

# Slim Tips!

## 1. Set Your Goals

Keep track of your goals in a daily log. Writing down your objectives shows commitment, and makes it more likely that you will be successful!

## 2. Take Your Baseline Measurements

Chart where you started! Take measurements (neck, chest, stomach, waist, hips, and thighs) and snap some photos! These will help you observe changes as you go along, and appreciate how far you have come.

## 3. Make Slim a Part of Your Daily Routine

Mix and drink one pack of Slim 15 minutes prior to each of your two main meals. If you forget, take it as soon as you remember. Once you mix a packet of Slim, drink it immediately before it thickens.

## 4. Follow the 4-4-12 Rule

Slim will reduce your cravings, making it easier to avoid snacking between meals. Follow our 4-4-12 rule: do not eat anything for 4 hours between breakfast and lunch, 4 hours between lunch and dinner, and 12 hours between dinner and breakfast. If you really need something, munch on a healthy snack.

## 5. Drink More Water

Challenge yourself to replace unhealthy beverages (including diet soda!) with water. Water will help keep your body in balance, and remove waste and fat more effectively.

## 6. Make Better Food Choices

Eating the most nutritious foods makes for optimum health! Being by making the best decision while grocery shopping—if you don't purchase junk food at the store, you won't be tempted to eat it later! For the most benefits, reduce the amount of high glycemic foods, such as white pasta, white rice, and white flour.

## 7. Eat Breakfast

Skipping breakfast is one of the leading causes of weight gain—eating breakfast actually boosts your metabolism so you burn more calories throughout the day. Choose a high protein, low carbohydrate breakfast—the Lean Complete meal replacement is perfect.

## 8. Eat Less

Slim will help to reduce your appetite. As this begins to occur, start eating smaller portions. In doing so, you will be consuming fewer calories and your blood sugars will stabilize more rapidly.

## 9. Increase Your Activity

Get active, even if it's only a small amount each day. Think about the little things you can do each day to make a difference—take the stairs, walk or pace while on the phone, etc.

