

Weightline News
June 2004 articles

- [Safer Streets for Older Adults-and Everyone Else](#) (*Traffic Safety Center Newsletter*)
- [Fitness For Kids Drives Business](#) (*The Star Newspapers*)
- [Fitness Often Falls Short In Teen Years](#) (*Lansing State Journal*)
- [Rockville Community Paves the Way for Healthful Living](#) (*Washington Post*)
- [Trouble With Exercise: Many Adults Don't Get It](#)(*Lansing State Journal*)
- [HIT THE POOL: Summer Is The Perfect Time To Swim Your Way To Fitness](#) (*Detroit Free Press*)
- [Seniors Work Off The Years: Exercise Can Make You Look, Feel Younger](#) (*Lansing State Journal*)
- [Expectant Moms Are Exercising](#) (*The Daily Southtown*)
- [Put A New Spin On Your Summer](#) (*Chicago Sun-Times*)
- [You Must Be In Shape To Play Golf](#) (*The Star Newspapers*)
- [Fitness Focus Of UNT Camp](#) (*Dallas Morning News*)
- [Fitness Program Gogirlgo! Hopes To Get 1 Million Inactive Girls Going](#)(*USA Today*)
- [State Pumps Up Effort Against Obesity-Council Aims To Expand Youth Sports](#) (*The Arizona Republic*)
- [Active Vacations Lure Fitness-Minded Baby Boomers](#) (*AARP Health and Wellness Newsletter*)
- [Exercise More, Experts Stress-To Fight The Obesity Epidemic, Increase Activity, Cut Serving Sizes, Scientists Advise](#) (*Indianapolis Star*)
- [Child Obesity Worse Than Thought, Study Suggests](#) (*USA Today*)
- [Don't Take A Vacation From Working Out](#) (*The Orange County Register*)
- [Average Joe Gets Gym](#) (*The Arizona Republic*)
- [In Tony Health Clubs, All Shook Up](#)(*The Washington Post*)
- [Explosive Energy -- With Less After Burn](#) (*The Washington Post*)
- [Before- and After-School Clubs Make It Fun To Fight Against Fat](#) (*The Hartford Courant*)
- [Playground Can Be Fun Place For A Workout](#) (*Indianapolis Star*)

[Pregnant Women Now Encouraged To Stay Fit](#) (*USA Today*)

[Driving Longer Means Larger Waists](#) (*The Stamford Advocate*)

[Small Steps Are Urged For Weight Loss](#) (*Seattle Post Intelligencer*)

[Nutrition by committee](#) (*Washington Post*)

[Food variety may increase consumption](#) (*ABC News*)

[Gridlock lifestyle](#) (*ABC News*)

[Weight gain in pregnancy has obesity risk](#) (*Reuters Health*)

[Success stories](#) (*ABC News*)

[Chic-fil-a offers healthy alternative](#) (*ABC News*)

[Diets: Time to make a move](#) (*United Press International*)

[Small steps urged for weight loss](#) (*USA Today*)

[Lessons from the summit](#) (*Time Science and Health*)

[Nutrition News: Simple steps lead to healthy food choices](#) (*Billings Gazette*)

[Eight sure steps to round you out](#) (*Chicago Tribune*)

[On the road, avoiding pitfalls at the pit-stops](#) (*New York Times*)

[Low carb diet war: High fat vs high protein](#) (*WebMDhealth*)

[Refined grains expand girths](#) (*ABC News*)

[Consumer, nutrition, and public health groups warn public about health risks associated with low carb diets](#) (*Yahoo news*)

[You know you crave it](#) (*Washington Post*)

[Slim down to sex up](#) (*ABC News*)

[Alcohol calories mimic effects of carbohydrates](#) (*Dallas Morning News*)

[Experts slam low carb trend as rip off](#) (*CNN.com*)

[White bread calories loaf around](#) (*CBS News*)

[Keeping well hydrated in the summer](#) (*KLASTV.com*)

[Strength training dos and don'ts](#) (*ABC News*)

[Regular workouts keep weight off](#) (*Detroit News*)

[Pedometers nudge people to walk more](#) (*LA Times*)

[Health now a big factor in building design](#) (*ABC News*)

[Airman loses 100 pounds](#) (*AF Link*)

[Starbucks summer drinks can be fattening](#) (*ABC News*)