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'Totally You' Reaches Out To Youth At Risk For Heart Disease

POSTED: 12:21 pm EDT May 24, 2004

BALTIMORE -- A new weight management program, known as Totally You, is reaching out to Baltimore youth at risk for heart disease.

The program emphasizes exercise, diet and self-esteem for kids ages 5 through 15.

But, Totally You's founder, Louvenia Anderson, wants families to know children shouldn't take all the blame for their health problems.

"Whether it be the parent, the guardian or whoever the child lives with, we want them to all come in and make lifestyle changes," Anderson said.

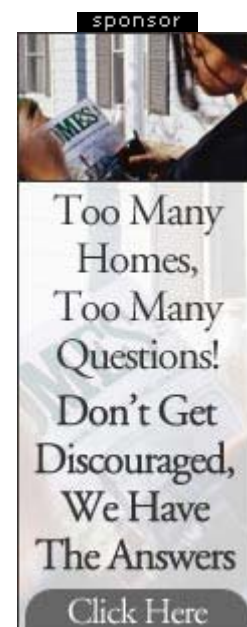
Anderson was inspired to start the program by her 12-year old cousin who weighed 125 pounds.

For more information about Totally You, dial (410) 254-1555.

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