



Meet Aussie low-fat cooking guru

Annette Sym

at the Carl E. Sanders Family YMCA

Mon. April 20th @ 1:00 pm

**The 28-day Weight Loss Plan
Keeping it Off
Yo-Yo Dieting
Obesity in Kids & Teens
and low fat recipe samples!**

Do you want to go from fat to fabulous without missing the food you love? Say goodbye to thunder thighs and hello to trim, taught, and terrific. Annette shares real life tips and success testimonials to make losing weight a reality in her new book, *Symply Too Good To Be True* (Symply Too Good Pty Ltd., March 2009). Annette shows you how simple changes to the way you cook can transform your life and your health. She went from frumpy, to fit and fabulous by cooking recipes that her whole family enjoys.

Annette's American version includes a 28 Day Weight Loss Plan, which has been devised to assist anyone who wants to lose weight the healthy way. Think about it—dieting doesn't work. The first 3 letters in the word 'diet' is 'die', which explains how it feels when you're on one. Instead come into Annette's world for 28 days and learn how to lose weight and still have delicious food including the occasional treat.

Expect to find these great added extras in *Symply Too Good To Be True*:

- **The reasons people are overweight**
 - Annette will give you the tools to conquer: Overeating, Making Bad Food Choices, Lack of Physical Activity, and Lack of Motivation.
- **The Aussie Conversion Cook**
 - Annette will demonstrate how to cut the fat and create fabulous versions of your favorite foods.
- **How to enjoy chocolate and still lose weight**
 - Everyone loves chocolate but Annette will demonstrate how to enjoy it guilt free.
- **Transform chubby teens into healthy slim adults**
 - Annette will show how to use your kitchen to save kids from a life of Diabetes and obesity.
- **Tips for dining out without blowing out**
 - Annette will share the secrets of how to enjoy a fabulous meal out without breaking all the rules.

Annette Sym is Australia's number one self-published cookbook author who has sold more than 2.5 million books. She has turned the triumph over her own weight loss and health struggles into a multi-million dollar home-based business in just ten years. Annette knows first hand how it feels to be morbidly obese. She has lost 70 pounds and maintained her healthy weight range for over 17 years; that's the credibility any woman who wants to lose weight will be inspired by. Annette lives in Queensland, Australia with her husband, Bill.