



WE BELIEVE IN YOU

## WEIGHT LOSS KIT

HOW TO BE 'WELL ON YOUR WEIGH' WITH...  
PRODUCTS, PORTION, AND PLAY!

This is a unique comprehensive program for weight loss, utilizing Peoplesway products, managing portion sizes during meal-planning, and relaxing into a lifestyle focused on health and happiness. Start now and soon you will be well on YOUR weigh. Here is how to begin:

### Products – PRO-TRIM plus EFL

- ✓ Take 1 or 2 PRO-TRIM at 10 a.m. and 3p.m.
- ✓ Drink 2 or 3 EFLs throughout the day in water or in a natural juice. Safe for all ages.
- ✓ With new formulas, always start with a low dose and increase slowly to find your optimal dose.
- ✓ Have fun with the EFL by blending it into a smoothie with yogurt or a protein powder.

### Portion and Meal-Planning

- ✓ Remember – eat only what will fuel your activity for that day. More than that gets stored as fat.
- ✓ You will need more fuel early in the day, so don't skip breakfast. Don't be afraid of 3 eggs a week.
- ✓ Emphasize protein foods and minimize sugars, starches, and breads. Limit sweet fruits.
- ✓ Women need about 50 grams of protein a day; men need about 60 grams a day.
- ✓ Skipping a meal will only slow your metabolism to a slower weight loss. (Mayo Clinic)
- ✓ Stop eating early (no later than 6 pm) and no TV snacking – no activity means 'no eating.'
- ✓ Eating large portions will decrease you energy.
- ✓ New Factoid: Eating protein turns on 'fat-burning' hormones. Eating sugars and carbohydrates turn on 'fat-storing' hormones. Which do you prefer to be doing?



### Play

- ✓ Relax and enjoy life. Less stress means easier weight loss, so relax and lose!
- ✓ Boost your weight loss with daily exercise – go ahead, play your weight away.
- ✓ Commit to less time in front of the computer and more time outside with family and friends.
- ✓ Go to bed early and strive for a good night's rest – 7 or 8 hours of sleep will increase weight loss.
- ✓ New Factoid: Fat-burning hormones become active during 7 hours of continuous sleep.
- ✓ Before you begin:
- ✓ Throw away 'high sugar' foods in the house.
- ✓ Get a notebook where you can keep track of your day's routine and successes.





# PEOPLESWAY WEIGHT LOSS KIT

## EFL (Energy for Life) Weight Loss Effects:

**B Vitamins** – helps body turn dietary carbohydrates into energy, enhances exercise performance

**Magnesium and Potassium** – important electrolyte replacements for heart health during increased exercise

**Yerba Matè** – boosts mental focus, aids digestion, increases energy, vitality, and feeling of well-being

**Green Tea Extract** – with exercise it increases loss of tummy-fat, increases metabolism, and suppresses appetite

**Eleuthero Extract (Siberian Ginseng)** – calms stress

**Taurine** – relieves anxiety and stress, activates fat-burning hormone, strengthens heart muscle, helps with sleep

**Quercetin** – prevents new fat cells from forming, activates fat-burning hormone when coupled with exercise

**Bromelain** – an enzyme that aids in food digestion so food is absorbed for energy and cravings are reduced

## PRO-TRIM Weight Loss Effects:

**Citrus Aurantium** – safely stimulates metabolism, makes body fat available to be used for energy, protects muscles

**Guarana Seed Complex**– facilitates fat-burning, helps reduce appetite, mild diuretic effect, increases energy

**Green Tea Extract**– helps to lower body fat accumulation, helps to prevent high blood glucose, diabetes, and cancer

**Siberian Ginseng Root** – prevents exhaustion from activity, improves cardiac health and circulation, calms stress

**Burdock Root** – help with bowel elimination which aids in weight loss, blood cleanser and powerful detoxifier

**Sarsaparilla** – rich in minerals, reduces water retention, lowers blood pressure, increases body heat, detox

**White Willow Bark** – increased fat-burning when combined with guarana, green tea, and citrus aurantium

**Ginger Root** – increases metabolism, enhances carbohydrate and protein digestion, appetite control

**Cayenne Pepper** – supports good digestion, boosts metabolism, helps to burn calories faster



WE BELIEVE IN YOU

**Peoplesway is a company that believes in hope, possibilities and the unlimited power of you.**

At Peoplesway, we believe that life is what you make it. We believe that no matter where you come from or what age you are, it's never too soon...or too late to *live your dream* - no matter what that may be.

We believe in the fundamental good within each of us and in the power of the human spirit. We believe in surrounding ourselves with people committed to helping others live happy, healthy and fulfilled lives.

People are what inspire and motivate us. People are the reason we exist. You're the reason we work extra hard to deliver the highest quality products. You're the reason we strive to deliver superior service. And

you're why we offer an unmatched pay program. We do all this because you deserve it. At Peoplesway, we believe in you.

### Our Mission

By sharing our opportunity and products with everyone we encounter, we will build bodies, lives and dreams.

### Our Values

Peoplesway believes in a set of values that drives everything we do. *Faith First, Families, Ethics, Integrity, Respect, Giving Back!*