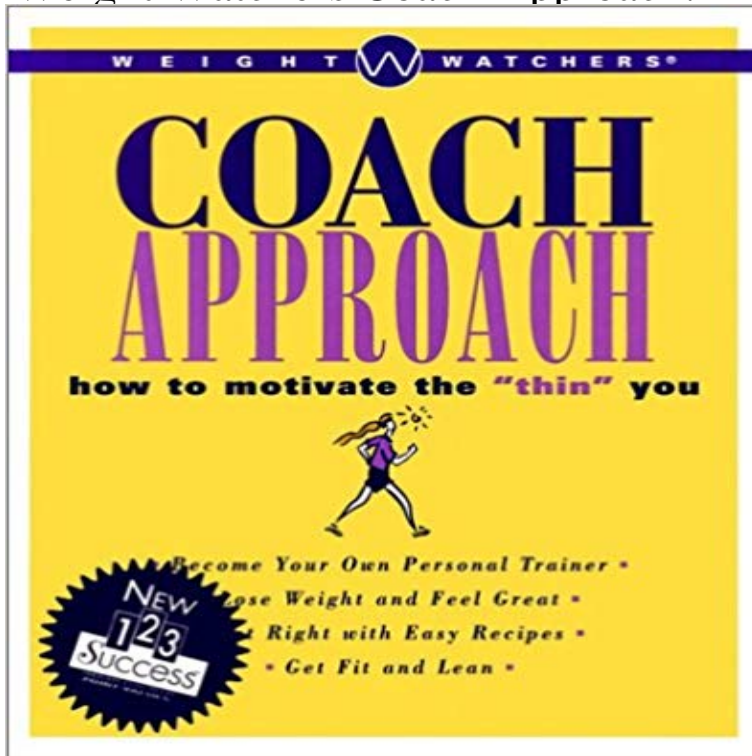


Weight Watchers Coach Approach: How to Motivate the Thin You



Everyone knows that regular exercise and sensible eating are the key to long-term weight loss, but getting started and staying motivated to do both can be a challenge. If hiring a personal trainer isn't an option, Weight Watchers Coach Approach can help provide the guidance, support and information you need to succeed. Coach Approach provides the latest information on nutrition basics, weight-loss drugs, strength training, and aerobic exercise. It also provides up-to-the-minute tactics and advice for changing and rearranging your eating and exercise habits. It includes questions to help you determine your fitness level, as well as whether you're mentally ready to lose, and more importantly, control your weight. In addition to the physiological aspects of weight loss, Coach Approach addresses the emotional and psychological issues as well, including body image, maintaining motivation, setting realistic goals and rethinking food attitudes. One section even features solid advice and how-tos on how to develop a sense of style when the body is a work in progress. You will learn how to navigate the supermarket and give your kitchen a makeover. As a bonus, there are 75 easy recipes for favorite dishes -- think of them as the only recipes you'll ever need. With Weight Watchers to back you up, motivation and staying power are sure bets. Coach Approach will give you the tools you need to devise a weight loss strategy that works for you.

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