

Club Reduce Maintenance Program

Congratulations!

You've completed your program, and all your hard work has paid off! Now it's time to maintain your new body!

Did you know

statistics indicate that 95% of people who lose weight gain it back?

It's easy to see why **95% of people** gain their weight back after they lose it. When someone goes on a "diet" they follow strict guidelines and they focus on losing their weight. Once they lose their weight, they stop following "strict" guidelines and typically follow NO guidelines.

With **"10 Tools for Weight Maintenance,"** you have an exciting new focus that becomes your lifestyle! You will learn to become the happy, healthy, energetic, vibrant person you always wanted to be.

At **Club Reduce**, we combined the tools so you won't ever fall into the trap of gaining your weight back!

These 10 amazing tools work synergistically together to ensure you keep your weight off, maintain your high energy level, and have the health and vitality you desire!



Club Reduce Maintenance Program

Your DAILY Maintenance Plan

Each day you will:

- ▶ Replace one meal a day with a Nutritional Shake to save you Time, Calories and Money
- ▶ Take your recommended supplements
- ▶ Listen to Self-Mastery Technology to deal with any stress or the possibility of emotional eating
- ▶ Apply Anti-Cellulite Lotion on problem areas to maintain inch loss
- ▶ Apply Exercise Gel before exercising to any problem areas
- ▶ Utilize all the tools on your Club Reduce
- ▶ Membership Site to track your calories and log your exercise

Your WEEKLY Maintenance Plan

Each week you will continue to develop weight maintenance habits by doing the following:

- ▶ Watch the weekly Learn & Lose Class on your Club Reduce Membership Site
- ▶ Do the homework associated with each Learn & Lose Class. Knowledge is POWER
- ▶ Listen to Self-Mastery Technology that correlates with each Learn and Lose Class

Your MONTHLY Maintenance Plan

Each month we'd love to see you in our office to have a maintenance treatment that includes:

- ▶ Body Wrap + Self-Mastery Technology
- ▶ Whole Body Vibration
- ▶ Infrared Sauna
- ▶ One-on-One Evaluation

Your QUARTERLY Maintenance Plan

Each quarter you will solidify your health and weight maintenance by:

- ▶ Filling out the Symptom Assessment online
- ▶ Coming in for a FREE one-on-one consultation to ensure you are on the right track
- ▶ Doing a 3-Day Detoxification to rid your body of the toxins that cause you to gain weight

"10 Tools for Weight Maintenance!"

"We Helped You
Lose Your Weight,
Now We'll Help You
Maintain It!"



Maintenance Packages start at only
\$10 per month!

Your Clinic Name
(888) 123-4567
YourSubdomain.ClubReduce.com

club
REDUCE®

"10 Tools for Successful Weight Maintenance"

These packages are designed to keep you happy, healthy and skinny!

Maintenance Tool #1:

All-Access Pass to Club Reduce Membership Site

With this exclusive membership, you'll be able to access multiple tools to help you stay skinny and healthy! Track your weight loss, watch weekly Learn & Lose classes, and participate in a national community of other Club Reduce members! Not to mention, you can purchase your favorite Solutions4 products at a 10% discount! Your Club Reduce Membership Site will house all the tools you need to keep your weight off!

Maintenance Tool #2:

Replace One Meal a Day with a Solutions4 Nutritional Shake

One great way to maintain your new skinnier and healthier figure is by replacing one meal a day with a delicious Solutions4 Nutritional Shake. These shakes can save you money, calories, and time – and don't forget you'll get a 10% discount on each shake when you purchase online through your Club Reduce Membership Site!

Maintenance Tool #3:

Daily Nutritional Supplements to Maintain Your New Look and Health

Help curb your appetite and keep up your energy and your new look with supplements like Appetite Appeaser, Digestive Enzyme Blend, and Cellulite Cleanse. We are more than happy to create a recommended list of daily supplements based on the results of your Symptom Assessment. Remember, all of your favorite Solutions4 products are available at a 10% discount on your Club Reduce Membership Site!



Your Weight Loss Clinic Name
1234 W Poppy St.
Anywhere, UT 88888
(555) 123-4567

Maintenance Tool #4:

Self-Mastery Technology

Self-Mastery Technology (SMT) can help you radically change the way you see yourself. Once you have this new and improved self-image, everything else changes... junk food and fast food lose their appeal, you only eat when you're hungry – and so much more!

Maintenance Tool #5:

Daily Application of Inch-Loss Lotions and Non-Toxic Skin Care

With the help of amazing Solutions4 products like Anti-Cellu lite Lotion and Exercise Gel, you can keep the inches from creeping back! Lucky for you, Solutions4 has a line of non-toxic doctors-only skin care to help you stay healthy and skinny! Order all your Solutions4 products online at your Club Reduce Membership Site and save 10% on each item!

Maintenance Tool #6:

Monthly In-Office Treatments

We'd love to see you in our office for a monthly maintenance treatment, which consists of a one-on-one meeting, the whole body vibration platform, an infrared sauna session, and an SMT session while enjoying one of our amazing body wraps!

Maintenance Tool #7:

Weekly Learn & Lose Classes

Knowledge is POWER! The more you learn about why your should lead a healthy lifestyle, the more committed you will be! Each week you'll receive a brand new Learn & Lose class, along with all of your Learn & Lose Classes will be available right at your fingertips on your Club Reduce Membership Site!

Maintenance Tool #8:

Quarterly Symptom Assessment

Each quarter you will give your body a checkup by answering the Symptom Assessment. The results will be sent to our clinic and you'll be invited in for a free one-on-one-evaluation to make sure you're still on the healthy path!

Maintenance Tool #9:

Quarterly Detoxification

In order to combat all the things in the environment working against your healthy body, it's a good idea to do a 3-day Cleanse every quarter. Detoxification Kits are available on your Club Reduce Membership Site – don't forget, you'll receive 10% off when you order online!

Maintenance Tool #10:

Vital Support to Assist You Along the Way

We helped you on your way to this new figure and we're still here to help you through your maintenance! We're only phone call, email, or a visit away! Not to mention you'll have an entire community of Club Reduce members to share your maintenance journey with in the Member-Only Forum on your Club Reduce Membership Site!

| Maintenance Programs | Platinum \$2,197 | Basic \$1,200 | Basic \$1,200 |
|---|------------------|---------------|---------------|
| Club Reduce Membership Site | X | X | X |
| Quarterly One-On-One Evaluation | X | X | X |
| 10% Discount on Solutions4 Products | X | X | X |
| Monthly Maintenance Visits | X | X | X |
| SMT Sound & Light Machine (\$400 Value) | X | | |
| Lipo Light Treatments | X | | |
| \$50 of Free Product Each Month | | | |
| \$25 of Free Product Each Month | | X | |



Maintenance Packages start
at only \$10 per month!