OF WALKING ARE DRAMATIC!" So says Dr. James Rippe of Tufts University School of Medicine. Moderate walking will give you a younger heart and arteries. . . healthier blood sugar. . . better, sounder sleep. . . and fewer aches and pains. For some valuable tips on how walking can make you younger, turn to PAGE 168 of the GET THIN, GET YOUNG PLAN.

"Youth Foods" That Make You Younger

Are there certain foods you can eat that make and keep you young? Researchers say YES! Studies show that these foods (described on PAGE 191) have the power to *reverse the premature aging of your body*. They also prevent a variety of serious, age-related diseases (such as stroke, cancer, and diabetes). A study of 68,782 nurses found that those who ate them, had a 34 percent lower risk of heart disease. Isn't it wonderful to know that just one tiny action like this can give you a huge advantage over the aging process? The GET THIN, GET YOUNG PLAN will show you many, many others.

Eat Less, Live Longer

Want to live longer? Then, just eat a little less. It's that easy, according to recent scientific research. Doctors report that overeating is like pushing the "fast"

button on your body's aging process. But this new research indicates that *eating just a little less food* can slam on the brakes. A fascinating study involving men and women showed that eating less food actually lowered their risk for such age-related diseases as heart disease, stroke, and diabetes. And the people in the study didn't starve themselves to see those results. They ate just 20 percent fewer calories! *If you eat 2,000 calories a day, that's like giving up your morning bagel!*

Want to see some other easy ways to get younger and live longer? Just turn to PAGE 124 and you'll get an eyeful!

"STRENGTH BALL" CONTEST GIVEAWAY!

(See page 8 of this report for details.)



Fashion Secrets **THAT** *"SLIM"* **YOU**

Here's a crazy surprise: You don't have to lose a single pound before you start looking thinner. You can start the moment your copy of the GET THIN, GET YOUNG PLAN arrives at your home.

Want to see how you can look thinner and younger instantly? Just turn to PAGE 412 and get ready to discover dozens of make-up tricks and fashion secrets that can "slim" you so quickly that your friends will think you had overnight liposuction. *We're talking immediate results!*

Unfortunately, most women don't know these secrets. Instead, they fall into the trap of wearing baggy clothes and tent-like dresses, trying to hide their bulges. But this can actually make you look larger (and older) than you are. Please don't make this mistake! You can be stylish and fashionable, even if you're not as thin as you'd like to be, yet. *And why shouldn't you?* The trick is to pick the fabrics and fits, colors and cosmetics that create the illusion of slimness. Let me give you some examples from the book. . .



The **GET THIN,**
GET YOUNG PLAN
will introduce you
to dozens of make-
up tricks and
fashion secrets that
can "slim" you so
quickly.

NOT AVAILABLE IN BOOKSTORES!

**FREE 21 DAY
HOME TRIAL!**



No risk. No
commitment.
Just return the
"Free Weight-Loss
Certificate" inside
the back cover of
this booklet.

Clothes That "Mimic" Weight Loss

Fashion experts agree on two things: If you wear things too tight, you'll look large—and if you wear things too big, you'll look large. So, *what do you do?* How can you look smaller and thinner? Beginning on PAGE 160 of the GET THIN, GET YOUNG PLAN, you'll discover some amazing clothing secrets that work like magic to conjure up the appearance of slimness. For instance. . .

► Flatter your body type.

The first thing you must determine is: "What's my body type?" (PAGE 161 has the answer.) From there, it's much easier to know which



DON'T HIDE YOUR FIGURE! Instead, accentuate your waist with this type of blazer. Or, wear skirts that hit just above your. . .

cuts and styles "slim" you—instead of those that draw attention to your problem areas. *Please, don't buy another piece of new clothing until you see this all-important information!*

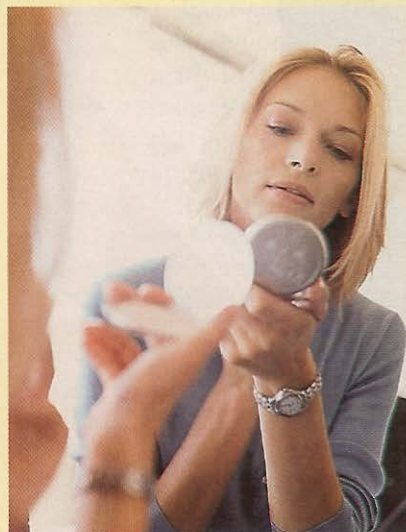
► **Don't try to hide.** Some women wear long shirts over long skirts to hide their figure. But this strategy doesn't really work. Your waist gets lost and you'll look even shorter. Instead, accentuate your waist

with this type of blazer. Or, wear skirts that hit just above your. . .

(continued on

PAGE 162).

Subtract a Double Chin



Expert make-up artists play down a double chin or a full face by making your face look more sculpted. One way is to create a shadow effect under your cheekbones. Start with a powder that is a shade darker than your face. (Our experts recommend taupe eye shadow, which is a perfect shading color for many women.) After putting on your base and concealer, apply the powder directly underneath the jawbone with a big fluffy brush. Both techniques require a good bit of practice, so be sure to get all the details on PAGE 208.

► **“Weighty” fabrics.** These types of fabrics actually give you the appearance of looking heavier. *Who needs that?* PAGE 163 tells which ones to shun—and those to choose if you want to appear thinner.

► **Frame your face.** Wearing this type of collar will lift people’s attention to your face, instead of your body. See PAGE 162.

► **Thin your thighs.** To minimize the size of your thighs, choose pants that fit like this. But stay away from pants that taper at the bottom. You’ll read why—plus more tips—on PAGE 162.

► **Don’t be so hip.** Many women make this mistake without realizing that it makes their hips look wider. Instead wear this to slim your hips. PAGE 162.

► **“Slimming” colors.** Everyone knows that wearing black is slimming. But there are other colors that can do that too—and they’ll

make you look younger, too. For instance, if you wear a solid color, such as dark green, wine red, navy blue, royal purple, or teal—it molds to your body and gives you that lovely “shadow effect” (described on PAGE 164). But please be careful: these light, pastel colors tend to age you. Don’t miss this.

USE COLOR TO LOOK YOUNG AND SLIM! Colors such as . . . (described on PAGE 164) will mold to your body and gives you that lovely “shadow effect.”



Lose 10 Pounds Instantly

Want to take off 10 pounds and 10 years from your appearance immediately? All you need is the right bra.

You see, when a bra doesn’t fit properly, it can make you appear older and heavier than you really are. That’s because it allows your breasts to sag too low. Or, it bunches them in too tightly, so they bulge out of the top and the sides. Both problems can make you look about 10 pounds heavier and 10 years older.

Surveys show that nearly 85 percent of all women are wearing the wrong size or the wrong style bra for their figure. Are you one of them? Is your bra making you look heavier and older? To find out, just turn to PAGE 418 and check these “fitting points” against the bra you’re wearing.

► **Waist not, want not.** These fashion styles minimize your waistline, making you look slimmer. (You'll discover them on PAGE 162.) Just make sure to avoid anything loud or bulky below your waist—this will only make you look larger. (Skirts and pants with pleats—plus these other common fashion blunders—are a big no-no.) For more tips, turn here.

► **Don't be a "clinging violet."** No matter what your figure type, don't wear clothes that fit like this. These unflattering styles pull people's eyes to your problem areas like a magnet. Instead, choose these fits that actually soften and flatter your shape. Discover them on PAGE 163.

► **Plus many other tips.** Send for a copy of the GET THIN, GET YOUNG

PLAN today, so you can begin to use the very best of these fashion and beauty secrets right away, to make your body look thinner and younger.

Make-Up That Subtracts Pounds and Years

Did you know that the right make-up techniques can take pounds off your appearance, too? (Not to mention *years*, as well.) *You bet they can!* And no one knows this better than Hollywood's top make-up "magicians." It's their job to make your favorite actresses and TV celebrities look pounds thinner and years younger than their real weight and age. *And, my, how they succeed in fooling us!* Now, you can use their secret make-up tricks to make yourself look younger and

What's Your "Power Color"?



Certain colors make you look better than others. Others express the real you—or how you'd like to be seen. For instance, black connotes power. Dark gray says authority. Dark brown communicates control. Navy inspires security and trust. Red commands attention. (Wear it if you're giving a speech.) Beige is soothing. On PAGE 264, you'll find a clever little quiz that reveals the ideal color for your personality.



Can You Guess Your "Celebrity Personality"?

Are you a Cher... a Meg Ryan... an Oprah... or a Diane Sawyer? Take this quiz (on PAGE 264) and you'll discover the clothes, hair styles, and make-up looks that fit just right with your personality type.

thinner, too. In the GET THIN, GET YOUNG PLAN, you'll discover dozens of professional make-up secrets and hair-styling tips just like these...

► **Hairstyles that "thin" your face.**

If your face is round or full, these hairstyles will make it look longer and thinner. If your jaw is wide, opt for this cut... (Both appear on PAGE 237.)

► **"Younger" hair color.** Did you know that one of the fastest, easiest ways to look younger is to color your hair? (Especially if it is this particular shade.) The lighter you

go, the more youthful the appearance. More tips, on PAGE 239.

► **Add highlights.** Get your hair colored all over, then add highlights near the face. Stick with these colors and you'll achieve a more youthful look. But beware: Putting this color near your face will only make you look older. For other color tips, check out PAGE 239.

► **A younger face.** The best way to hide the signs of age on your face (such as darkness around the eyes and red blemishes around the nose) is with a properly applied

Burn Your "Fat Dress" Now!

It might be a pair of jeans, a roomy sweatshirt, or your baggy "fat dress." We all have one. It's something we wore when we were at our biggest. We hang it in the back of our closet and feel comforted that it's there in case our weight goes up. But on PAGE 165, you'll read why one of the most powerful steps you can take to lose weight is to either burn it or cut it into pieces.





AN APPLE CIDER RINSE will make your hair shine like nothing else! **PAGE 240.**

base. This evens your skin tone and camouflages the defects. Unfortunately, many women skip this important step. The secret of perfect base application is a technique called "stippling." This make-up trick will peel years off your face. For full directions, don't miss **PAGE 206.**

► **Add some shine.** No matter what type of hair you have, rinsing your hair after shampooing with this all-natural liquid (you already have some on your pantry shelf) will give it a youthful luster like no commercial product can. Just follow directions on **PAGE 240.**

► **Give your hair a little height.**

If you wear your hair flat or straight around your face, you'll look heavier. But a higher hairstyle will create the illusion that you're taller. This "stretches" your body and makes you look thinner. Best styles for this? See **PAGE 237.**

► **Want to see more?** The **GET**



THESE TOP THREE SKINCARE PRODUCTS are all you really need for younger-looking skin! See **PAGE 199!**

THIN, GET YOUNG PLAN will show you how to give yourself a head-to-toe makeover that will help you look slimmer and younger immediately—before you actually shed a single pound. The book contains an entire section that is chock-full of make-up, grooming, and fashion tips. And here's something else you'll find. . .

Secrets of Radiant, Youthful Skin

I've got a wonderful surprise for every woman who is



"Drop" 5 Pounds in 5 Seconds

Quick weight loss? There's nothing quicker than the tip on **PAGE 363.** You'll look 5 pounds lighter in just 5 seconds. This posture secret add inches to your height. It will stretch you up, so you look taller and thinner. Your friends will notice the difference immediately.