

Drop That Cupcake!

Here—especially for the sneak snackers among us—are 25 things to do *instead* of eating

By *Bette-Jane Raphael*



1 Pick a fight with your partner. If it gets vicious enough, you'll lose your appetite.



5 Take a stroll through the bikini section of your local department store.



10 Sit down at the piano and sing a medley of old favorites, starting off with "I don't want her. You can have her. She's too fat for me...."



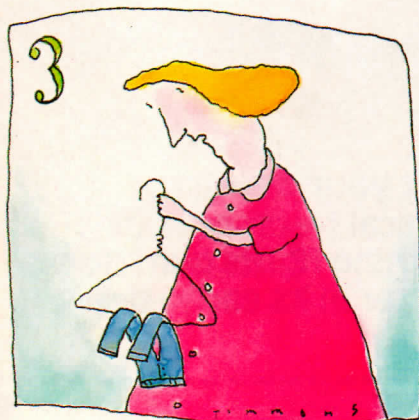
2 Make a list of famous people who have choked to death on their food.



6 Curl up with the ideal height and weight charts put out by insurance companies.



11 Leaf through some family photo albums, remembering to pause for a moment at the picture of you taken in the sixth grade when your waist was broader than your shoulders.



3 Clean your closet, making sure you try on all of last year's slacks that have somehow shrunk.



7 Go to a zoo—and be sure to visit the elephants.



8 Write a short story about a woman who loses 10 pounds and becomes president of Xerox.



12 Play with your dog and, in passing, take a good whiff of his breath. (For optimum results, do this three times a day, just after each feeding.)



4 Sew a sampler of the quaint old homily: East or West, thin is best.



9 Visit the nearest museum with a good collection of Rubens' nudes.

13



Bonnie Timmons

Exercise in some way you find pleasant, perhaps by enlisting your partner's participation in a strenuous sex act. (Men are particularly unselfish with their help in this area.)

17



Leaf through some illustrated literature put out by the Anti-Vivisectionist League.

22



Stand outside a Pizza Hut and try to guess the average weight of its patrons.

18

Have a tooth filled, making sure you request Novocain so that your lips will be out of action for a few hours.

19

Inspect the crusty dirt behind your refrigerator and oven and try to guess what food it was originally.

23



Paint a full-length portrait of either Luciano Pavarotti, Alfred Hitchcock or Fatty Arbuckle.

14

Rent a video cassette of the movie "Fatso."

20

Jog nonstop for a mile (right past the chocolate chip cookie place located *nine-tenths* of a mile from your house). Return home by a different route.

24

Enroll in a cooking class that teaches you 47 things to do with tofu.

15

Make an appointment to have a complete physical, knowing that your doctor will first check your weight.

21



Take your own thigh and upper arm measurements. Compare these with those of model Jerry Hall.

25

Go to your butcher and ask him to show you what 10 pounds of fat looks like. **H**

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Go on a shopping spree; buy yourself a full-length mirror and a new scale!

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BETTE-JANE RAPHAEL is a New York-based freelance writer. Her soon-to-be-published humor book is called *Can This Be Love?*