

THE DIETERS

If "inside every fat person is a thin person waiting to get out", then your thin person has been waiting a long time. Even further back than you can remember, you've been overweight. First, it was cute "baby fat". Then, 'pleasantly plump', then 'chubby', then 'fatty, fatty, two-by-four...'. Now, face it - you're **obese**. The belly, in its southward motion, has oozed its way over your belt, and the enormous weight on your bosoms has created a truly dazzling sagging effect. And honey - just forget those bulbous thighs and massive calves, with those ever so attractive varicose veins bulging through your pale white skin.

You know the facts - your doctor warned that if you didn't lose weight, you could have a heart attack within the year. And you're fairly certain you were turned down for those last two jobs because of your grotesque size. But now, you have real motivation - *love*. You've seen him by the pool, reading Dostoyevsky and Douglas Adams. Smart, and a sense of humor! You can overlook the thinning hair for those gorgeous eyes. Right now, tall dark and handsome doesn't even know you exist (except maybe to create shade), which is good, considering how repulsive you are. But with some dieting, some exercise, the new svelte "you" could win his heart.

Yeah, right. Theoretically. But you know how well that diet & exercise crap works in practice. You tried the Jane Fonda tape, and if you had her bod to begin with, you'd probably have the energy to work out. Raquel's tape, Cathy Lee's... all the women with aerobics tapes have never been fat! And whose idea was the Grapefruit Diet?!? Still, bitching and moaning won't burn many fat cells. And you don't have much time. His girlfriend is moving to L.A. in a month. You need to lose this weight *fast*! You already know fad diets don't work, and they usually make you vomit. What are you going to do? Time to get motivated!

1. Before you give up and announce defeat,
To the ravages of cellulite,
A new scientific breakthrough is in sight,
That might help suppress your appetite,
For it's those three helpings you can't resist,
From pigging out you must desist,
They say if with needles you are pricked,
These temptations are easily licked,
So near the Catalina and F juncture,
It's time to try acupuncture!
Though you can't make an appointment to go inside,

Firm support will help you decide,
No one will need to hold your hand,
For your options soon you'll understand.

2. Being stuck with pins you could not endure,
Less painful torture you must secure,
Workout tapes are real motivators,
But the music is as bad as an elevator's,
Still, you need exercise, that much is true
But where to go, you haven't a clue!
The clubs around town are much too expensive
And the thin people there make you feel so expansive
Some fresh air might help stimulate you more
Maybe a park, not too far from the shore
Driving south down PV will help you think
(Careful you don't plummet over the brink!)
A view of the sea will bring you closer
To making an enemy of your grocer
Hawthorne will lead you to a pretty view
But don't think there is nothing to do
The City Hall will show you your fate
Go ahead and start at Exercise 8.

3. You think you've lost one or two pounds
But your co-worker's been making interesting sounds
Your friend's advice makes loads of sense
(Even though she acts very tense)
You're worried about the secrecy and dread
But beggars can't be choosers, it is said
You'll need to go to the Ports of Call
In San Pedro, it's an outdoor mall
Think of 6 as your lucky number
And think of the weight you'll un-encumber!
The Pacific ocean is very close by
So's the Harbor, so park and fly!

4. You found the pills, but these won't work
That quack took your friend for a total jerk
Those placebos won't help you lose
That gimmick was a doctor's ruse!
So far, only exercise has done the trick
To take off those pounds, and take them off quick
Working out is usually the Long way
To reduce the amount you currently weigh
But you're tired of looking like a Beached whale
So maybe aerobics will help your scale
You must Train hard, and Train right
To keep your goals within your sight
Your 3rd stop will be the spot
For you to do your bends and squats
Over your flabs of cellulite you shall be mourning
Lest you forget the compartment's warning:

Warning: $\overline{1}$ $\overline{2}$ $\overline{3}$ $\overline{4}$ $\overline{5}$ $\overline{6}$ $\overline{7}$ $\overline{8}$ $\overline{8}$ $\overline{9}$

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5. You've huffed and puffed, and it seems to be working
 But deep inside, a pain is lurking
 You've lost two pounds! Time for jubilation!
 Don't give in to evil temptation
 Down below, a fire is burning
 But it's for sweets that you are yearning!
 Snap out of it! Think - you've met a cute guy
 You should be willing to give up that pie
 But some needs are more primal than love
 And food will win when push comes to shove
 Now that you've accepted which instinct is stronger
 You shouldn't hold out any longer
 Continue south, but don't eat like a horse
 Lest you be filled with consuming remorse
 Go now, food and Corona beckons
 You're so hungry you might want 2nds!

6. Mmm! What heaven you found there!

Delectable morsels beyond compare
But because your belly you did stuff
You'll now have to hustle and get off your duff
Maybe you thought you could relax now
But after that feast, you feel like a cow
Let your food digest, and take a drive
The Coastal route will keep you alive
Slow down at Warner and make a left
It's time to work off some of your heft
Go right on the street named for its direction
Your treats hold the secret to your destination

C - - - - - - - - - - K

7. Woe is you! You're getting exhausted,
 And you're beginning to feel accosted,
 Maybe a healthy solution is what you need,
 But something tastier than bran and germ seed,
 A Lucky selection might be complete,
 They've got low fat and Nutrasweet,
 So jog on down to 19640 Beach,
 A low cal diet is there within reach,
 You'll need to check for calories and fat,
 If your obesity you are to combat,
 Now's the time to abstain from fattening delights,
 Upon your new grocery list you must set your sights,
 The fat calorie percentage you must calculate,
 In the order set forth on your dietary slate,
 Each low cal product will reveal,
 More than the three courses of your next meal,
 For in their sequence they'll indicate,
 Yet a better solution to navigate.

8. You didn't find the answer here,
 But this new N.B. Blvd. address will make things clear,
 Put your fat finder to the test,
 Its windows will tell you the rest,
 For though low cal foods will reduce the weight,
 Their wretched taste you can't abate,

Though, it's true, doctors make you squirm,
Your prognosis you should confirm,
Return to tactics more traditional,
When you think of matters Nutritional,
Maybe Counselling is just what you need,
To take weight off safely and with speed,
So to a new port you travel with haste,
For one reason: to get a thin waist!
The road you take is clearly marked,
Visitors go inside, once they've parked,
The arrows lead you in the direction,
To leave behind your self-deception,
Once upstairs you'll need no instruction,
To find the door to size reduction.

9. The Counselor is gone, but you've learned a lesson,
About the high price of obsession,
You found the secret diary of Jenny Craig,
For her diet secrets, you'll no longer beg,
To lose that much weight and so quickly,
You'd guessed the woman was rather sickly,
Jenny's bulimic! Now you guess,
You'll have to continue on your quest,
Even Jenny strayed off her plan,
Food doesn't taste good out of a can,
But Jenny's notes give you a clue,
About the path you should pursue,
The counselor gave her the fortitude,
To start eating healthy, sensible food,
If, like Jenny, you know what's best,
You'll find your catch by heading west.
Appearances are everything in this age
But a sensible plan your hunger will assuage
Now NB Boulevard takes you across
To initiate your program of weight loss

Dieter's Little Clues

1. Acupuncture - don't need, in script
2. On tape, leads to Exercise field

(at exercise field - leads to Ports o Call)

3. These stupid chair-ups are much too tough
And you thought Simmons was a powderpuff!
You'd like to find a easier way
To keep the weight off and make it stay
A co-worker lost forty pounds using one kind of pill
It's her blackmarket prescription you'd like to fill
So take PV and 25th into town
A leftist Gaff will bring you down
Your friend keeps whispering in your ear
Listen to the rules to which you'll adhere
The scales may not tell you your fortune
But the news may change your proportion
Your weight you'll find in mid-village
Near an ice cream parlor you must not pillage

(found at scales - leads to train station)

4. You thought these pills would be your salvation
But they've only led to frustration
I guess it's time to open your eyes
The only way out is exercise!
Now it's time to cross that Bridge
And make a little pilgrimage
When you see the Atlantic, make a left
Up to Willow if you're deft
Left at this corner, then you'll see your station
All aboard to your next destination!
You'll know when you should depart
Your warning tells you where to start
Number 11 is the key
To shed a life of misery
Once inside, you'll be amazed
At the equipment for the exercise craze
A membership interest you should profess

To the corner weights you get free access
Where to begin? What weight? What tension?
Guess that's the Universal question!
To trim the fat that's in excess
55 pounds you should bench press.

(at Y - leads to Cinnamon Rolls at Belmont Shores)

5. Aren't you happy? You've lost weight!
But you still seem tense and irate
With mood swings you must contend
Time to seek solace with an old friend
Food has been a comfort in the past
These are habits you thought you'd surpassed
But your soul needs nourishment as well
And it can only be sated with caramel
Jill's been a pal through thin and thick
And she has delights quite caloric
Her specialty isn't hard to define
Go ahead and order nine!
You've wanted these for so long
Now you can have them for a song!
In your bag is your melody
Make sure not to sing it off-key
If she's your friend, she'll then talk to you
And convince you not to eat this goo
For inside this sticky delicious treat
Is a surprise you should not eat

*Dearest Jill she had a store, e-i-e-i-o
And it was on Belmont Shore, e-i-e-i-o
With a neigh-here and a neigh-there
There a neigh, here a neigh everywhere a neigh!
Dearest Jill she had a store, e-i-e-i-o*

*We've tried diets, we've tried a pill, e-i-e-i-o
But of health fads, we've had our fill, e-i-e-i-o
With a woof-woof here, and a woof-woof there,
Here a woof, there a woof, everywhere a woof-woof
We've tried diets, we've tried a pill, e-i-e-i-o*

*Ol' Man Simmons had a fat farm, e-i-e-i-o
And this place it had no charm, e-i-e-i-o,
With an oink-oink here, and an oink-oink there
Here an oink, there an oink, everywhere an oink-oink
Ol' Man Simmons had a fat farm, e-i-e-i-o*

*So we must put on this show, e-i-e-i-o
Cause we want cinnamon rolls to go, e-i-e-i-o
With a moooo here, and a moooo there
Here a moo, there a moo, every where a moooo
We Want Cinnamon Rolls to Go!! E-I-E-I-O!!!*

(at Jill's - leads to Central Park)

6. You know it's time for more exercise,
But you won't believe your eyes,
The parking on Slater is easy to miss,
Now, time to shake your paralysis,
This place is too gorgeous to be true,
You'll want to walk the whole way through,
The paths remind you of fork and spoon,
In this case, try a righteous tune,
Over the bridges and through the woods,
You're getting closer to the goods,
The course is designed for getting fit,
Don't stray from the proscribed circuit,
Now you'll need to find the trick,
To eliminate your tummy quick,
Body curls will do just fine,
Check your heart at number nine.

7. Under exercise curl bench at Central Park - leads to Luckys

GROCERY LIST

1. **SIX FROZEN KLONDIKE LITE BARS**
 2. **ONE 11 OZ. FROZEN WEIGHT WATCHERS LASAGNA AND SAUCE DINNER**
- MEAT**
3. **ONE DANNON CHERRY LOW-FAT YOGURT**
 4. **ONE LIGHT BROWN BUCKET OF SHEDD'S SPREAD BUTTER**
 5. **ONE SARAH LEE FREE AND LIGHT STRAWBERRY YOGURT DESERT PIE**
 6. **ONE PACKAGE OF MISSION CORN TORTILLAS**
 7. **ONE FROZEN LOW-FAT LEAN POCKET PIZZA DELUXE**

...And your animal does hob-nob
With the frozen corn on the cob

8. Using fat-finder at Lucky's leads to Hoag

(at Hoag - leads to Fish)

9. a) **LOOK UNDER THE SOFA**

b) *Diary*

FINAL: Holy smokes! It can't be true!
Yet the evidence is here to view
All the running around did create
The way for you to lose your weight!
Now you're down to a size six
Time for you to be social and mix
18 pounds here, 10 pounds there
This weight loss caught you unaware
Now you can go to the Oceanfront
For many cute guys you'll want to hunt
But your true love you'll want to surprise
Wait till you look him in the eyes
To the party house deck you can now walk
For the man you want to stalk!

Dieter's Tape

(Clue 2 - leads to PV exercise park)

Richard Simmon's voice:

"You know, I know what it's like to be fat. To have kids in school make fun of you. To have no friends. To be embarrassed to shop. But you *can* make that thin person inside of you emerge! Repeat after me: I am a valuable person. I am a lovable person. I do not need food to substitute for love. I can lose weight! All right, let's Sweat to the Oldies! [start Motown tune] Everybody, knee kicks! Higher, higher! C'mon, *Hawthorne*, higher! Okay now, time to do the hill climb. Stretch those legs. Now turn to the right, to the *right*, sillies! And kick, two three four! We don't want to look like a Wells Fargo Wagon! Okay, everybody, follow the yellow dots!"

(clue 3 - leads to scales at Port o Call)

Friends voice:

"Honey, I used to take that shit seriously, too. But really, it's all so damn hard. Besides, I found a doctor who says it's all metabolism. That's right, your own body chemistry working against you. Genetics. That's why he gave me these pills. I can't give them to you in the open; he made me promise not to tell. But I will tell you how to get them...I'll leave them behind the scales. After all, you'll want to weigh yourself before you start. Save your weight card as a memento of your before weight, darling. [music, maybe "Mother's Little Helper"]