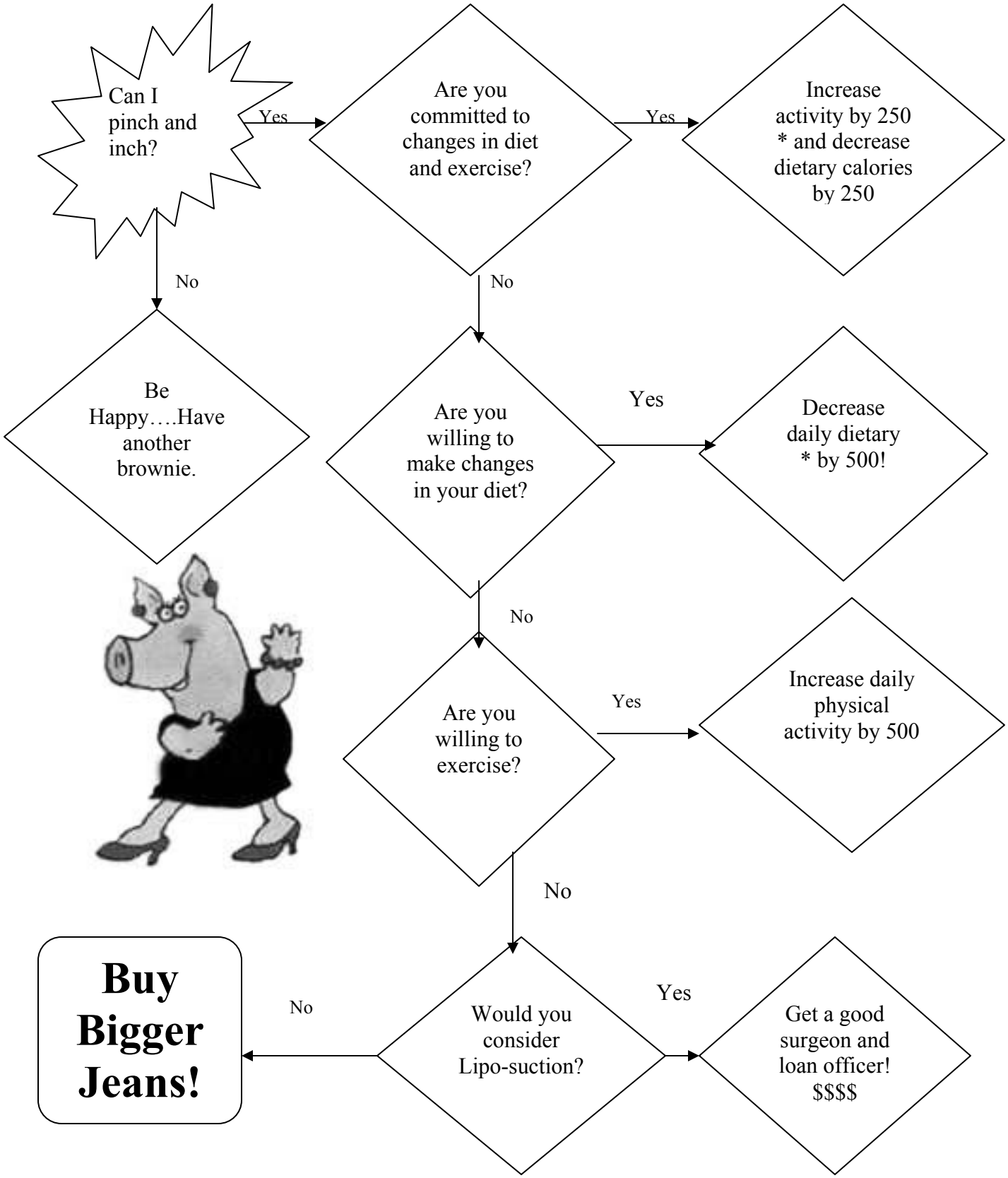Do I Really Need to Lose Weight?