MAY NEWSLETTER~~~~~~~~

Now that we're in the middle of spring (and spring cleaning) it's the perfect time to also clear away the things that may be cluttering your path to weight loss.

Let's start with hunger. In 5 Hunger Dilemmas and How to Solve Them, we point out behaviors that can lead to must-have-it-now-cravings and haphazard eating, and offer strategies to help you change them.

Work in an office? Then you know; between the birthdays, the holidays and the vending machines, offices can be filled with food pitfalls. But have no fear. In Cheat Proof Your Office Space we'll give you strategies to help you avoid the landmines so you can get through your days cheat-free.

Another way to avoid overeating is to have a massage. According to research, massages not only make you feel good, they may also have more significant benefits that can help you stay on track. Read about them in 4 Great Reasons to Book a Massage Now.

And, if you've been recently diagnosed with diabetes, you may be wondering what you can and can't eat. Read Ask Well: Eating With Diabetes for advice on developing a plan that works for you.

Enjoy the issue. More in two weeks.

~Tricia

Links not working? Just cut and paste the following link into your Web Browser.
http://weightwatchers.prod.acquia-sites.com/us/m/cms/article/5-hunger-dilemmas-and-how-solve-them
http://weightwatchers.prod.acquia-sites.com/us/m/cms/article/cheat-proof-your-office-space