



M A G A Z I N E  
MAY/JUNE 2010

**Dear OH Readers,**

Spring and new beginnings are all around us and Summer is on the horizon. The grass is a fresh shade of green and flowers are blossoming everywhere, highlighting the beauty of life in all the colors of the rainbow. Spring and Summer are seasons that are good for the soul. Take time to enjoy the seasons and to *Feed Your Soul* with non-edible rewards to celebrate your successes throughout your WLS journey. *OH Magazine's* Tammy Colter highlights examples of creative non-food rewards shared by OH members on page 44. A "me fund," personal pampering products and services and other ideas will inspire you to select your own rewards for your healthy living choices.

Spring/Summer is an active time. Learn fun ways to keep your kids moving right along with you on page 50. If you're preparing for WLS and are contemplating whether or not to tell others, or if you are concerned about what might happen to your relationship with your partner, check out what the experts and other OH Members have to say. And be sure to read the cover story depicting how Melanie Wildman is using the chapter of her life as an obese woman to inspire the lives of others on page 56.

Keep sharing your wants and needs with the incredible staff at *OH Magazine*. Continue to send in pictures of yourself, along with your personal account of WLS. You may soon see yourself on the pages of this phenomenal magazine! Happy Spring/Summer and keep blossoming!



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