



you're
on your
way!

free
to
LIVE™

successful start



tips for getting started

Just Do It – There's no time like the present to get started on a better tomorrow.

Bring a Friend – Starting a new healthy eating regimen with a friend can be fun and helpful.

Stay Positive – A positive attitude is key when undertaking challenges. Positive thinking can lead you on a journey of weight loss success.

Invest in Yourself – When you believe in yourself there is nothing you can't achieve.

Don't Procrastinate – Start today!



healthy eating tips

- Water is essential to **good health**. Try to drink at least 64oz / 2L of water each day.
- A **balanced diet** is necessary for healthy weight loss and maintenance.
- Try to **avoid fried foods**. Stick with foods that are broiled, steamed, baked or grilled.
- Eating small meals throughout the day will help **keep your energy up**.
- Along with a well balanced diet, staying **physically active** is a healthy way to **lose** and **maintain weight**.

