



Actions That Will Encourage Great Weight Loss

1. Eating your first product within the first hour of waking up
2. Do not over exercise. If you haven't been exercising, don't start it now! If you have been exercising then drop your weights to half your normal amount and don't exceed 20 minutes/day for the first 3 weeks. No huffing, puffing or sweating during this time period.
3. Make sure that you get all your meals in. Don't think you will lose faster if you eat less...you won't!
4. Drink at least 8-10 glasses of water daily. It can be in the form of iced tea or crystal light, or our flavor infusers.
5. Measure and weigh your portions on your lean and green
6. Do not eat more than the recommended 10 carbohydrates in your lean and green meal
7. Call your health advisor and seek extra support. Also take advantage of the support calls and support in motion internet support tool.
8. Keep a journal
9. Read "Dr' A's Habits of Health" and take the personal assessment in Chapter 5
10. Do not have more than two of the allowed snacks daily.

Be diligent, know your program, do not make excuses, think ahead and be in control of your health.

Take Shape for Life is the beginning, and as you learn The Habits of Health, our maintenance and optimal health plan will be all you will ever need to truly Take Shape for Life!