

Picture the Joy of a Slimmer You

As Distributors begin to see the pounds and inches melt away with the help of the Slimplicity™ Weight Loss System, they're discovering that successful weight loss goes way beyond "the numbers." It's how you feel — physically, mentally and emotionally — that turns short-term weight loss into lifelong weight management.

The following Ambassadors started their Slimplicity journey in early January. And all agree that life is better than ever because of it!

Walking the Talk

Slimplicity spurred a new hobby for Presidential Bronze Ambassador **Donna Simkus** of Warren, Michigan.

"Since I started taking Slimplicity, I've become an exercise junkie," she says. "Wearing my pedometer really motivates me to do at least 10,000 steps. I've lost 8 pounds so far and 3 percent body fat, and I've found I'm not reaching for seconds anymore because I'm totally satisfied."

"When I've tried to lose weight before, I've always gotten frustrated because the battle was so hard. But with Slimplicity, the frustration is gone. It's so easy. Reliv makes nutrition simple and now it makes losing weight simple. I may be in my sixth decade but I feel better than I did in my 30s and 40s!"

Sunnier Days Ahead

Since her early 40s, Bronze Ambassador **Patty Perrin** of Jupiter, Florida, has watched her weight inch up, pound by pound, year by year. Now 57, she has tried a variety of diets, including prescription diet pills, but she didn't feel good about taking them. When Slimplicity was released, she knew she had found success. So far, Patty has lost 12 pounds and 7 inches overall in six weeks.

"Since losing weight, I feel like spring time — like every day is sunny," she says. "With Slimplicity, I have so much energy and feel young again. My clothes fit better and my pants are loose. I feel lighter and my feet don't hurt because I'm carrying less weight. When I get to my goal weight, my feet won't even touch the ground because I'll be floating! I feel like a huge burden has been lifted by losing weight."

Halting the Roller Coaster Ride

Reliv Ambassador **Toni Stone** of Ft. Collins, Colorado, has struggled with her weight most of her life. At age 10, she was already 25 pounds overweight. Over the years, she has tried



everything to lose weight. But this time is different. Toni found Slimplicity.

"After being on the weight loss roller coaster most of my life, I have finally found something that is giving me control over my cravings, portion sizes, and most of all, is flexible enough that it fits into my daily routine. That makes it so much easier to maintain," Toni says. "So far, I've lost 13 pounds and 4 inches in five weeks. It's awesome to start getting back into those clothes that have been sitting in my closet for over a year. It's like going shopping in your own closet."

She continues: "Knowing I will be able to reach my goal weight with Slimplicity is so exciting to me. I want to give others hope again that there is something that works."

Toni is using her own experience to spare her children the challenges of being overweight. "I'm now teaching my own kids how to live healthier so they don't have to learn how to lose weight. Because I'm more active and eating better, they are, too."



Losing Weight, Gaining Control

Bronze Ambassador **Kathy Penney** of Myrtle Beach, South Carolina, threw away her scale years ago as the numbers dramatically bounced up and down. Her mood was always determined by the numbers reflected on the scale.

“I have been a compulsive overeater since I was a child,” Kathy explains. “I think of food 24/7 and have been to Overeaters Anonymous four different times in my life, have tried every diet and pill, and I never had control of my life because of food.”

Then she started taking Slimplicity and within three weeks dropped one whole dress size. “The inches of fat are melting away,” Kathy says. “People are really noticing the weight I’m losing.”

“Losing weight is great,” she continues, “but the biggest thing for me is that I am now in control of my life — food no longer controls me. I am so much happier and have more energy. Losing this weight has a ripple effect on my family, too. When mom’s happy, everyone is happy!”

Why Diets Fail and Slimplicity Succeeds

Diets are hard. Counting every calorie. Plummeting energy. Elimination. Deprivation. It’s no wonder most people are diet drop-outs. But Slimplicity Weight Loss System is easy. A simple shake, a few Accelerator

capsules, a little more activity and healthier choices and you’re well on your way to losing weight before you can even spell D-I-E-T.

Studies Support Shakes’ Benefits

If you’ve tried Slimplicity, you know your meal replacement shakes are convenient, delicious, satisfying — and they’re a lifeline in helping you lose weight. Now several studies are supporting what you already know. Using meal replacement shakes to lose weight may just be the smartest move you make for long-lasting weight loss.

One Australian study in the *Journal of Nutrition* found meal replacement shakes work just as well as conventional, structured weight-loss diets. Participants, however, preferred the convenience of the shakes, and were therefore more likely to stick with their weight loss program.

Even more exciting, a German study found those who followed a meal replacement plan lost five times as much weight after three months than those who followed a diet of conventional foods.

“These studies show meal replacement shakes are ideal to jump start weight loss by controlling calories and appetite — plus they eliminate the guesswork,” explains Vice President and Slimplicity developer **Dr. Carl Hastings**. “Meal replacement shakes also are less expensive than non-diet meals — another plus in the long-term effort to lose weight and keep it off.”

Easy Maintenance

Research also shows that once people lose weight, they can maintain it by substituting a meal replacement shake for one meal on most days. A study in the *Journal of the American Dietetic Association* found women who lost weight on a plan that included meal replacement shakes maintained their weight loss after a year by drinking at least one shake a day in place of a regular meal. By contrast, those in the study who lost weight on a conventional low-fat diet with no meal replacement shakes regained most of their weight after a year!

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

The weight-loss testimonials presented are applicable to the individuals depicted and are not a guarantee of your weight loss. These results are not typical. Individual results will vary. As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight results.

