

natura)(yslim®

TIME TO GET PUMPED UP

4 reasons why **now** is
actually the best time
to start Naturally Slim



While it might not seem like it right now, you can use this time of uncertainty to your advantage.

Think about it: No social commitments—work dinners, lunch dates, and evening sports practice—mean you now have the time to commit to focusing on your health and weight loss goals.

And even if your household is a bit chaotic with the kids at home, it's important to make time for yourself amongst all the anxiety these canceled plans, social distancing, and the ever-present unknown causes.

Basically: It's a great time to use some of your time to participate in the Naturally Slim (NS) program.

Being enrolled in NS, you have exactly what you need to start losing weight, stressing less, sleeping better, and moving more without hitting the gym.

Being that the program is entirely digital, you can participate in it from your computer or smartphone. Plus, during the program, you'll have access to a team of health coaches who are there to answer questions and provide support.

You'll also have access to NSTown[®]—our online community. Here, you can swap tips, tricks, and stories with other Naturally Slim participants. (Because we could all use a little more social connection, especially right now.) So, whatever your definition of better health is, there's never been a better time to start working toward it.

Notes from NSTown, our online participant community

"Naturally Slim has probably been my best 'grounding' need that I've been meeting. Many companies are allowing EAP counseling. NSTown conversations and focusing on our weekly videos have helped me. This morning while watching NS (from my home office LOL) I decided to stand behind my chair and do a few lunges and 'donkey' kicks. I'm sooooo glad no one else was in the room. Now, I'm more focused and ready to meet the day. Thank you all for meeting me here today."

-NS participant



Here are our 4 reasons why >

Here are our 4 reasons why:

1

You'll learn how to relieve stress and anxiety

So you can better manage how you cope & react

In the program, you'll learn skills that'll help you minimize daily stress and not let life's stressful moments derail your progress. (Because keeping your "better health" train on track toward destination "success" IS doable, even during a global health pandemic.)

These kinds of tactics can be helpful in maintaining a good headspace, especially if you feel like you're a little bit on edge or have a serious case of cabin fever.

HERE'S A HOT TIP:

The 3-breath technique

Feeling intense stress in-the-moment? Like, the kind where someone cuts you off in traffic or your child's throwing what seems like the temper tantrum of the year? Try deep breathing.

Our recommendation is to breathe in for three seconds, hold for three, breathe out for three, hold for another three, and repeat. (Lots of threes, we know.) Do that as many times as you need to feel a bit more calm.

Deep breathing helps lower stress levels.¹

Here are our 4 reasons why:

2



You'll learn how to lose weight & improve your overall health

So you can make consistent progress without getting off track

You don't need to eat specific foods at specific times to lose weight and achieve better health. You need simple strategies you can use any time, at (or in between) any meal. (A.k.a., the ones you'll learn in our program.)

It's good to have these strategies in your back pocket any time, but especially during this period of social distancing when it feels like every moment is an opportunity to sample all the things in your pantry. (Anyone else feel like a handful of chips, crackers, pretzels, and corn nuts with a side of salsa sounds like a good idea?)

HERE'S A HOT TIP:

Set your fork down in between bites

The truth is most people eat a meal faster than it takes their brain to register that they're full. And while it might seem basic, and it's pretty self-explanatory, setting your fork down in between bites really does help you slow down and eat less.

When you're eating a meal, be sure to check in with your fullness level each time you pick up your fork. If you're still hungry, have another bite! If not, save the rest of your meal for when you are.

Your brain can take up to 20 minutes to register fullness.²

² <https://www.livestrong.com/article/480254-how-long-does-it-take-your-brain-to-register-that-the-stomach-is-full/>

Here are our 4 reasons why:

3

You'll learn how to break those old habits

Like how to trade in mindless snacking for mindful eating

Home with a bunch of yummy food that keeps whispering your name? We'll teach you strategies that help you avoid heading to the kitchen when you're stressed or looking for something to do. You'll also learn how to be more physically active without hitting the gym and consistently get a good night's sleep.

HERE'S A HOT TIP:

Distract yourself

When an intense desire to eat sneaks up on you out of nowhere, but you're pretty sure you're not actually hungry, try distracting yourself.

Some food urges can pass in about 15 to 20 minutes!³

That means full permission to go on social media for a few minutes, take a walk, read a magazine, have a mini dance party, whatever it is until that intense want to eat goes away.

Not sure if you're hungry or not? If you wouldn't eat a piece of fruit, chances are, you're not **truly** hungry.

³ Safer Debra L, Sarah Adler, and Philip C. Masson. The DBT Solution for Emotional Eating; A Proven Program to Break the Cycle of Bingeing and Out-of-Control Eating, Guilford Press 2018, pp. 152-155. [article/480254-how-long-does-it-take-your-brain-to-register-that-the-stomach-is-full/](https://www.guilford.com/article/480254-how-long-does-it-take-your-brain-to-register-that-the-stomach-is-full/)

Here are our 4 reasons why:

4

You'll learn ways to support your immune system

And how to help fight off illnesses by practicing self-care

Maintaining a healthy weight, managing stress, and getting a good night's sleep are all part of the toolkit that keeps your immune system strong. We'll show you ways to incorporate the self-care skills you learn throughout the program into your life in a simple, lasting way.

HERE'S A HOT TIP:

Take a power nap

Get a crummy night's sleep last night? Take a power nap!

Find a quiet (preferably cool) place, set your timer for 20 minutes, and snooze away. For an added boost, drink a cup of coffee before napping. When you wake up, you'll be even more refreshed!

Quality sleep can help boost your immune function.⁴

(Pssst. Our sleep expert, Dr. Maas, coined the term "power nap." You could say he knows what'zzz—emphasis on the zzzs—up.)

There's a lot more to learn inside the program—none of it smoke and mirrors. (Just straight fire.* At least that's what the kids say, right?)

Beginning now is the best way to ensure you'll have the most success in NS. Because once this all blows over and life gets back into full swing, this golden opportunity, this extra bit of time to focus on you, will be *poof* gone.

So, don't let hesitation (or this uncertain situation) mess with your success. Log in to www.naturallyslim.com/login and watch on your smartphone or computer.

*According to Google: Amazing, extremely good, or on point

² <https://www.livestrong.com/article/480254-how-long-does-it-take-your-brain-to-register-that-the-stomach-is-full/>