

# *How to Drive a Diet*

*Motivation is the transmission to get you into one of the forward gears so you can start shifting up towards your goal.*

## **INSTRUCTIONS:**

1. Start in low gear.
2. Shift into second gear and you're on your way.
3. Shift into high gear and before you know it, you will have reached your goal.

**NEUTRAL** — Gives you a chance to take inventory.

**REVERSE** — It happens to all us of so don't despair.

**OVERDRIVE** — Be sure not to go into overdrive or you may get discouraged.

## *Happy Motoring!*

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