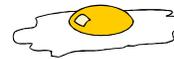
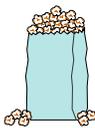


FIT_TIPS

10 Ways to Cut 100 Calories



- 1. Snack on fresh fruit instead of a chocolate bar.**
- 2. Use a low-calorie dressing on your salad.**
- 3. Take a brisk 20-minute walk.**
- 4. Eat one less egg for breakfast.**
- 5. Grab some unbuttered popcorn instead of potato chips.**
- 6. Leave the cheese off your burger.**
- 7. Spend 20 minutes cleaning your house vigorously.**
- 8. Use celery instead of croutons to add crunch to a salad.**
- 9. Eat one-half a slice less of pizza than you normally would.**
- 10. Drink a glass of water instead of a soda or sports drink.**



Source: *The Positive Line™*