



LEAN AND HEALTHY

WEIGHT LOSS

Each day lighter - one meal at a time

From a personalised menu plan, delicious recipes, coaching sessions and inspiring material, we help you find the best path to a lean, healthy you.

Rewrite your story...

WHAT DO YOU WISH FOR...

A HEALTHY, LEAN BODY?



- Weight-loss (a healthy body wants to go to the normal range)
- Energy that lasts the whole day
- A clear mind (No more mental fog. Sharp and quick thinking)
- Glowing skin (a healthy inside will show on the outside)
- Pain free (no more headaches, muscle cramps, joint pains, etc)
- A strong immune system
- A calm mood (a healthy body supports a healthy mind)
- Stress management tools
- More focus and discipline
- New healthy habits for life
- To be free from the forever diet cycle (lean being your new normal)



12 WEEK JOURNEY TO A LEAN, HEALTHY BODY

- An initial health and food analysis
- A **personalised meal plan** designed for your food preferences and goals.
- Menu plan adjusted weekly based on your progress and feedback
- Recipe book with 90+ delicious and easy recipes
- Daily nutritional journal to plan and revise meals
- Weekly evaluation and support:
 - Measuring progress
 - Follow up action plans
 - Q&A session
- 7 sessions (1 hour each) focused on optimal nutrition for weight loss, mind-body-gut connection and the power of habits.
- Selected videos and inspirational material that equip you with the necessary knowledge without having to study a pile of books.
- System for sustainable success: Strategies to implement lasting healthy habits that will become your new normal.
- **Step-by-step personal support and accountability** to reach your goals.
- Strategy plan for the future to keep up the good work.





7 ONE-TO-ONE SESSIONS TO EQUIP YOU

- Session 1: Introduction: An overview of the program. Downloading your recipe book, menu plan and other key components from the members' page. What is optimal nutrition? The nutrient-excellence scale. All you want to know about juices and smoothies.
- Session 2: The impact of acid/alkaline-forming foods on weight loss.
- Session 3: The importance of a healthy gut on your weight loss journey. Foods that heal your gut to achieve optimal weight loss.
- Session 4: The link between stress and your weight. Techniques to overcome stress and anxiety. Action plans to manage stress and change pro-actively.
- Session 5: Your mindset connected to food. Identifying and replacing toxic thoughts that hold you hostage.
- Session 6: Tools and strategies to renew your mind about your body release the weight for good.
- Session 7: The power of habits. How to replace bad habits with lasting good habits. Systems for success and consistency in future well being.

Rewrite your story



THE 7 STEPS TO A LIGHTER, BRIGHTER & HEALTHIER LIFE

- 1. Define your goal**
- 2. Gain the knowledge**
- 3. Design a strategy**
- 4. Systems for Success**
- 5. Accountability**
- 6. Consistency**
- 7. Celebrate your success**

Your commitment to your success is to choose Light2live to partner with you on your new journey. Our commitment to your success is to help you achieve your goals using these 7 stepping stones.

Rewrite your story _____



A new body and life
is waiting for you...



Will you take the
next step?

PAYMENT OPTIONS

Once-off: R5250

Save R500 with EFT payment

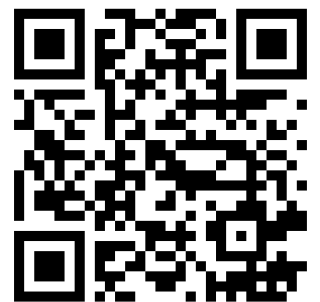
2 payments: R2650 x 2 months

3 payments: R1775 x 3 months

6 payments: R895 x 6 months

www.light2live.com

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Pay only **R4 750**

Payment to:

Bank: Nedbank

Account holder: Light2live Pty Ltd

Account nr: 1214675719

Type: Current account

Reference: Your name and surname

Send proof of payment: Email to

Account@light2live.com

**SAVE R500
WITH EFT!!**

Rewrite your story _____

