

April 2004 Weightline News

[Retirees Provide Attractive Target For Communities](#) (*USA Today*)

[Mixed Use Marks Return To Traditional Development](#) (*Charleston Regional Business Journal*)

[Comfort Beats Hip In 'Cool Cities' Poll](#) (*The Detroit News*)

[A Wheel Win-Win Situation-Can't Beat Biking, Foothills Commuter Says](#) (*Arizona Republic*)

[Parents Need To Lead Kids In Daily Exercise](#) (*Arizona Republic*)

[As Obesity Grows, Schools Cut Physical Education](#) (*Milwaukee Journal-Sentinel*)

[HHS Issues "Blueprint for Action" to Build Healthier Nation](#) (*U.S. Newswire*)

[Snacking can pack on the pounds](#) (*The Seattle Times*)

[Load up on greens to lose weight](#) (*MSNBC*)

[Dieters are consuming more carbs than they think](#) (*USA Today*)

[Advice worth digesting](#) (*The Seattle Times*)

[Snooze to lose](#) (*Healthology Press*)

[Fit for fun](#) (*Washington Post*)

[Exercise without dieting: It's a losing battle](#) (*LA Times*)

[Frontline: Diet wars](#) (*Washington Post*)

[Dietitian group suggests that increased dairy intake might help burn fat](#) (*Marion Star*)

[Use your weight](#) (*Washington Post*)

[When you eat matters](#) (*Newsday*)

[Most fast food places now have nutritious choices](#) (*Billings Gazette*)

[Make good choices when eating out](#) (*Sun Herald*)

[Flip the switch](#) (*ABC News*)

[Web helps shed pounds](#) (*Times Dispatch*)

[The big diet question: to count or not to count](#) (*Atlanta Journal Constitution*)

[What's in it for me? \(energy bars\)](#) (*Rocky Mountain News*)