

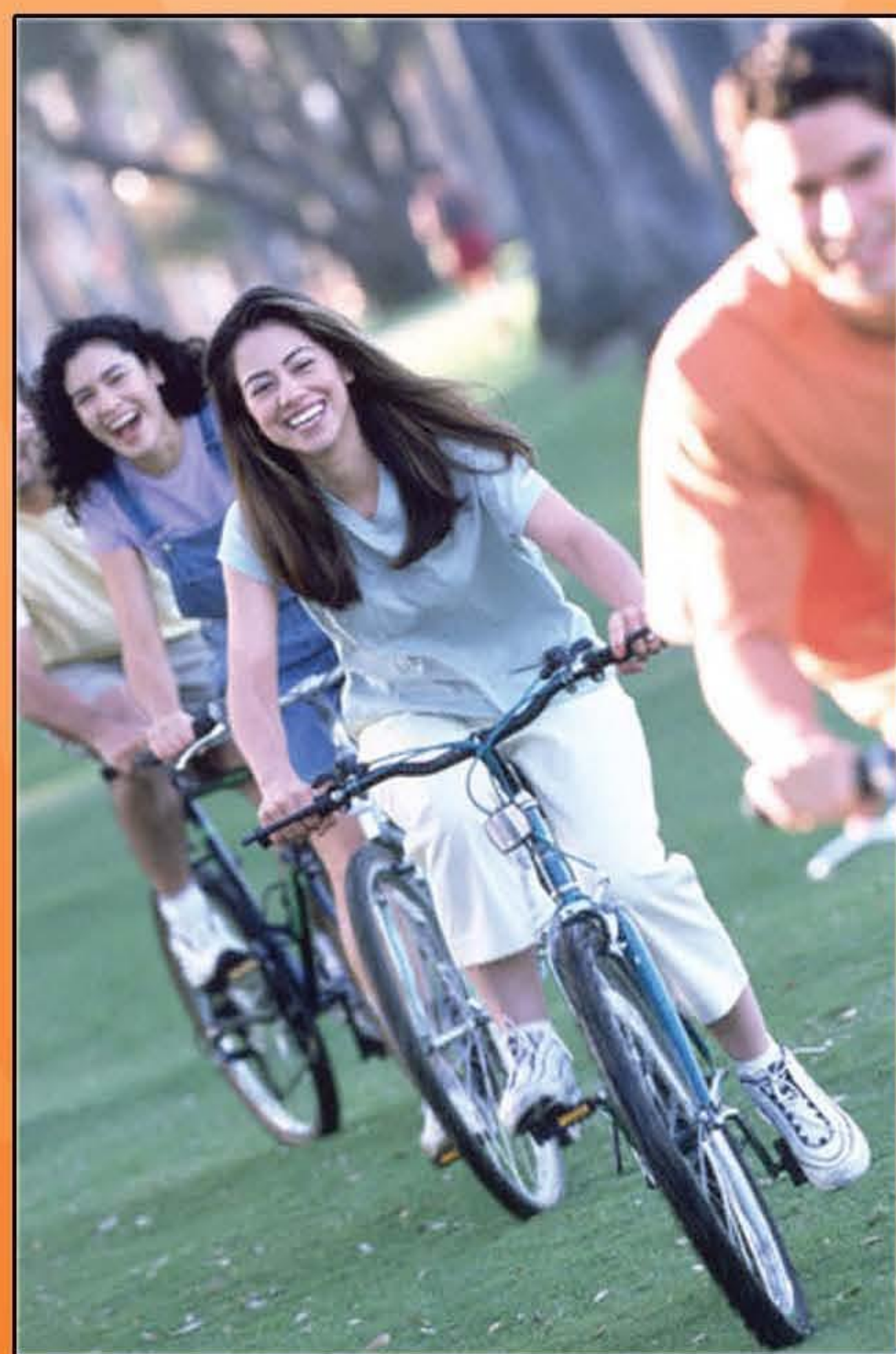
What can we **CHANGE** for you?

Lifestyle & Nutrition

Eat Fresh!



&



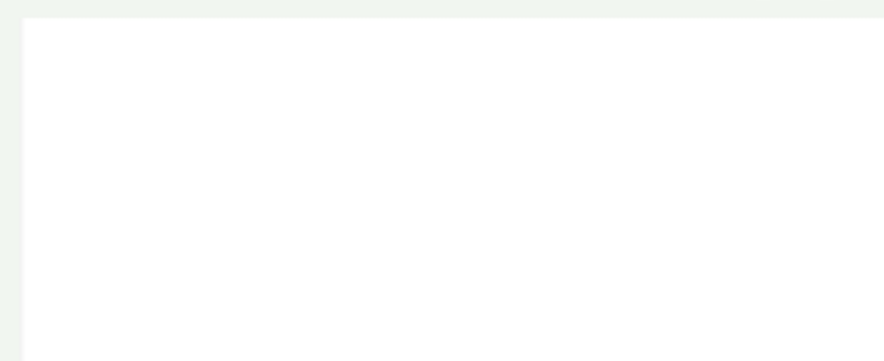
Get Moving!

Bike, Run & Walk



CHANGES

life is all about changes



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**Lifestyle
&
Nutrition
Tips**

What can we **change** for you?

Starts with good Nutrition

CHANGES will help you achieve the results you desire for your body. Our goal is to educate you on a few ingredients that will support your VIP experience and increase your benefits. A few simple adjustments to your current lifestyle will help you be well on your way to a new you.

We would like to introduce you to...

5 Fabulous Basics to Follow

- Eat Whole Foods
- Decrease Sodium Intake
- Eat Meals Regularly
- Implement Cardiovascular Activity
- Drink Plenty of Water

Decrease Sodium Intake

Processed foods and convenience items can contain excess amounts of sodium which can cause water retention. For example, a typical fast food burrito can consist of approximately 1200 mg of sodium per serving!

TIP: Did You Know??



- The average American consumes approximately 3,000 – 6,000 mg. of sodium per day?
- The USDA currently recommends that you do not exceed 2,300 mg. of sodium per day (AHA). Read food labels.

Did you know potassium rich foods can offset negative effects of sodium?

Implement Cardiovascular Activity

VIP treatments do not replace cardiovascular activity. "30 minutes or more of moderate to vigorous activity on most and preferably all days of the week," has been recommended by the American College of Sports Medicine and Centers for Disease Control.

TIP: Types of Activity



- Walking briskly
- Gardening/Yard work
- Dancing
- Bicycling
- Swimming
- Golfing

Eat Whole Foods

Eating fresh is very important! Ultimate health and well being can be achieved by incorporating whole foods such as fresh fruits, vegetables, lean meats, legumes, and whole grains.

TIP: Make it Easy



- Keep a bowl of fruit on the counter.
- Keep fresh sliced vegetables in baggies for easy access.
- Buy fruits and vegetables that are in season to ensure freshness.

Eat Meals Regularly

Eating only one meal a day can cause the metabolism to slow because it senses a food shortage. Slowing the metabolism will burn less stored energy over time. A healthy metabolism contributes to more rapid VIP results.

TIP: Plan your Meals



- Pack healthy snacks.
- Take your lunch to work.
- Preparing meals ahead of time will ensure consistent eating habits.

Drink Plenty of Water

Our body consists of 65-70% water. Many of the functions within the body rely heavily upon proper hydration levels. Staying hydrated and flushing the body of wastes is very important while participating in our VIP treatments.

TIP: Keep Hydrated



- Keep bottles of water available at work and at home.
- Aim to consume 8-8oz glasses of water per day.

* A Few Healthy No-Salt Seasoning Options

American Favorite Blend

- | | |
|-----------------------|-------------------------|
| 5 tsp. Onion powder | 1 Tbsp. Paprika |
| (Not onion salt) | 1 Tbsp. Dry mustard |
| 1 Tbsp. Garlic powder | 1 Tbsp. Thyme |
| ½ tsp. Celery seeds | ½ tsp. White pepper |
| Yield: about ¼ cup. | (HEA Inc. Glenside, PA) |

Spicy Seasoning

- | | |
|-------------------------|--------------------------------------|
| 3 Tbsp. Celery seed | 1 ½ tsp. Ground bay leaf |
| 1 Tbsp. Onion powder | 1 ½ tsp. Black pepper |
| 1 tsp. Garlic powder | 1 ½ tsp. Ground cloves |
| 2 Tbsp. Crushed oregano | Yield: about ½ cup |
| 1 Tbsp. Crushed thyme | (The Art of Good Eating Seattle, WA) |



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