

# New Year Weight Loss Balderdash Bingo

A giant pair of trousers	"This one really works!"	This meagre snack is extremely satisfying – yum!	Losing weight is a worthwhile challenge	A zipper being zipped – after all these years!
Delighted astonishment!	"Nutritionally balanced"	Slightly tragic celebrity endorsement	Before and After	"Follow these simple steps..."
Gender stereotyping	Health At Every Size concepts are appropriated	Implicit terror of disability, illness and/or physical frailty	"It's fun! Like a game!"	"It's for my health"
"It's not a diet, it's a..."	"It's so easy!"	Think of the children!	Leaping around, dashing away, twirling	Unspoken terror of ageing
Bright light, sunshine	Science is invoked	"I want to feel more like myself again"	A nice lady smoothing down her flat tummy	New Year – New You!