

[Obesity Costs States Billions in Medical Expenses](http://www.obesityresearch.org) (www.obesityresearch.org)

[Transportation That's Actually Good for the Soul](#) (NCBW Forum)

[A New Generation Of Couch Potatoes](#) (The Globe and Mail)

[Bill Aimed at Reducing Childhood Obesity Approved by House Public Health Panel](#) (The Courier-Journal)

[Strength Training Among Adults Aged 65 Years and Over](#) (Centers for Disease Control MMWR)

[Schools Take Steps to Ensure Kids Learn a Healthy Lifestyle](#) (The Observer Reporter)

[Contractor for State Spearheading Effort to Tackle Obesity Problem](#) (The Observer Reporter)

[Detroit Schools to Start Walking Fitness Program](#) (Detroit Free Press)

[Rev Up Stalled Exercise Goals](#) (The Courier-Journal)

[SPARC Reveals Key Motivators and Barriers to Physical Activity](http://www.sparc.org/nz) (www.sparc.org/nz)

[More Than a Million Adult New Zealanders Do Not Get Enough Exercise](#) (The New Zealand Herald)

[Obesity Trend Requires Fight By All, Expert Says](#) (The Arizona Republic)

[Let Fitness Be Your Friend in the Upcoming Year](#) (Chicago Sun Times)

[Fitness Magazine Bestows Weighty Rating After Sizing Up Activity Across Country](#) (The Detroit Free Press)

[Put Exercise Into Play- Getting Kids Moving is a Physical, Mental Gain](#) (Milwaukee Journal Sentinel)

[Walk This Way](#) (Lincoln Journal Star)

[Full-Bodied Models Highlight Fitness Ads](#) (Long Island Newsday)

[Muslim Women, Exercising Modesty](#) (The Washington Post)

[Make It Fit](#) (The Washington Post)

[Bringing The Gym Home](#) (The Washington Post)

[Exercise Converts Might Not Take Up Healthy Eating](#) (The Kansas City Star)

[When It's Cold, Take A Hike](#) (The Washington Post)

[A Walk on the Wild Side](#) (The Washington Post)

[Seeking Perfection in Motion](#) (Long Island Newsday)

[A Walk A Day Keeps The Pounds Away, Study Finds](#) (The Knoxville News)

[Simple choices can boost nutrition in 2004](#) (CNN)

[Cyber dieting](#) (*Indystar*)

[Carbs counted out: how they became the enemy](#) (*USA Today*)

[The Skinny on Sweeteners](#) (*MSNBC*)

[Belief in oneself; key to keeping resolutions](#) (*MSNBC*)

[A new way to take on weight loss resolutions](#) (*HealthScout*)

[Atkins diet may be too good to be true](#) (*The Morning Sun*)

[Obesity is a chain reaction for numerous health problems](#) (*The Gleaner*)

[Your fitness challenge awaits](#) (*Press Telegram*)

[The Lean Plate Club: No ephedra? No loss](#) (*Washington Post*)

[50 ways to lose 10 pounds](#) (*New York Post*)

[10 ways to make it a habit to eat less, eat better, and exercise more](#) (*USA Today*)

[Exercise your options work out guidelines](#) (*Press Telegram*)

[Keys to weight loss](#) (*Wisconsin State Journal*)

[Fighting Fat](#) (*Times Daily*)

[Eating more and exercising less](#) (*IC Wales*)

[Exercise caution](#) (*New York Post*)

[Metabolic rate increases slightly with water consumption](#) (*WebMD*)

[Carbohydrate confusion](#) (*ABC News*)

[Weight loss isn't instant](#) (*Public Opinion*)

[Eat to live](#) (*ABC News*)

[A good night's rest for your weight](#) (*MSNBC*)

[Resolved to switch to a low carb diet? Here's the lowdown](#) (*Twin Cities Pioneer Press*)

[Study tells overweight adults to walk](#) (*ABC News*)

[Lean plate club: Meeting the challenge](#) (*Washington Post*)

[Resolving to get healthy in the new year](#) (*The Star*)

[Going beyond Atkins](#) (*MSNBC*)

[Snack attacks at the office](#) (*Chicago Tribune*)

[Stay slim with portion control](#) (*MSNBC*)

January 2004 Weightline News Articles

[Have you vowed to lose weight this year?](#) *(Business Wire)*

[A bunless diet revolution](#) *(MSNBC)*

[Good eats guru](#) *(Washington Post)*

[What should I do when?](#) *(The Toronto Star)*

[Getting your diet unstuck](#) *(The Sun Link)*

[I'm dieting, so how do I stay motivated?](#) *(New York Daily News)*

[Sometimes a healthy weight is the way to go](#) *(Atlanta Journal Constitution)*

[The lean plate club: Atkins beef](#) *(Washington Post)*

[Dieting while dining](#) *(The Alameda Times Star)*

[Trimming diets a super sized job](#) *(Chicago Tribune)*

[Success at dieting doesn't happen often](#) *(Akron Beacon Journal)*