



# Premier Medical's The Skinny Minute

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## Beware of Fad Diets

We, as humans, are cursed with the idea that things need to happen fast. We are always looking for the next "get-rich-quick" scheme, or the latest and greatest in weight-loss "MAGIC". But the truth is, to be successful with almost anything in life, we must give it time. We have to do the research and put in the work.

When deciding that you're ready to focus on your health and nutrition, you can easily find yourself overwhelmed. There are an overabundance of diets and other weight loss options to choose from. The key is to find something that will work for YOU long-term.

There is no one-size-fits-all when it comes to weight loss methods. In order to lose the weight and keep it off you have to find foods and exercises that you genuinely enjoy. Not a gym rat? That's ok! Don't like green beans? That's ok, too!

Find a buddy whose company you enjoy and plan to meet 2-

3 times per week to walk and talk. You'd be amazed at how fast an hour flies by when you're essentially catching up with a good friend.

"Lean and green" should be your focus when grocery shopping. Lucky for you, there are hundreds of green vegetables out there to choose from. Step outside of your comfort zone and try something new!

You know the saying, "Everything is temporary"!? Well, weight loss doesn't have to be. For a truly sustainable healthy lifestyle remember the basics and stick to them:

- Eat less, you can always eat more later
- Try to eat more veggies
- Aim for LEAN protein, in reasonable amounts
- Watch the processed junk food

We can't help you get rich quick – but we can tell you that YOU are the MAGIC you seek when it comes to weight loss!

**HealthWise**  
**Pre-Summer Slim Down**  
**\$40.00!!**  
(including tax)

**One Box Meal Replacements**  
**One Box Protein Bars**  
**One 6-pk of Shake-Shakes**



**Premier Medical**

WEIGHT LOSS & WELLNESS

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