06/04 SYFYW
Source: American Dietetic Association www.eatright.org

Are you in the right frame of mind for weight loss?

Click the link below to find out more!

http://www.eatright.org/Public/NutritionInformation/index_18507.cfm

For more information about this or other healthy weight management topics, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW Community Website** at **http://airforcemedicine.afms.mil/shapeyourfuture**.

Shape Your Future… Your Weigh!™