

Without **goals**, you stay where you are.
With goals, you **become**
what you **wish**.



IN WITH THE NEW

*a simple path to
more vibrant living.*

No pill can give you the same benefits as regular exercise and eating right. Adding more physical activity and better food choices to your day doesn't have to be daunting. Just fit it into your lifestyle. You can:

- ❖ **Adopt a daily 10-minute walk** in the fresh air. Then ease into longer walks or hiking.
- ❖ **Reduce sedentary activity.** Practice standing up more to stretch your muscles and improve blood circulation.
- ❖ **Choose high-energy nutrition.** Simply add more produce to your plate — fruit at breakfast, carrot sticks with lunch or an easy vegetable soup for dinner.

CHANGE MADE EASY

- 1 **Select 1 health area:** Eat to reverse weight gain.
- 2 **Start small:** Reduce portion sizes at each meal.
- 3 **Visualize your expectations:** A slimmer waistline and less fatigue — moving forward is easier when you imagine the results.