

December 2003 Weightline News Articles

[State Must Deal Effectively With Childhood Obesity- Michiana Point Of View](#) (South Bend Tribune)

[Putting Mettle to the Pedal on Journey to Fitness](#) (Cleveland Plain Dealer)

[Neighborhoods that Nudge People to Exercise](#) (Health Day News)

[Arkansas Officials Launch Health Initiative](#) (www.comcast.net)

[Mega-Strollers Push Obesity](#) (Tallahassee Democrat)

[Early Exercise Wards Off Osteoporosis, Research Shows](#) (St. Louis Post-Dispatch)

[Childhood Obesity Here Tips Scales](#) (Chicago Sun Times)

[With New Projects in the Pipeline, Envision Utah Pushes for Clustered, Walkable Communities](#) (Salt Lake City Weekly)

[State Study Proves Physically Fit Kids Perform Better Academically](#) (California Department of Education Website)

[Riley E. Moore, 98, Adopted Healthier Habits 30 Years Ago, Based On His Son's Advice](#) (Corpus Christi Caller-Times)

[How to Stay Fit Through the Cold and Flu Season](#) (The Orange County Register)

[Fitness Guideline Doubled For Kids](#) (The Arizona Republic)

[Neighborhoods That Nudge People to Exercise](#) (The Atlanta Journal Constitution)

[Young Adult Fitness Protects Heart Health In Middle Age](#) (National Heart, Lung and Blood Institute)

[Ozaukee County to Get \\$991,600 for Bicycle Bridge](#) (Milwaukee Journal Sentinel)

[Resort-Style Living in Denton County](#) (The Colony Courier Leader)

[Parents Exercise Right to Drive -Mom's Taxi May Be Fattening Kids, Worsening Pollution](#) (Atlanta Journal-Constitution)

[Soccer Lacks Attention? That's Fine With Me](#) (USA Today)

[GOOD FOR YOU: Yes, A Brisk Walk Really Will Help Fitness](#) (Detroit Free Press)

[Children Need Greater Amounts of Physical Activity in 2004](#) (National Association for Sport and Physical Education)

[Hitting the gym to fight the holiday spread](#) (Washington Post)

[Exercise some restraint at the dinner table this holiday season](#) (Fort Wayne)

[Temptation weighs heavily during the holidays](#) (Detroit News)

[Set the table: food can fight stress](#) (NBC 4 Columbus)

[No matter where in the world the troops are, it is still Thanksgiving day](#) (*Stars and Stripes*)

[Panel: screen for and treat obesity](#) (*Washington Post*)

[The power of protein](#) (*Washington Post*)

[Food fact or fiction](#) (*NY Post*)

[Moderation is not a sin](#) (*Billings Gazette*)

[Give stress a holiday](#) (*Times Daily*)

[Whole grains help weight loss](#) (*Nutraingredients.com*)

[Get fit guide](#) (*MSNBC*)

[New light cast on food intake](#) (*Food Navigator*)

[Is it possible to follow the Atkins diet healthfully?](#) (*Food Navigator*)

[Pack away winter weight gain](#) (*The Bakersfield Channel*)

[FTC wants media to help block deceptive weight loss advertising](#) (*Washington Post*)

[Couch potato hope](#) (*ABC News*)

[Low carb foods leading many dieters astray](#) (*USA Today*)

[Discovery health channel challenges Americans to balance the scale with the national body balance](#) (*Yahoo*)

[The blame game](#) (*Washington Post*)

[Healthy food options at airport on the rise](#) (*USA Today*)

[Christmas slim](#) (*Star Banner*)

[The art of smart snacking](#) (*AICR*)

[Scientist links bigger portions with bigger Americans](#) (*AICR*)

[Calcium to fight obesity](#) (*Food Navigator*)

[Avoiding the holiday pounds](#) (*CBS News*)

[A hard look at family habits](#) (*Monterey Herald*)

[Holiday season lends itself to emotional overeating](#) (*Naples News*)

[You can avoid belt tightening holiday pounds](#) (*Citizen*)

[Exercising your options](#) (*Pasadena Star News*)

[Practical advice to make your New Year resolution stick](#) (*Times Star*)

[Fitness a personal, societal challenge for 2004](#) (*Great Falls Tribune*)