

January 2015

# Fraud Alert!

## ‘Resolution Trend’

It’s that time of year again when we really start to see the damage those holiday cookies made! So what do we do? We head back to the gym or we start a new and improved diet.



Sometimes this new and improved diet could mean buying into the diet pill craze. According to [www.aarp.org](http://www.aarp.org) losing weight the most common form of a New Year’s Resolution; people are looking for a quick way to slim down so they turn to dieting. The Federal Trade Commission claims that people are defrauded against with diet pills and “miracle” supplements more than any other product out there! This is a scary reality, but here are some ways [www.aarp.org](http://www.aarp.org) recommends using to avoid a potential fraud from diet pill companies:

- Start off the good old fashioned way with proper nutrition and exercise
  - This can best be attained by a personal trainer at the gym or seeking counseling from a nutritionist
- Talk to your doctor about a lifestyle change
  - He or she could recommend exercise routines as well or perhaps a prescribed daily vitamin or supplement
- Join a walking club or fitness classes
  - Working out and exercising is much more with others

Now that we have discussed healthy alternatives opposed to fraudulent diet trends you can now start the New Year anew!

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**Monthly Fraud Alerts brought to you by:**

**BUCKS COUNTY CRIMES AGAINST OLDER ADULTS TASK FORCE**

**Bucks County District Attorney's Office**

215-348-6344

**Bucks County Area Agency on Aging**

215-348-0510

**Bucks County Coroner's Office**

215-348-3852

**Network of Victim Assistance (NOVA)**

1-800-675-6900

**A Woman's Place (AWP)**

1-800-220-8116

**Bucks County Office of Consumer Protection**

215-348-6060

**Bucks County Register of Wills**

215-348-6265

**US Dept. of Health and Human Services/OIG**

1-800-447-8477

**[www.crimesagainstolderadultsbucks.org](http://www.crimesagainstolderadultsbucks.org)**

**24 - HOUR HOTLINE: 1-800-490-8505**