

## One Pound of Fat

Hello! Do you know me? If you don't, you should.  
I am ONE POUND OF FAT, and I am the happiest pound of FAT  
that you would ever want to meet!

Want to know why? It's because no one ever wants to lose me!  
After all, I am only ONE POUND OF FAT. Just ONE POUND.  
Everyone wants to lose 3 or 5 or 15 pounds, but never ONLY one.

So, I just stick around and happily keep you. Then I am free to  
add to myself, ever so slyly, so that you never seem to notice...

That is, until I have grown to 10, 20 or even 30 pounds in  
weight...

YES... it is fun being ONLY ONE POUND OF FAT...  
left to do just as I please.

So, when you weigh in, go ahead... just keep on saying, "Oh I  
only lost one pound." (As if that is so terrible.) For you see, if you  
do this, you will encourage others to hang around me because  
they will think that I am not worth losing.

And I LOVE being around you... your arms, your legs, your chin,  
your hips, and every other part of you. HAPPY DAYS! After all,

**I am ONLY ONE POUND OF FAT!!!**

---author unknown---

**ARE YOU STILL UPSET  
THAT YOU "ONLY"  
LOST 1LB.**



*One Pound of Fat*