

# JOURNEYWORKS PUBLISHING

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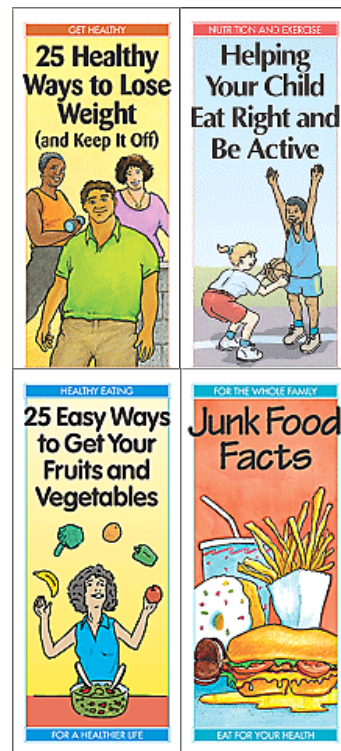
**For Immediate Release**

## **Get the New Year Off to a Good Start with Healthy Weight Week Free Review Copies of Related Titles Available from Journeyworks**

December 2006 – Hoping to shed excess pounds gained over the holidays, many people begin the New Year with a resolution to diet. Often these well-intentioned efforts are quickly derailed and unhealthy habits return. **Healthy Weight Week** (January 21-27, 2007) was launched in 1993 by the Healthy Weight Network ([www.healthyweight.net](http://www.healthyweight.net)) to focus on healthy lifestyle choices that last a lifetime and prevent eating and weight problems.

Journeyworks publishes a number of titles that support the goals of Healthy Weight Week. These pamphlets offer realistic strategies for adults and children to incorporate exercise into daily routines and tasty ways to include more nutritious food choices into each meal.

- § **25 Healthy Ways to Lose Weight (and Keep it Off) (#5347)**
- § **Helping Your Child Eat Right and Be Active (#5361)**
- § **25 Easy Ways to Get Your Fruits and Vegetables (#5401)**
- § **Junk Food Facts (#5404)**



View these pamphlets and many other physical activity and nutrition titles online at

<http://www.journeyworks.com/products.asp?dept=132>.

To receive free review copies of the above pamphlets, professionals and educators can call 1-800-775-1998; send a fax to 1-800-775-5853; visit [www.journeyworks.com](http://www.journeyworks.com); or write to Journeyworks Publishing, P.O. Box 8466, Santa Cruz, CA 95061-8466 and request review copies. Prices start at \$18 for 50 pamphlets. Information on bulk pricing is available by calling Journeyworks or visiting the website.