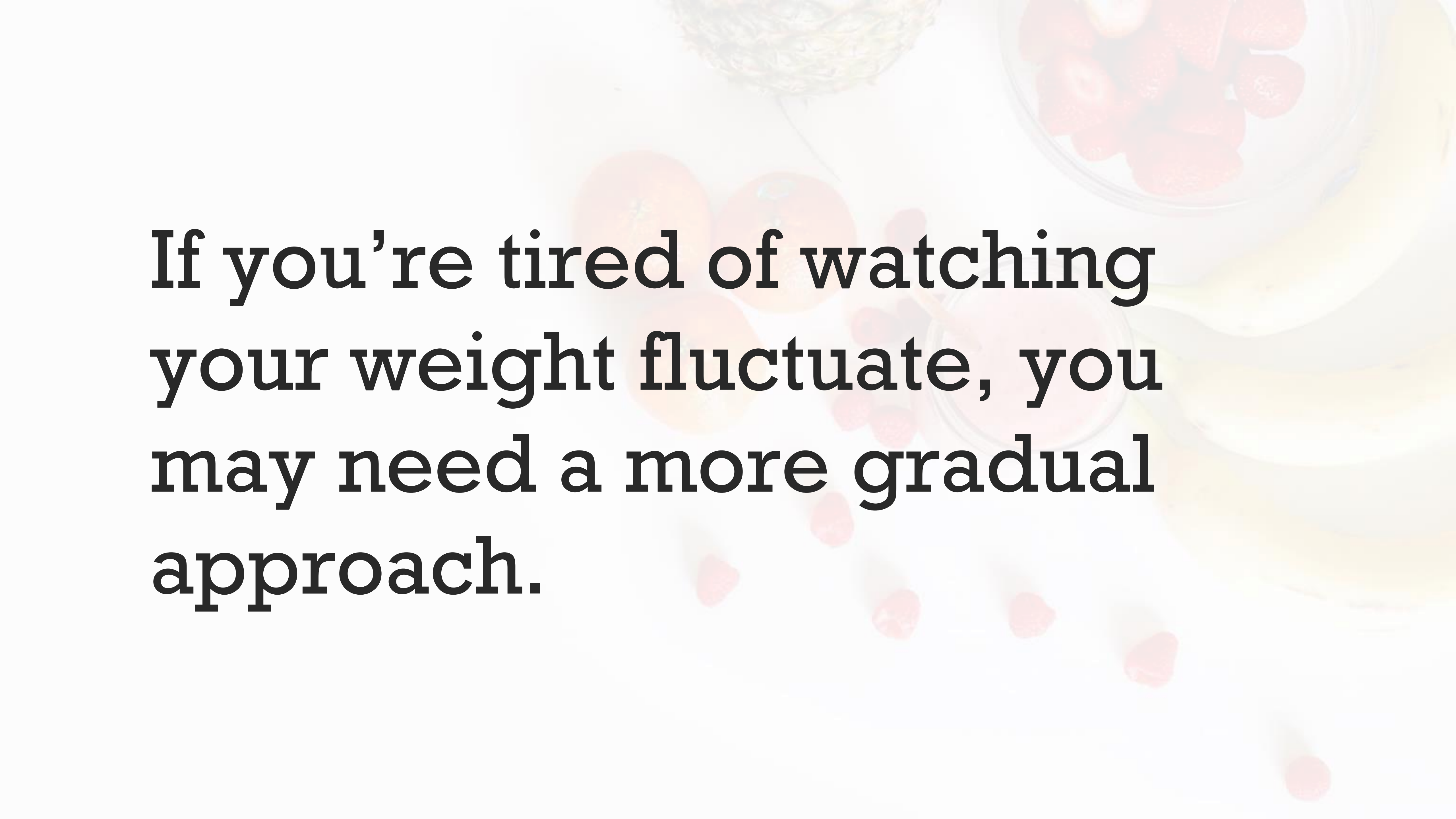




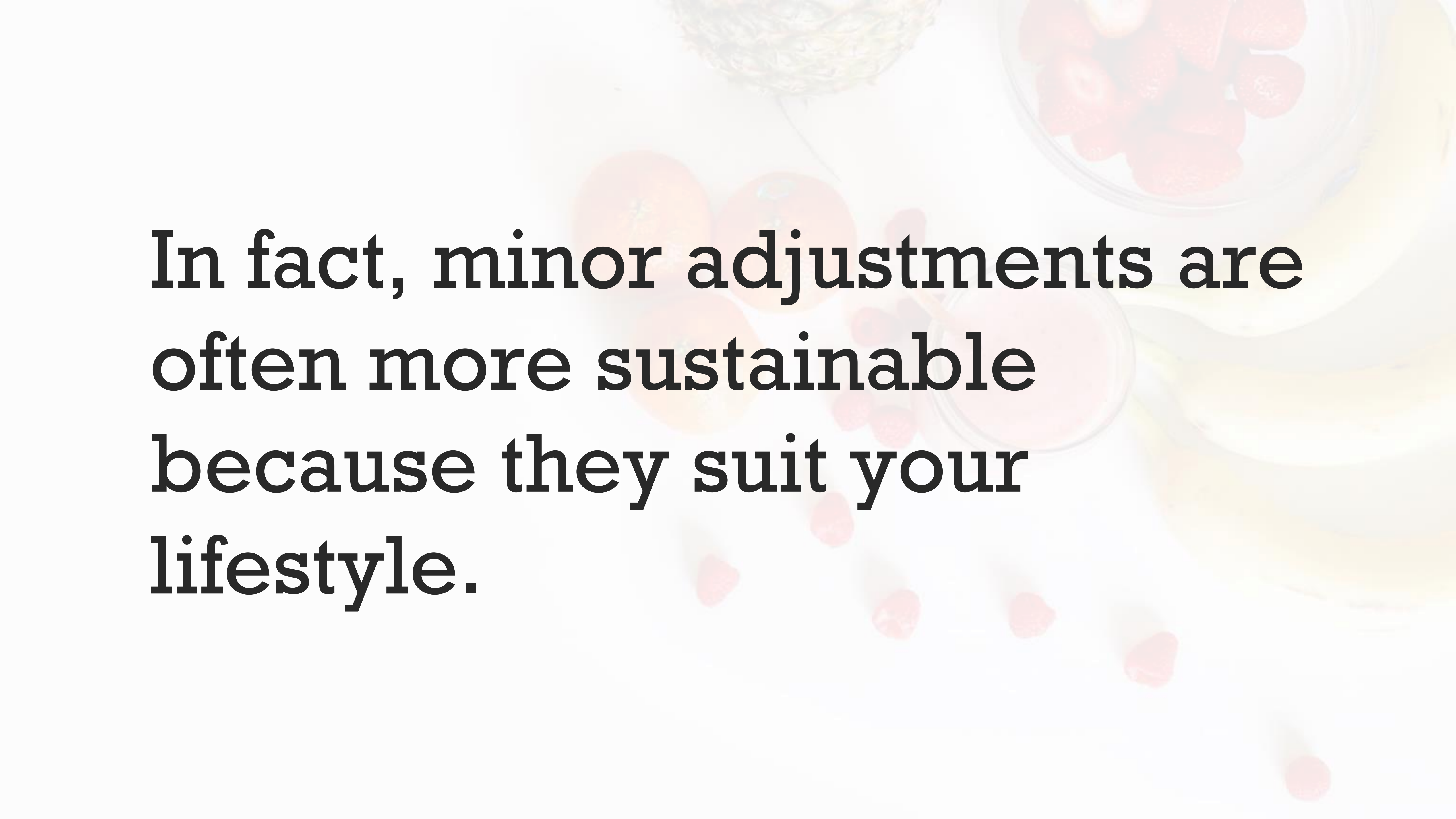
Easy Small Habits That Help You Lose Weight



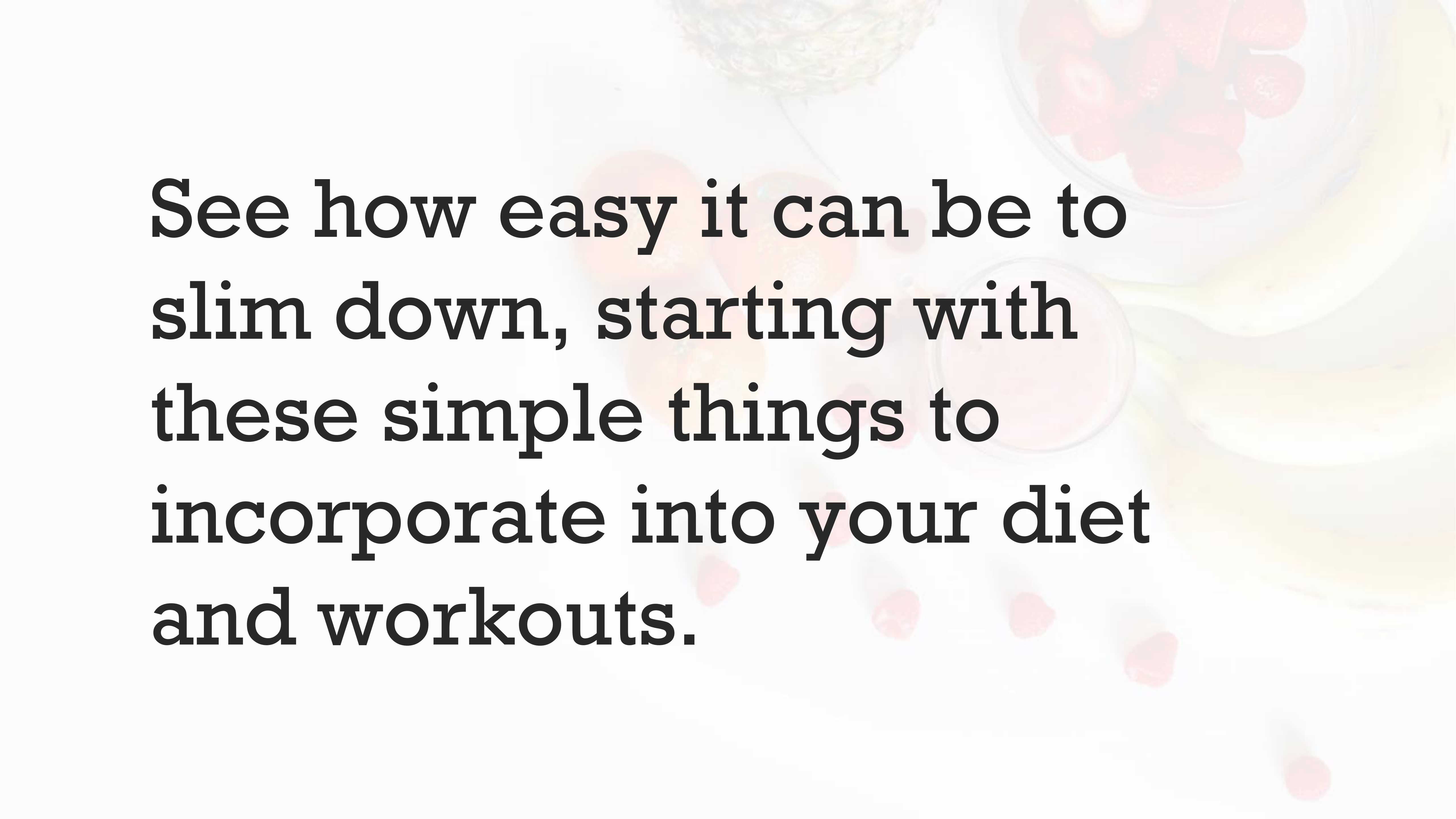
If you're tired of watching your weight fluctuate, you may need a more gradual approach.



**Little changes can add up
until you see a big difference
on your bathroom scale.**



In fact, minor adjustments are often more sustainable because they suit your lifestyle.



See how easy it can be to slim down, starting with these simple things to incorporate into your diet and workouts.

A top-down view of a white bowl filled with a pink smoothie, topped with white coconut flakes. The bowl is surrounded by a variety of fresh fruits including strawberries, kiwi, raspberries, blueberries, blackberries, and mango. Several golden-brown muffins with green herbs on top are also scattered around the bowl.

**Small Eating
Habits That
Help You
Lose Weight**

Stock your kitchen.

- **Keep healthy snacks on hand, along with staples for light meals. You can make room for the good things by getting rid of junk food.**

Plan your meals.

- **Write out a menu for your daily meals and snacks. You'll be able to tell at a glance if you're getting all your required nutrients, and you'll probably eat less.**

Cook more.

- **Preparing your own food allows you to control the ingredients. Restaurant meals tend to have more calories, salt, and sugar. That's true whether you're eating at a fast food outlet or a fancy bistro.**

Increase your fiber.

- **Some studies suggest that eating more fiber is the single most significant change you can make in your diet. The top sources include split peas, lentils, and black beans.**

Boost your protein.

- **Foods rich in protein fill you up and recharge your metabolism. Plus, your body has to burn more calories to digest them, compared to carbohydrates and fats. Include some protein in each meal and snack.**

Eat breakfast.

- **Refueling in the morning helps to prevent excessive eating later in the day. Start out with something hearty and nutritious, like Greek yogurt with berries and nuts or a bean burrito.**

Focus on whole foods.

- **Make vegetables, fruits, and other natural foods the core of your diet. Cutting back on packaged items will eliminate most empty calories.**

Drink water.

- **Quench your thirst with plain water and tea instead of beverages loaded with calories. Staying hydrated facilitates digestion.**



Small Workout Habits That Help You Lose Weight

Be consistent.

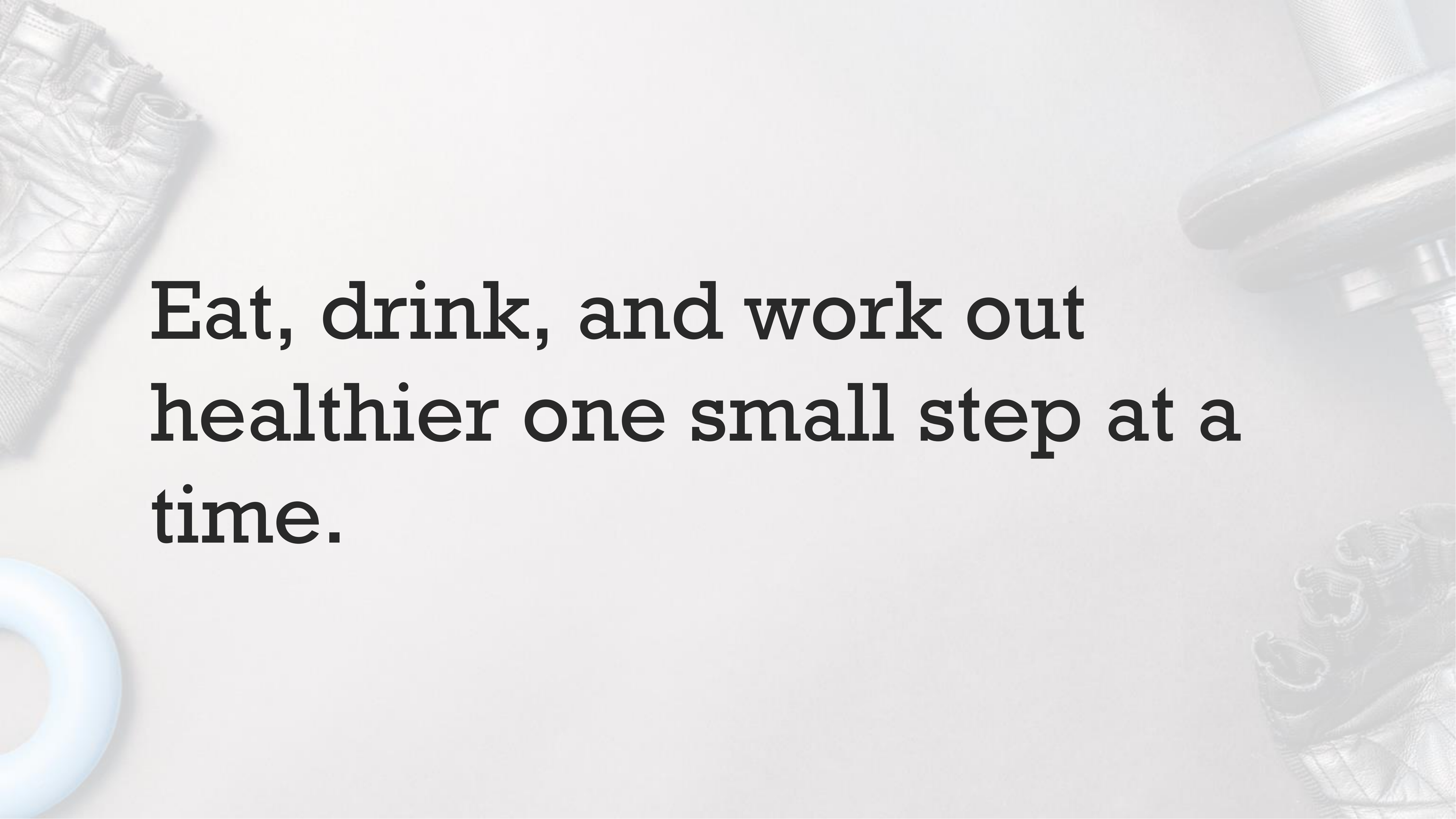
- **A successful exercise plan is one that you can stick to. Select activities that you like and invite a friend to join you. Aim for at least 140 minutes of moderate exercise a week (about 20 minutes per day) if you're trying to lose weight.**

Build muscle.

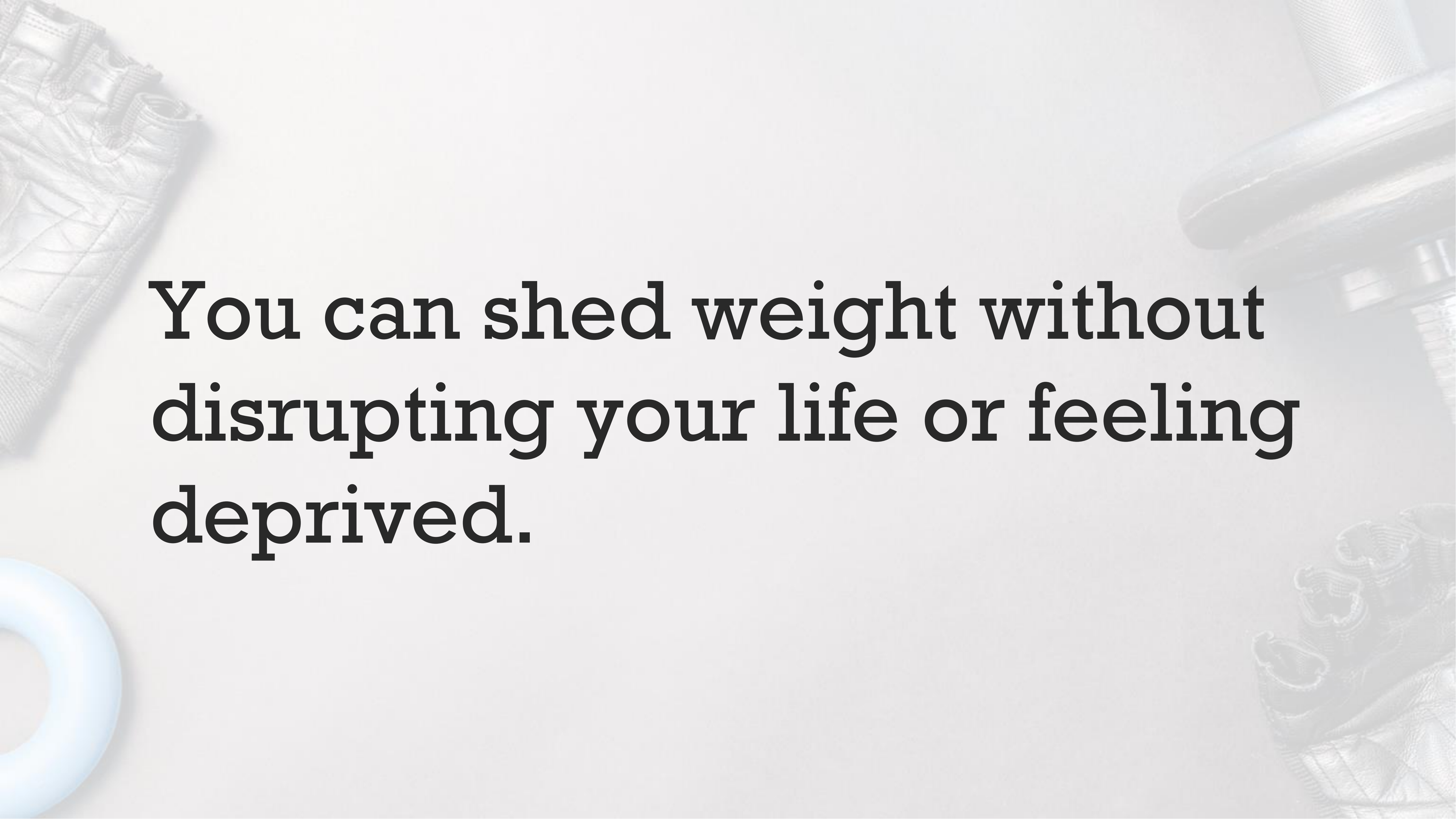
- **Increasing your muscle mass enables you to burn more calories even when you're at rest. Lift weights or do squats and pushups with your body weight.**

Move your whole body

- **Speaking of squats and pushups, devote most of your workout sessions to exercises that target your whole body. They'll burn more calories than smaller movements like bicep curls.**

The background features a light gray surface with several fitness-related items: a pair of white sneakers with black laces in the top left, a silver dumbbell in the top right, and a blue resistance band in the bottom left. The text is centered in a bold, black, sans-serif font.

**Eat, drink, and work out
healthier one small step at a
time.**

The background features a light-colored, possibly white, surface. In the top-left corner, there is a close-up of a white sneaker with a quilted, textured upper. In the top-right corner, another white sneaker is visible, showing the side profile. In the bottom-left corner, a portion of a light blue ring is visible. In the bottom-right corner, there is a close-up of a white sneaker's sole and laces.

**You can shed weight without
disrupting your life or feeling
deprived.**

Elevate Your Health

**Enhancing your health and well-being is an
empowering choice.**

I understand that taking the first step can be daunting.

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