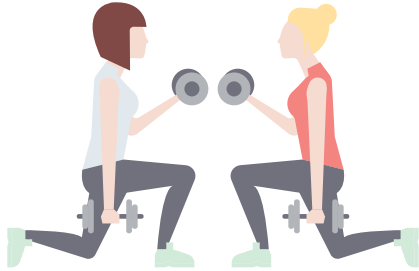


# GET THE SUPPORT YOU NEED



FIND A  
GYM / WEIGHT LOSS  
**BUDDY**



FIND ONLINE  
**SUPPORT**



**TALK TO YOUR  
FAMILY AND FRIENDS**



**BE KIND  
TO YOURSELF**



FIND SOME  
**“ME” TIME**



TALK TO  
**YOUR DOCTOR**

For more information on this topic, please visit <http://myweightwhattoknow.com/blog/wellness/>