

# New Year's Resolution Rip-offs

Scammers love to take advantage of people's good intentions. Here are some popular resolutions and ways to avoid getting ripped off.

## Lose Weight



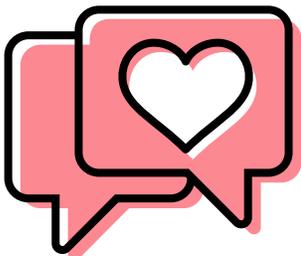
Nothing will let you eat all you want and still lose fat. Avoid any product that promises to miraculously make you lose weight without diet and exercise. Worse still, some supplements contain chemicals not listed on the labels that could harm you. Instead, eat a balanced, low-fat diet and get your heart pumping.

## Give to Charity



These kinds of scams are very popular during the holiday season and after a disaster. Before giving money to a charity, look them up on [give.org](http://give.org) or [charitynavigator.org](http://charitynavigator.org). Be wary of an organization that sends you an unsolicited email. If one provides a link to make the donation online, don't click on it – the link could send you to a phony site. Instead, type the address in your browser.

## Find Love



Many scammers troll dating and social media sites. They use fake profile pictures and send flattering direct messages to people they think they'll appeal to. After corresponding with you for a few weeks, they will ask you to help them get out of a terrible financial situation. Don't fall for it. If you give them money, you'll never get it back. You'll have better luck by joining social groups to meet and chat with people in person.