

# Tips From Crack the Diet Code

GET YOUR HIGH FROM LIFE NOT FOOD

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This is for those days when the monkey on your back is chattering and you're thinking of giving up. And really all you need is a banana. Read the following and remember that life is meant to be a journey and to be enjoyed.



## Could This Be You?

- The Gleam in your eye is not the sun hitting your bifocals, it's food radiation.
- You sit on a rocker and the rockers flatten.
- Your belt won't buckle, but your knees do.
- Everything hurts and what doesn't you can't find.
- You finally reach the top of the ladder, but can't get down because you've broken the bottom rungs.

- You know you're in for a dull evening simply because you forgot to buy your favourite munchies.
- Your favourite part of the newspaper is advertisements for quick weight loss.
- The big grey-haired lady you spied in the mirror was you.
- The only energy you have left for exercising is blinking, waving, or flicking .... off your shoe.
- You feel like the morning after and you haven't crawled out of bed from the night before.

## Wouldn't it Be Nice If:

Your scales always lied in your favour.  
You could look at food and not gain weight.  
You could look in the mirror and it would tell lies.

Your exercise regime consisted of sitting on the side of the bed first thing in the morning and raising two fingers on each hand and bending over to touch your knees.