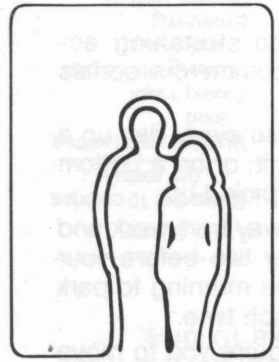
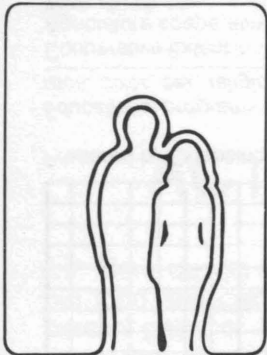


4-18-78 ZDM

L-1616



ACTIVITY HELPS CONTROL WEIGHT



TEXAS AGRICULTURAL EXTENSION SERVICE
The Texas A&M University System

Waist Watcher:

Increased activity helps burn up energy from food, firms muscles and decreases appetite. Physical activity is influenced by the way we live.

This letter series and other educational programs are provided at no charge by the Texas Agricultural Extension Service. If you would like to receive other Extension publications, which are free upon request from my office, or want to know more about other Extension programs, please contact me.

Sincerely,

County Extension Agent

TEXAS AGRICULTURAL EXTENSION SERVICE
UNITED STATES DEPARTMENT OF AGRICULTURE
THE TEXAS A&M UNIVERSITY SYSTEM
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ACTUALLY NETS CONTROL WEIGHT