

Learn it! **Top 10 Healthy Living Guidelines**

1. Replace 1-2 Meals Daily with **Solutions4 Nutritional Shake.**
2. Anchor Your Diet with **Fresh Vegetables and Fruit** (at least *half* of everything you eat should be a vegetable or fruit).
3. **Avoid Processed Foods and Refined Sugars.**
4. **Use Healthy Oils** for Cooking and Salad Dressing (aka cold pressed olive oil, flaxseed oil, coconut oil, etc.)
5. **Stay Hydrated.** Drink half your body weight in ounces of water everyday.
6. Go to Bed Early and **Get at Least 8 Hours of Sleep.**
7. **Keep a Food and Exercise Log.** People who track lose twice as much weight.
8. **Track Your Calories.** For weight loss, women should eat around 1000 calories and men should eat around 1200 calories.
9. **Take All Recommended Supplements** (prescribed by your Club Reduce Doctor).
10. **Limit Emotional Eating** by listening to Self-Mastery Technology (SMT)! (Available for download the end of this lesson.)

Learn it Live it Lose it