



# Join the **SLIM FOR DAVID** Campaign

**F**an Club member, Rosemary Gee, lost no less than 5 STONE by thinking of David. What better way to lose weight! So, if you want to shed some pounds for summer but don't feel you've got the will-power, why not try it Rosemary's way and let thoughts of David help you out?

Here are the stages by which Rosemary recommends any other DC fan to be lighter and brighter:—

1. Think about meeting David. Imagine how marvellous it would be to have him looking at you, and only you.
2. Now look at yourself in a mirror—critically. Do you really look nice enough for David to gaze at? Or do you need to lose weight?
3. If you do need to lose weight—however little—you've got a reason to make a success of it.
4. Check with your doctor which diet you should go on and aim for the weight he recommends for you—don't be tempted to go lower, or you

might injure your health. And then you might *never* be able to meet David!

5. Carry a picture of David around with you wherever you go (if you don't already!). Whenever you feel the temptation to eat something fattening, like a bar of chocolate or an oozy doughnut . . . DON'T! Look at your picture instead, and remind yourself of how you want to look for David.

## CHEAT

6. Never be tempted to cheat by thinking, 'Oh, it's not worth it—I'll never meet David anyway.' You can never tell. Why shouldn't it be you as well as the next girl that he stops to talk to next time he's over? Anyway, even if you never meet him, you'll have a consolation prize—you'll feel, and look better in yourself!
7. When you've finally reached your target weight, send David a picture of yourself as you were before and one of your new slimmer self. It's only fair to say thanks! Okay, he might

not have time to reply, but he's going to be happy to know that he's helped you.

Well, that's the way Rosemary did it, and it certainly worked wonders for her. So good luck to anyone else who's going to start on the David Cassidy Slim-In. And don't forget to let us know how you get on, will you?

By the way, just one extra thought from me. . . .

Why not keep a handy jam jar by your scales and, every time you shed a pound, pop in Sp or so. By the time you've reached your ideal weight you should have saved quite a tidy sum. Then you could send it off to one of David's special charities, like the Muscular Dystrophy Group. That way you'd be helping others at the same time as helping yourself to create a new slimmer you. And you can be sure that David would be doubly pleased at the good results.

Happy slimming!

And don't forget . . . there's nothing nicer than a crisp, juicy carrot!

