



YOU: ON A DIET

RealAge®

The YOU Doctors Center on RealAge.com, official Web site of the YOU book series, is filled with real people working toward real success!

Become the Star of Your Success Story

Filled with interactive tools based on scientific findings on how to succeed in weight loss, the YOU Doctors Center lets you:

- [Generate a 2-week menu plan](#) of tasty and easy-to-prepare meals, complete with a nutrition analysis and a shopping list
- [Create a 20-minute workout plan](#), personalized to your fitness level and lifestyle
- [Get ongoing advice and inspiration](#) with weekly tips

And YOU can connect with other YOU dieters in the *YOU: On a Diet* Community.

You're much more likely to succeed if there's someone to high-five you when you're doing well and give you an encouraging squeeze when you're not.

That's why RealAge doctors Michael Roizen and Mehmet Oz strongly recommend finding a YOU buddy -- be it a spouse, a friend, or a coworker -- who can serve as your sounding board and comfort system as well as the person you're "accountable" to.

"Studies reveal that weight loss, like marriage, works better with a supportive partner -- not one who wants to celebrate with a doughnut but with a celebratory dance, walk, or surprise trip to your favorite store to buy clothes in a smaller size," explain Drs. Roizen and Oz.

Two Ways to Find a YOU Diet Buddy

1. [Browse the *YOU: On a Diet* "Find a Diet and Exercise Buddy" forum](#) to find a buddy who has already posted.
2. **Post a description** of the type of person you are looking for.

Don't forget to share a little about yourself, too! Once you find a match, [chat away in one of the other forums](#).

And with [free access to the RealAge test](#), YOU can track the healthy changes you're making and how much younger your body is growing as a result.

