

Weightline News July 2004

[Kailua Wish List Includes Pedestrian-Friendly Town](#) (*Honolulu Star-Bulletin*)

[When Parents And Kids Exercise Together, Everyone Wins](#) (*Dallas Morning News*)

[Promote Toys That Promote Activity](#) (*Orange County Register*)

[Kids' TV Viewing Linked With Adult Health Risks](#) (*The Arizona Republic*)

[What Would Jesus Weigh? In the Church, the Body's Back in Vogue](#) (*The Washington Post*)

[The Nation's Leanest State Doesn't Just Exhort Its Citizens to Keep Fit. It Shows Them How. Is There a Lesson for Us Here?](#) (*Washington Post*)

[Medical Fitness Centers Become Increasingly Popular](#) (*Atlanta Journal Constitution*)

[Health Benefits Come from Work-Related Activity](#) (*Reuters*)

[Get Your Groove On, And Get Healthy While You're At It](#) (*Chicago Sun-Times*)

[Little City That Could-Portland Receives Only Grant For 'Cool Cities' In Mid-Michigan Area](#) (*The State News*)

[Parents Urged To Get Involved To Combat Childhood Obesity](#) (*USA Today*)

[Living Well: Fitness Begins With Muscle Memory](#) (*Seattle Post-Intelligence*)

[Be Smart When You Work Out In Summer](#) (*Milwaukee Journal Sentinel*)

[Title IX Provides Model For Whipping Americans Into Shape](#) (*Chicago Sun-Times*)

[Twins With Cerebral Palsy Just Climb Over Obstacles](#) (*St. Louis Post-Dispatch*)

[People Have Many Reasons To Step Into Exercise Routine](#) (*St. Louis Post-Dispatch*)

[Take 30 For Health: Half Hour Of Exercise On Most Days Reaps Benefits](#) (*Detroit Free Press*)

[You Can Exercise On Vacation](#) (*The Star Newspapers*)

[Health Considered In Companies' Building Designs](#) (*CNN.com*)

[Battle High Cholesterol With Regular Exercise](#) (*The Orange County Register*)

[Bowling Striking Families' Interest Again](#) (*The Arizona Republic*)

[Loud noise, stress may prompt women to eat](#) (*ABC News*)

[Low carb diets take a punch](#) (*Washington Post*)

[Slow and steady? Or fast and hard?](#) (*Washington Post*)

[Don't be fooled by portion sizes](#) (*MSNBC*)

[When food takes the place of family](#) (*San Francisco Chronicle*)

[Dieting won't work, says nutrition expert- walking will](#) (*East Valley Tribune*)

[Researchers: Sweetener gets a bad rap](#) (*ABC News*)

[Our big gain will be our loss](#) (*USA Today*)

[Step back from the plate](#) (*USA Today*)

[Some weight loss secrets in a nutshell](#) (*USA Today*)

[What it takes to succeed](#) (*USA Today*)

[Eph dra free weight loss supplements scrutinized](#) (*LA Times*)

[Count on losing weight](#) (*USA Today*)

[They're ready to win by losing](#) (*USA Today*)

[Scaling back on carbs?](#) (*Rocky Mountain News*)

[Plan ahead for success](#) (*USA Today*)

[Fighting the pound rebound](#) (*CBS News*)

[Size does matter when it comes to food servings](#) (*Indy Star*)

[Lose the diets, shred the books, shed the pounds](#) (*Chicago Tribune*)

[Yale researcher finds pattern in maintaining weight loss](#) (*Eureka Alert*)

[Dietitians give low down on crash courses](#) (*Dominion Post*)