

DIETS ARE MEAN.

You bet they are. Behind every Weight Watchers “lifestyle” is an expensive diet you will likely repeat over and over again—until you decide to stop hating your body.

Be good to yourself. Be healthy. No matter what your size.

Get the facts:

www.fatrights.org

www.bigfatfacts.com

This message is brought to you by **COFRA**, the Coalition of Fat Rights Activists.