

Healthier Me 2020

Natural Medical Solutions Wellness Center

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January 23, 2020

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 **[HERE](#)** 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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VISIT US AT

1130 Upper Hembree Rd.
Roswell, GA 30076

(770) 674 6311

NATMEDSOL.COM