



GIVE US TEN WEEKS

See why the time to start making progress is now

Let's be honest. Right now, there's a lot going on. Like, a lot a lot. Routines are seemingly a thing of the past. Social distancing is officially the norm. Stress levels are at an all-time high. And all the unknowns feel, well, unsettling.

With everything going on around us, it may feel like an impossible time to lose weight and better your health—especially if you're at home with loved ones who constantly need your attention and a refrigerator that keeps calling your name.

While feeling "out of control" may feel normal now, it doesn't have to be our new norm. Because the thing is, with social commitments being nearly nonexistent and a bit (ok, a lot) of extra time on your hands, right now's actually the perfect time to focus on reaching your goals.

Believe it or not, you can have more control of your health, weight, and life during this wild time.

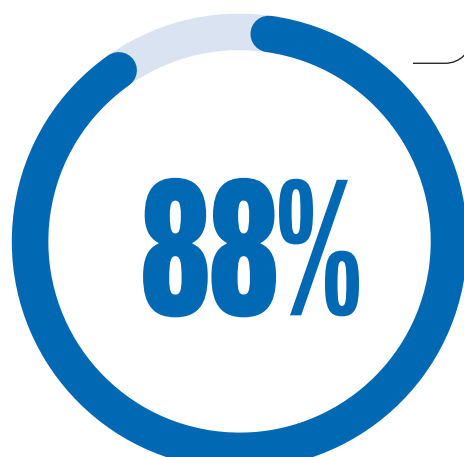
And you can do it sooner than you think with Naturally Slim®.

Now let's talk results. In just 10 weeks, you can...

Lose weight

And you can do it while eating the foods you love!

Plus, losing just 3 to 5% of your body weight will help you reduce your risk of developing health conditions like type 2 diabetes, heart disease, and certain types of cancer.¹



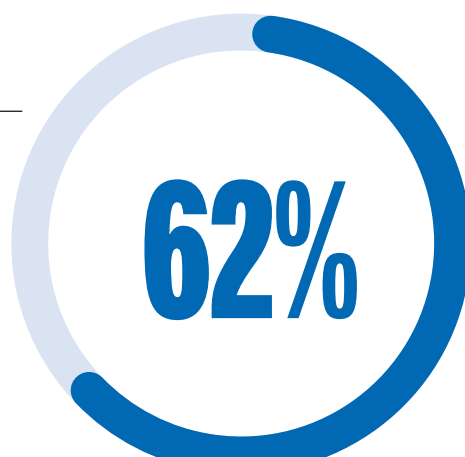
88% of Naturally Slim participants lose weight²



Feel more confident

That means going about your day with a little extra pep in your step. Who knows, maybe you'll start catching yourself looking in the mirror, smiling, and thinking, "check me out!"

Plus, more confidence often means lowering your stress and anxiety levels, helping boost your mood.³



62% of Naturally Slim participants experience a rise in confidence²

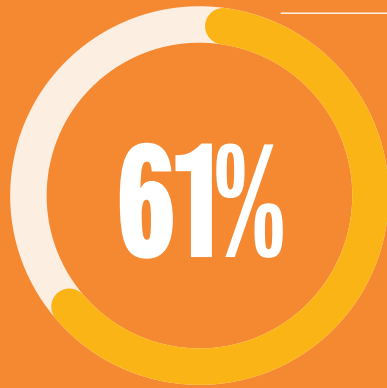
Have more energy

That means getting through your to-do list AND having gas left in the tank for the important stuff (like keeping up with those who matter most to you).

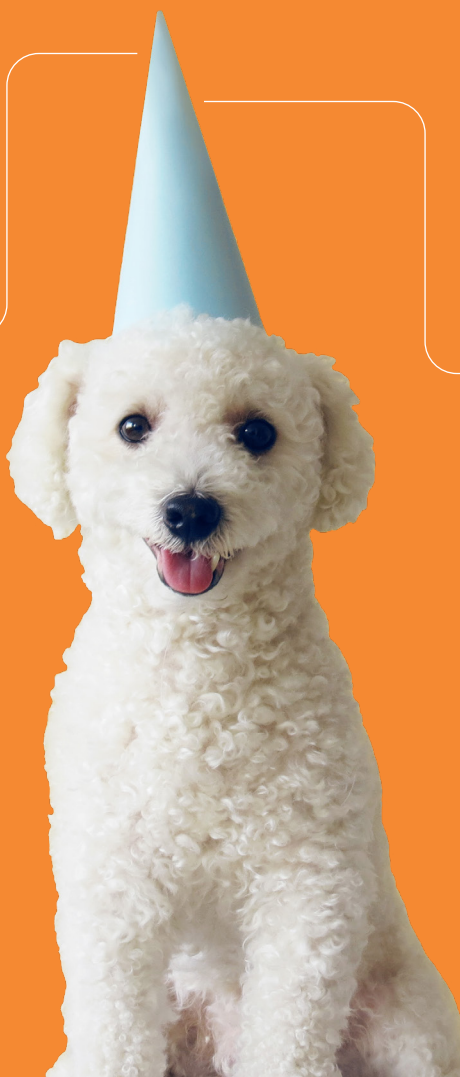
Plus, having more energy can help you feel more alert, which in turn helps you concentrate more easily—especially while you are working from home!⁴ (Win-win.)



95% of folks who want to lose weight do so to have more energy⁵



61% of Naturally Slim participants experience an increase in energy²



Feel more in control of your weight

Imagine stepping on the scale being an encouraging way to start your day, not a crummy one. Or knowing that eating those fries won't derail your progress.

Plus, feeling more in control of your weight means you're more likely to maintain your weight loss long-term.⁶



85% of Naturally Slim participants feel more in control of their weight²

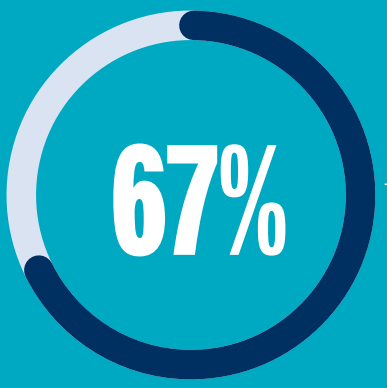


Yep. We said fries. NS allows you to still eat your favorite foods.

Be more physically active (without going to the gym)

Adding more physical activity into your day doesn't have to be hard or boring—even while "social distancing." It can be a fun way to connect with others and relieve stress.

Plus, being physically active helps improve your health, mood, energy levels, and sleep quality.⁷



67% of Naturally Slim participants are more physically active²

But most of all, you're going to feel proud of yourself

You'll feel proud of yourself for looking at everything going on in your life and the world and saying, "I'm going to do this anyway."

And while it's not always going to be easy, feeling proud will always be worth it. You've got this. (We know you do!)



Daniel
Lost 60 lbs and counting



Amy
Lost 20 lbs and counting

This could be you. So, start now.
Log in at naturallyslim.com/login or the Naturally Slim app and watch today.

natura)(y)slim®

¹<https://www.ahajournals.org/doi/pdf/10.1161/01.cir.0000437739.71477.ee> ²Naturally Slim Book of Business ³<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5747942/> ⁴<https://www.medicalnewstoday.com/articles/321938> ⁵Naturally Slim Motivation Survey ⁶<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6055795/> ⁷<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>