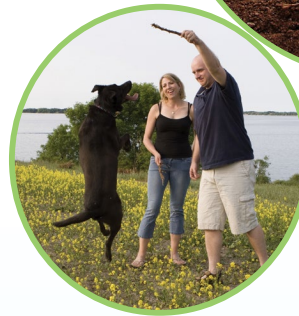


Dealing With Boredom

Boredom can often lead to overeating. Here are tips to beat boredom:

Get Active

- Find a new walking route.
- Walk the dog.
- Play with your children/grandchildren.
- Shoot some hoops.
- Plant a garden.
- Put on an exercise video and move!
- Mow your lawn; then mow your neighbor's.



Learn Something New

- Find a hobby. Try something you've always wanted to do.
- Take or teach a community class.
- Volunteer.
- Learn a new language.

Occupy Your Mind

- Read a good book.
- Do a crossword puzzle.
- Write an e-mail/letter, or call a friend.