

# Three *Simple* Changes

*...to lose weight and gain health*



## Do some physical activity every day.

Adding a walk 10 minutes out, then 10 minutes back twice a day can help you lose 25 pounds in one year!



## Eat at least 5 servings of fruits & vegetables every day.

Fill at least half your plate with vegetables to keep your meal low-calorie, filling and healthy.

## Use low-calorie ready-to-eat meals & shakes.

Combine meal replacements with fruits and vegetables 3 times a week and the calories you save could help you lose a pound a week. The more days you do this the more weight you'll lose.

*Kari is an OSF nurse who lost 90 pounds in 40 weeks with the HMR Program.*

## Struggling with Your Weight?

Losing weight may be easier than you think. Add the three simple changes that research shows are the most effective strategies to lose weight and keep it off. You can look great, feel great and be a healthier you!



**The next HMR Program 13-week series begins on August 30, 2011 at 5:00 pm at the RiverPlex.**

To learn more and taste the HMR foods, sign up for a free info meeting by calling ASK OSF at 1-888-627-5673, option 5.