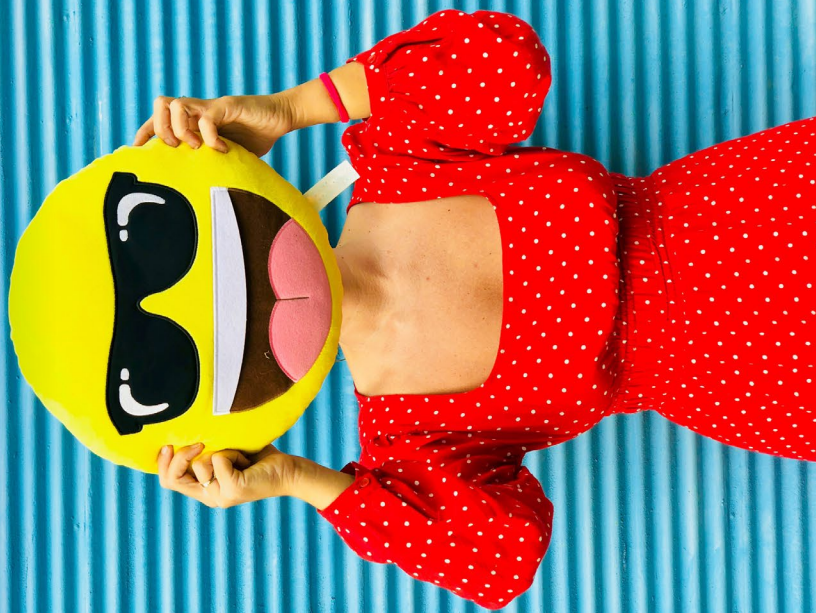


natura)(yslim®

SOMETIMES IT'S GREAT TO START LATE



Samuel L. Jackson, one of America's most beloved movie stars, didn't land his first major acting role until he was 43.

Julia Child, a culinary icon and inspiration for home cooks across America, didn't start cooking until she was 37.

Vera Wang, one of the most well-known fashion designers in the world, didn't design her first dress until she was 40.

Ricardo Montalbán, famed TV star, didn't land his two career-defining roles until he was 57.

Harland Sanders, the creator of Kentucky Fried Chicken, didn't franchise his first branch until he was 62.

And Grandma Moses, one of America's most well-known Naïve art painters, didn't start her first painting until she was 78.

The point is this: It's never too late to start going after what you want in life.



And if you want to lose weight, reduce your risk of disease, improve your health, and learn how to stress less, now is the perfect time to start — especially with all the uncertainty in our lives right now.

Because here's the thing: Life is going to keep throwing you curveballs, some bigger than others, but curveballs, nonetheless.

And the sooner you start, the sooner you'll be prepared to roll with the punches those curveballs pack instead of them holding you back.



Log in to www.naturallyslim.com/login from your smartphone or computer to watch this week's lessons.

In the Naturally Slim® program, you'll learn skills to help you get through this time of uncertainty and come out stronger than before. We'll show you how to:

- **Stress less.** We'll lead you through in-the-moment and long-term strategies you can use to minimize stress and anxiety. (Super helpful with everything going on in the world.)
- **Avoid mindless snacking.** Being home more can mean poking around in the fridge more, too. We'll show you simple tactics that'll help you avoid mindless snacking and focus more on mindful eating.
- **Stay on track with your health goals.** We'll teach you the skills you need to lose weight and improve your health while eating the foods you love (or whatever you've got on hand at the moment).
- **Move more (no gym access required).** You don't have to hit the weights or sweat it out on the elliptical to reap the benefits of physical activity. We'll give you ideas on how to get creative in meeting your movement goals each week even if you're stuck at home.