

# Healthier Me 2020

**Natural Medical Solutions Wellness Center**

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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 **[HERE](#)** to register!

# Tips to help **GAIN** weight

## Exercise

Exercise gets your blood flowing and your metabolism up and running. Exercises for weight gain include lifting weights, squats, push-ups, and pullups.

Make sure to eat the right kinds of food that help promote weight gain.

Such as: protein, whole milk, red meat, whole grain bread, potatoes/starches. These promote healthy weight gain.

## Eating Right

## Stress Management

Unwanted stress can lead to bad habits and that can include unintentional weight loss or weight gain not where you want it. Manage your stress by relaxing, yoga, or even meditation.

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

**770- 674- 6311**

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