

Simple Strategies for fighting fat

Yes, our culture celebrates curves, and if the cook ain't fryin' it, we're not tryin' it. But being overweight puts us at risk. Here are easy, practical, affordable steps to a healthier you. **Reporting by Marjorie Whigham-Désir, Dawn Baskerville and Hilary Beard**

WEIGHT LOSS

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Forget what you see on magazine covers. "The average American woman is 144 pounds and a size 12 to 14," says Teresa Kay-Aba Kennedy, a nutritionist and president of Harlem, N.Y.-based Power Living Enterprises. "Body types are so different that health should be the focus." For instance, can you go through the everyday motions of life—laundry, groceries, climbing the stairs to your apartment or playing with your kids—without getting winded? Are your blood pressure and blood sugar in a healthy range?

