

# SHAKE UP YOUR WEDDING WEIGHT LOSS PLAN!

STRESSED ABOUT SLIMMING DOWN FOR YOUR WEDDING DAY?  
**GET TIPS TO LOOK YOUR BEST** FROM OUR MAGIC WEIGHT BALL.



*Craving sweets?*

**SKIP THE CALORIES! START CHEWING!**



**MINT CHOCOLATE CHIP**

The flavor of sweet chocolate chips and minty freshness



**STRAWBERRY SHORTCAKE**

The delicious taste of fruity freshness, strawberries and cream



**SPEARMINT**

A cool and refreshing burst of sweet mint

**WANT TO REALLY SHAKE IT? CHECK OUT OUR IPAD APP IN THE SUMMER ISSUE OF THE KNOT MAGAZINE. GET IT NOW! >**

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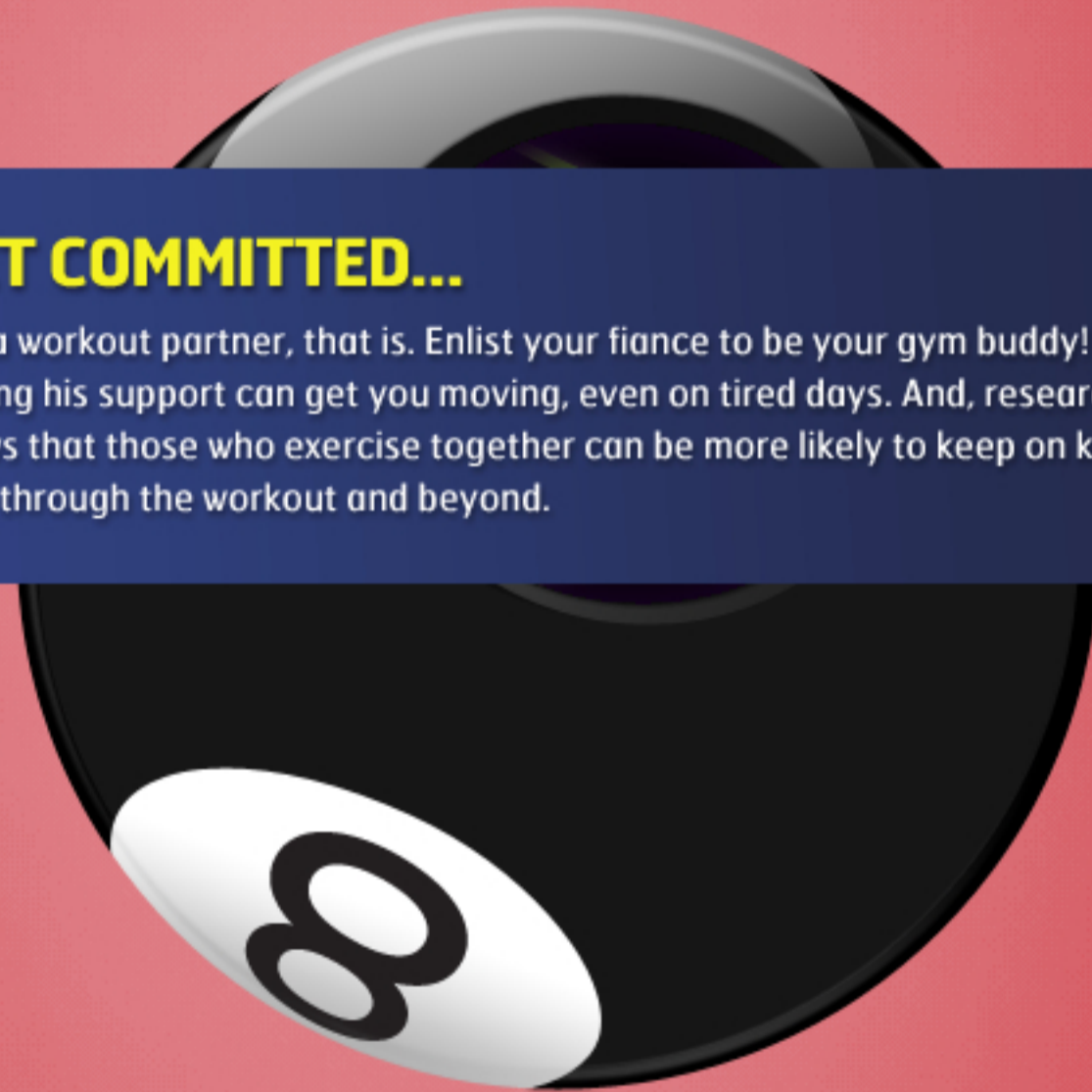
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## GET COMMITTED...

...to a workout partner, that is. Enlist your fiance to be your gym buddy! Having his support can get you moving, even on tired days. And, research shows that those who exercise together can be more likely to keep on keepin' on—through the workout and beyond.



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## THAT'S WRITE!

You know your tastes when it comes to dresses, flowers, and stationery—but what about food? Get to know yourself by journaling about what you eat, when you eat it, and how you feel afterward. This can help you stick to your plan.



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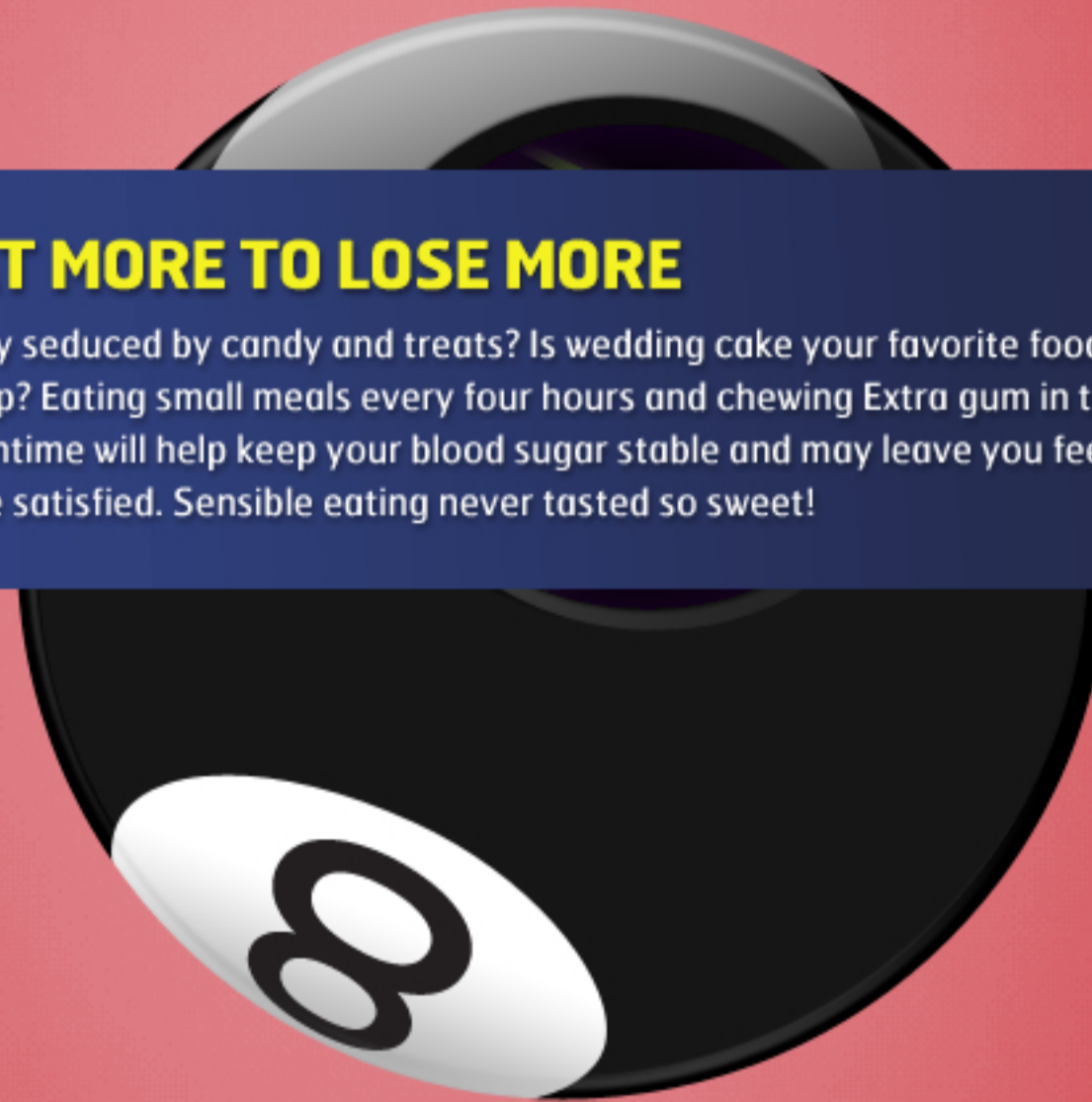
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## EAT MORE TO LOSE MORE

Easily seduced by candy and treats? Is wedding cake your favorite food group? Eating small meals every four hours and chewing Extra gum in the meantime will help keep your blood sugar stable and may leave you feeling more satisfied. Sensible eating never tasted so sweet!



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