

Battling Holiday Weight Gain

CHATANOOGA, Tennessee – (November 25, 2007) – Tanya Bruce says she's half the person she used to be.

Bruce, "The weight fell off, 115 pounds."

Ms. Bruce feared becoming diabetic like her parents. So two years ago she began walking three miles a day and changed her diet.

Bruce, "Cut out the sugars completely, went from sweet tea to unsweetened."

More than half of American adults are considered overweight or obese. The number of overweight children is also on the rise. The CDC warns being obese increases your risk of diabetes, heart disease, stroke, arthritis and some cancers.

Bruce, "My cholesterol has come down tremendously, it was 250 it's down to 150 now. The next struggle is just to keep it off."

Ms. Bruce now fills her plate with fruits and vegetables at Souper Salad. Jack Holley manages the buffet style restaurant. He says it's one of the few in Chattanooga to go trans fat free.

Jack Holley, "Trans fat doesn't break down into something you can digest and it stays in your arteries, that's the worst part."

Holley says he's seen many of his regular customers lose weight right before his eyes.

Holley, "They eat here everyday. The more they care about how they feel and as they get older when they go into that doctor and he puts them on that diet, yeah, they're going to change their lifestyle."

Jean Scoggins says she weighed more than 200 pounds for several years.

Scoggins, "I started exercising, lost weight, I started eating salads. I felt a lot better, I felt better about myself."

Both women say it's a constant battle to keep the weight off. With moderation and exercise, they plan to enjoy the holidays without sabotaging their success.

About Souper Salad: Souper Salad is a privately held company, headquartered in San Antonio, Texas. The restaurant chain operates 87 locations in 12 states offering a buffet-style dining experience. It plans to implement new franchising and re-franchising opportunities in 2007, with the goal of expanding to the east coast in six different states, and increasing the number of stores it has in the southwest, especially in Oklahoma and Nevada. For more information, visit www.soupersalad.com.

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