

## January: How To Start A Weight Loss Program

The focus for this month will be "How to start a weight loss program". January seems to be the month where people are most interested in looking at this subject due to our over-indulgences during the holidays.

For more information about starting your weight loss program please go to the following website <http://health.yahoo.com/experts/women/1446/how-to-start-a-weight-loss-program/>.

