



# 5

## HEALTHY HACKS TO GET YOUR BODY BACK!

I FELT FRUMPY!

WHAT HAD WORKED IN THE  
PAST STOPPED WORKING.

I WANTED MY BODY AND  
MY CONFIDENCE BACK  
BUT I DIDN'T KNOW HOW.

*Stephanie*  
RICHARDSON  
EAT. SWEAT. LIVE.





COMING FROM A LONG LINE OF OBESITY AND DIABETES, I REFUSED TO FOLLOW THE YO-YO DIET LIFESTYLE I'D WATCHED LOVED ONES SUFFER THROUGH. I NEEDED SOMETHING THAT WAS SIMPLE AND SUSTAINABLE.

AFTER SEARCHING, I LEARNED THESE 5 HEALTHY HACKS THAT HELPED ME LOSE 20 POUNDS AND GET MY BODY AND MY CONFIDENCE BACK.

THAT'S WHY I'M SO EXCITED TO SHARE THEM WITH YOU. THESE ARE SIMPLE, SUSTAINABLE TECHNIQUES THAT HAVE BEEN PROVEN OVER TIME THAT ALLOW YOU TO ENJOY LIFE WITHOUT FEELING RESTRICTED!

## DRINK MORE WATER

DRINKING WATER HAS SO MANY BENEFITS. BY DRINKING AT LEAST HALF OF YOUR BODY WEIGHT IN OUNCES OF WATER, YOU'LL NOT ONLY FEEL LESS HUNGRY BUT YOU'LL SEE OTHER BENEFITS SUCH AS YOUR SKIN LOOKING BETTER, THINKING MORE CLEARLY, AND LOSING MORE WEIGHT.



## EAT MORE VEGETABLES

VEGGIES NOT ONLY PROVIDE YOU WITH AMAZING VITAMINS THAT YOUR BODY NEEDS TO FUNCTION BETTER, THEY ALSO FILL UP YOUR STOMACH TO KEEP YOU MORE FULL. BY STARTING YOUR MEAL BY EATING VEGGIES, YOU'LL FIND THAT YOUR STOMACH IS MORE FULL AND YOU WON'T HAVE AS MUCH ROOM FOR THE CARBS YOU CRAVE.



# TRACK WHAT YOU ARE EATING

WRITING DOWN WHAT YOU PUT IN YOUR MOUTH KEEPS YOU ACCOUNTABLE AND AWARE. WHEN WE DON'T TRACK IT, WE DON'T KNOW HOW TO CONTROL IT.



# WEIGH YOURSELF EVERY DAY

OK, DON'T LET THIS ONE TRIGGER YOU! STAY WITH ME. A SCALE IS A MEASURING TOOL, NOT A TORTURE MACHINE. BY COMBINING IT WITH TRACKING, YOU ARE ABLE TO SEE HOW YOUR BODY RESPONDS TO CERTAIN FOODS AND ADJUST ACCORDINGLY.



# REPLACE ONE MEAL A DAY

BY REPLACING ONE MEAL A DAY WITH [SHAKEOLOGY](#), OUR SUPERFOOD SHAKE, YOU ARE REPLACING EMPTY CALORIES WITH A DAILY DOSE OF DENSE NUTRITION WHICH HELPS YOUR BODY NOT ONLY PERFORM TO ITS POTENTIAL BUT ALSO HELPS WITH DIGESTION, METABOLISM, ENERGY AND WEIGHT LOSS.



## EXTRA CREDIT: EXERCISE.



BY TREATING EXERCISE AS EXTRA CREDIT, IT DOESN'T FEEL LIKE TORTURE AND YOU ARE MORE LIKELY TO FIND MOVING YOUR BODY AS SOMETHING TO LOOK FORWARD TO! YOU CAN LOSE WEIGHT WITHOUT EXERCISE BUT YOU MIGHT FIND THAT THE PROPER EXERCISE WILL HELP AID YOUR WEIGHT LOSS GOALS.

PRETTY SIMPLE HUH?