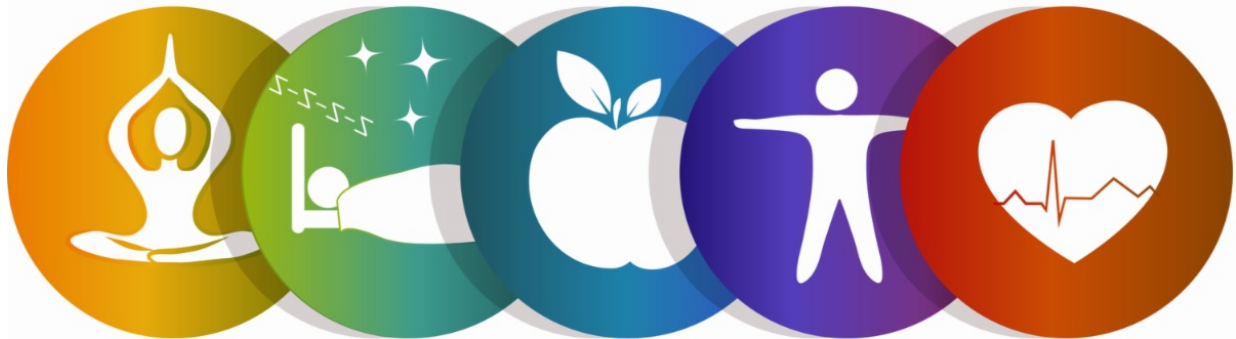




Let's Stay Healthy!



WHAT'S TRENDING NOW?

In this Newsletter:

1. Harvard Research Study Shows Five Healthy Habits Net More Healthy Years
2. Simple Fat Loss Tips
3. Two Lipo Light Announcements
4. Reopening

HARVARD HEALTH STUDY RESULTS

- More than 78,000 women and 38,000 men were followed for 28 years.
- Purpose: To determine habits that produce longevity and good health.
- Findings: 5 low risk life style habits are critical for longer life expectancy.

You'll see all are Lipo Light friendly!

1. A healthy diet of vegetables, fruits, nuts, whole grains, healthy fats, omega 3 fatty acids and avoiding sugar, red meat,

- processed meats, transfat, excess sodium.
2. 30 minutes a day of moderate to vigorous physical activity like brisk walking.
 3. A healthy weight with a BMI (body mass index) between 18.5 and 24.9.
 4. Never smoking.
 5. Low risk alcohol intake translated to 1 drink a day max for women and no more than two drinks max for men.

Doing just one of these habits added 2 years to the participant's life. When regularly practicing all five, *women lived an extra 14 years and men an extra 12!* They also had significant protection against developing major diseases - they were healthy as they aged.

FOLLOWING GOOD HEALTH HABITS PAYS OFF!

Simple Fat Loss Tips !



Grapefruit is high in water content, low in calories and filling. Studies show that eating half a grapefruit before meals 3 times a day reduced waist circumference significantly.

Chia seeds are not only nutritious as a topping for your salads, they are a very effective way to fill you up without breaking any rules and making you fat! If you're going to a party that's going to serve all kinds of refined carbs that you want to avoid, stir about a tablespoon of chia seeds in a glass of water and drink immediately. The chia seeds expand in your stomach, making you full. It's also a nice trick to use when you're hungry for a snack, but want to stick with your fat loss plan. (Chia seeds are a good source of omega-3 fatty acids, fiber, antioxidants, iron and calcium.)

Don't skip breakfast! The food you eat soon after you get up jump starts your metabolism and burns more than 2 ½ times the calories as food you eat at night..

TWO LIPO LIGHT ANNOUNCEMENTS

Lipo Light is Launching a Client Maintenance Program!

Studies show that 80% of people who lose significant fat/weight will regain it in the absence of some form of ongoing support.

Your hard-earned fat loss wins eroding, unwanted fat popping out - NOT OK! So – Lipo Light is now offering a maintenance program to help you STAY trim once you've completed your fat loss treatments.

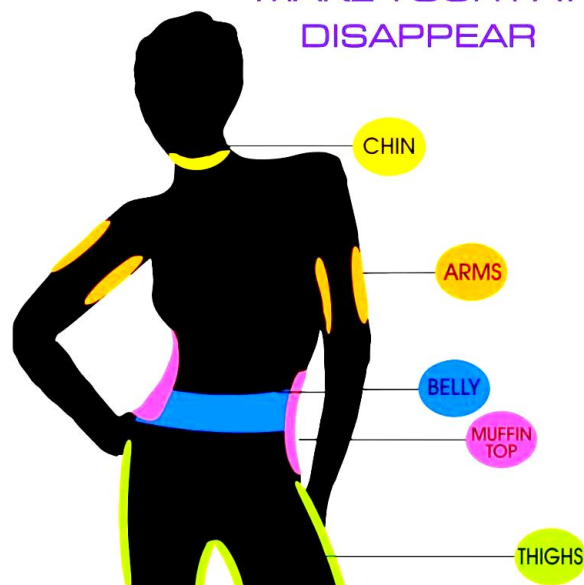
INTRODUCTORY LIPO LIGHT MAINTENANCE PROGRAM

Once a month*:
1 LED Light Treatment
1 Infrared Sauna Wrap
Fat Loss Consultation

\$99.00

*No minimum number of treatments required for purchase.

MAKE YOUR FAT
DISAPPEAR



For further support....

Lipo Light Now Offers a Private FB Group Houston Fat Loss Group!

Note: It's private – no one can pop in without invitation to see who is in the group. When you join, you'll find regular fat loss tips, opportunities to chat with other group members and more! Check it out!

[Houston Fat Loss Group](#)

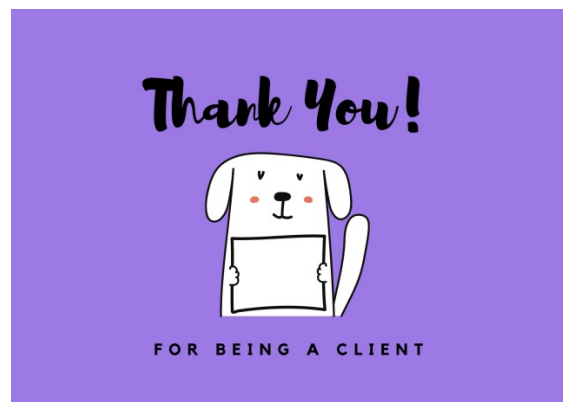
SO HAPPY TO BE REOPENED...

It's been great seeing familiar faces again and meeting new ones as we move through the reopening stage. The protocol procedures included in the last newsletter are still in place and will be as long as the corona virus remains a danger. Know that when we next see you, your health and welfare will be a top priority along with helping you shrink your fat cells!

In the meantime....enjoy the early summer weather, relish the beauty that life brings each day and remember the pandemic has an end. We will get past it!

[Check our FB Reviews](#)

[Visit our Website](#)



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