

DAILY NEWS

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NEW YORK'S NUMBER ONE NEWSPAPER

NYDailyNews.com

LOSE THE WEIGHT NOW

These Daily News Diet Hotline experts will give you get-thin guidance with personalized, one-on-one help!

36 CITY SMARTS

Americans spend an estimated \$35 billion a year on diet programs and products. Yup — that's too much.

Especially considering the city Department of Health says more than half of adult New Yorkers are overweight (34%) or obese (22%), as are nearly half of elementary school children (43%) and 42% of Head Start children.

It's time to finally get a handle on this city's battle of the bulge. But you can't expect to do it all on your own.

So the city's best experts, from the fields of nutrition, personal training, medicine and diet education, are answering the call — YOUR call — on the Daily News Diet Hotline.

Starting Monday and every day through Friday, this dedicated dieting dream team will give personal, individual advice you won't get anywhere else.

And for the first time ever, their words of wisdom are free to our readers.

Let's win this losing battle, New York. Look in Monday's Daily News for the phone line's numbers — and make the call.

Read on for encouraging words from some of our hotline experts.



“Athleticism is a key ingredient to any healthy life. I am committed to helping people return to a time when exercise and play were one and the same.”

Mary Elizabeth Gillis, founder and president of Anything But the Gym

FIND YOUR MAGIC WEIGHT-LOSS NUMBER IN MONDAY'S DAILY NEWS!

OUR EXPERTS WILL ANSWER YOUR INDIVIDUAL DIETING QUESTIONS