

## **Monthly 4 – Seminar Push for New Lead**

Hi (Name),

Are you struggling with a weight loss plateau? You're not alone. Even when we're doing our best, sometimes our bodies get lazy and they simply won't let go of unwanted fat. Here are a few tips that will help you to get that needle on the scale to budge!

### **Switch It Up**

When you do the exact same workout routine every single day, your body tends to get used to it and will stop burning fat. Keep it guessing and switch up your workout routine. Try high-intensity interval training (HITT)! HITT alternates between intense bursts of activity and fixed periods of less-intense activity or even complete rest. HITT not only burns more calories, but the effect of all that intense effort kicks your body into hyper drive and triggers your fat burning hormones. You can try HITT with biking, swimming, running, whatever suits you!

### **Skip the Restaurants**

Even if you're a regular at an organic restaurant and only order salads, restaurant food simply isn't as healthy or proportion conscious as you are at home. Some organic restaurants even add extra sugar and butter and oil to their recipes to make it taste good. However, just because it's organic doesn't make it okay. Too much of anything is bad for you. Try dining out less and cooking at home more. Your body will recognize and reward you for making the change!

### **Drink More Water**

Sometimes, if you're eating less, you're drinking less, too. This isn't good for your body, because an essential part of detoxification is your daily water intake. If your body can't flush out the toxins on a daily basis, then you are going to struggle to keep off the pounds. Be sure you get in your eight, eight-ounce glasses of water each day.

### **Get Some Help**

If you are really struggling with your weight loss plateau, then [come to our seminar](#). We truly can help you figure out exactly what the problem is with your weight loss efforts. You could be eating foods that aren't good for your body type. You could be exercising in a way that is totally wrong for you. Getting a better understanding of your own system will only help you to lose the weight and keep it off. Come and learn precisely how we can help you and your body to lose the weight...forever!

Sign up today, so you don't lose your seat!

(Clinic Name and Information)