# More Celebrities Hooking Up with Weight Loss Franchises

January 6, 2012 By Rhonda Peters

It's the New Year and you know what that means....you guessed it...a whole new batch of celebrities claiming that they've used the popular weight loss franchises to aid in their weight loss. If you don't know what I'm referring to, think Janet Jackson endorsing Nurtrisystem , Mariah Carey endorsing Jenny Craig and Charles Barkley endorsing Weight Watchers for men. Now, I'm not saying that these celebrities did not honestly utilize these companies to aid in their mega weight losses, but we all know that celebrities are known to stretch the truth especially when it comes to weight loss and youthful appearances. So, if one of your favorite celebrities' sudden weight loss has motivated you to shed a few pounds for the New Year, I applaud you in your effort. To assist you in accomplishing your goal of losing weight, I would also suggest that you add the resolution "eat healthier" to ensure that your weight loss is not temporary. Here are few tips to get you started on your weight loss journey:

1. Toss out the sodas and sugary drinks in exchange for a glass or bottle of water
2. Get off the sofa and get moving, even if it's a stroll around your block
3. Just say "no" to the salt shaker and fried foods
4. Be mindful of your portion size

If you need recipes for healthy, tasty meals, check out my cookbook, "So, What Can I Eat Now?!" it's currently available on Amazon for $10! You'll find recipes for mustard greens, oven fried chicken, red beans and rice, pot roast w/brown rice, pesto and more! Click here to order a copy today.

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