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# Join our Healthy Living Challenge!



# 60 DAY HEALTHY LIVING CHALLENGE

The challenge is focused on weight maintenance. You will either focus on losing weight or gaining weight, depending on what your body needs. We are excited for you to join us in the challenge!

Click <u>HERE</u> to register!

# Tips to help lose weight

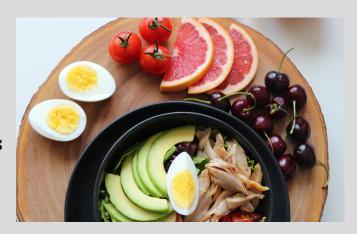
#### **Exercise:**

- Jogging
- Cycling
- Interval training
- Yoga
- Boxing
- CrossFit



### **Eating Right:**

- Balanced meals
- Correct portions
- Eat when you're hungry
- Eat many different colors
- Don't eat close to bedtime
- Mix up what you eat



Stay tuned: Next week we will discuss ways to gain weight

If you want some help meeting your goals, Contact Natural Medical Solutions today to schedule an appointment.

770-674-6311

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