



GET

HEALTHY

HARTFORD



September, 2003

No More Clean Plate Club

*Serve smaller portions
Tune in to the "I'm satisfied" signal*

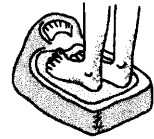
*Eating 100 extra calories daily can add
up to 10 pounds in a year*

Activity: Simon Says
Let Simon lead the class in calisthenics
Get Healthy Hartford





Only One Pound



Hello, do you know me?

If you don't you should. I am a pound of fat. And I am the HAPPIEST pound of fat that you would ever want to meet.

Do you want to know why? It's because no one ever wants to lose me: I'm **Only One Pound**, just a pound!

Everyone wants to lose three pounds, five pounds, or fifteen pounds, but never only one!

So I just stick around and happily keep you fat

Then I add to myself, ever so slyly, so that you never seem to notice it. That is until I've grown ten, twenty, thirty or even more pounds in weight

Yes, it's fun being **Only One Pound** of fat, left to do as I please

So, when you weigh in, keep right on saying "Oh, I lost **Only One Pound!**" (as if that were such a terrible thing)

For you see, if you do this, you'll encourage others to keep me around because they will think I'm not worth losing

And I LOVE being around you—your arms, your legs, your chin, your hips and every other part too!

After all, I am **Only One Pound** of fat!!!!

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