

The

HOW  
TO Get  
SKINNY  
BOOKLET

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For 1983 Richard Simons says start  
exercising! So get going with the How To  
Get Skinny Booklet!

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# Fat



# HOW TO Get Fat

If you are skinny you need to get Fat, So first eat and eat and don't exercise. If your still skinny than sleep and eat all day, You can do other things that are lazy things, like watching T.V. or reading a book.

Eddie

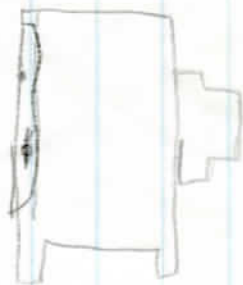


Get

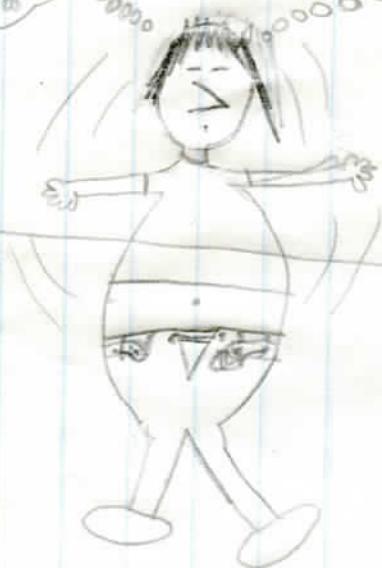
FAT E.D., FAT!

After eating sit down and watch T.V. for the rest of the day. You won't lose any pounds that way.

Eddie



# Skinny



# The Scale

Another way to get skinny is to break your scale. Then you won't know how much you weigh! It might say you weigh 85, when you used to weigh 99. (Of course I'm talking about a person of size 10 or ten.) So break your scale.

EDDIE



# Hobbys

Get a hobby like art and walk around town collecting junk. That way you'll lose weight and gain something for winning the art show.





# Join The Y.

The Y is giving out  
a free T-shirt for people who  
walk 75 miles or run 150 miles  
so run around town until you  
run 150 miles and get skinny too!  
Hurry times running out!!!



# Skinny Time



Now that your fat you have to get skinny. First you should know to do the opposite as the page called **How to get Fat**. That means exercise, don't eat much (go on diet) and **Do NOT** be lazy.



# ONE Way Of Getting Skinny.

If you really want to get skinny get strept throat. I think you will say "Hey I got it." when you get it. (IF you do). If you get it you hardly eat much so try to get strept throat. (any kind of colds will help you get skinny.)

