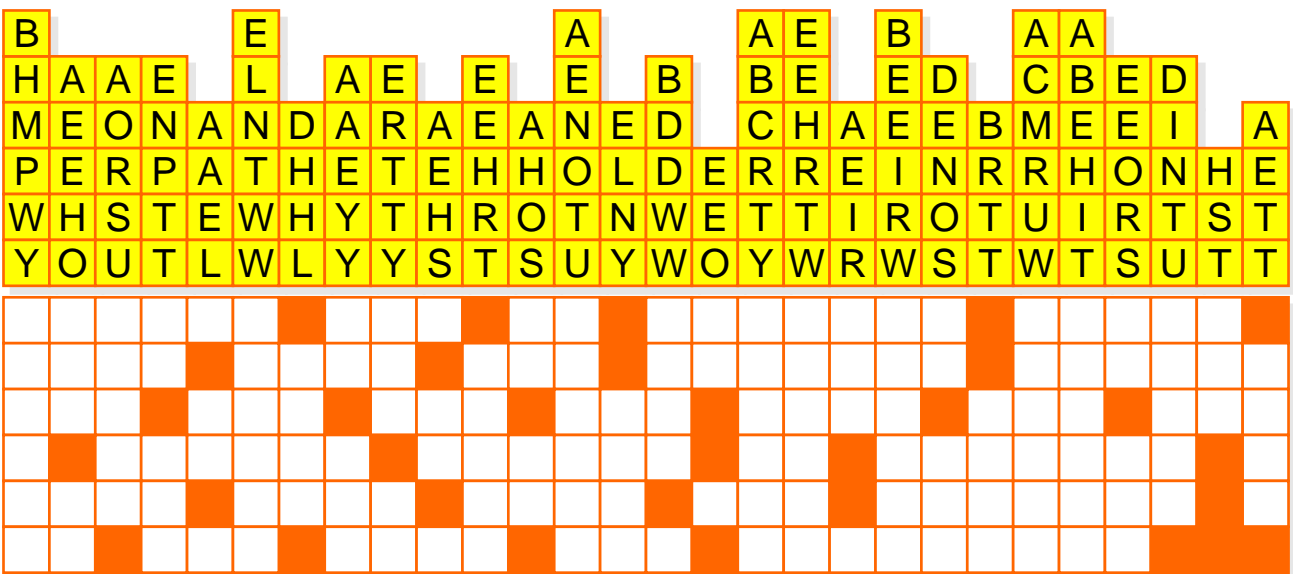


# DROP Quotes

**Weight Loss** by Shelly Hazard

February, 2011

How many people have restricted their enjoyment of the holidays in order to ensure they don't gain any extra weight? And as a result, countless new year resolutions have been made over the years to losing weight. While the author of this month's quotation is unknown, the sentiment is well worth repeating!



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