

## **Day 1 – Seminar Push for New Lead**

Hi, (Name)

We are constantly helping people shed and keep off excess weight, and in our experience, it's the little things that matter. If you can concentrate on small, manageable goals, then we're certain you can be successful at losing weight and keeping healthy, too!

Here are some of our top tips on how to make that fat disappear:

### **1) Be Honest**

When you are trying to make healthier food choices, the most important thing is to be honest with yourself. By keeping a brutally truthful food and exercise journal, you can keep track of the things that you eat. Yes, you might feel guilty writing down that you licked a little bit of frosting off the top of a cupcake while packing your son's lunchbox, but if you put it in your mouth, you'd better write it down. That way, you can always see the times when your healthy eating really works for you and when you are making choices that could be holding you back.

### **2) Take Control of Your Emotions**

When you are stressed or tired or depressed, you might be tempted to reach for a bag of potato chips and veg in front of the television. However, if you truly want to be in control of your body, you'll need to learn other ways to deal with emotional eating. Try other activities to relax. Yoga is an excellent way to detox your body and your mind. Play with the dog or go for a walk with your significant other to unwind. Do your best to stay away from the kitchen or fast food restaurants during these times.

### **3) Use the Buddy System**

If you struggle with getting out to exercise, then take a buddy with you. The commitment to do it together will be mutually beneficial. You should also seek advice from a health professional to determine which foods are good for you. Without eating for your unique body's needs, you'll never be successful. Get advice and then find a friend to walk you through it or even do it with you!

**The GREAT NEWS is that we can help you with all three of these weight loss tips!** We have a tracking system and weekly meetings that can help you to be honest with your food consumption. We have amazing tools and resources to help you take control of your emotional eating habits! You'll also never feel alone as we offer weight loss counseling that gives you the support of our entire Club Reduce staff!

We have all of the answers to help you understand why your weight loss efforts have failed in the past and more tips and strategies to make your weight loss journey smooth and successful. Attend our Weight Loss Seminar to find out more about all of our programs and how they will help you stay on track with your health and weight loss goals.

Sign up now to reserve your seat at our [next seminar](#)!

Kindest Regards,

(Clinic Name and Information)