

It's *party* time!

The party season has just begun and you're watching your weight – how will you survive? Will you blow all your hard work or will you just stay home and miss out?

Want our advice? Put on your party shoes, because with these tips, you can enjoy the celebrating season AND maintain your weight loss program:

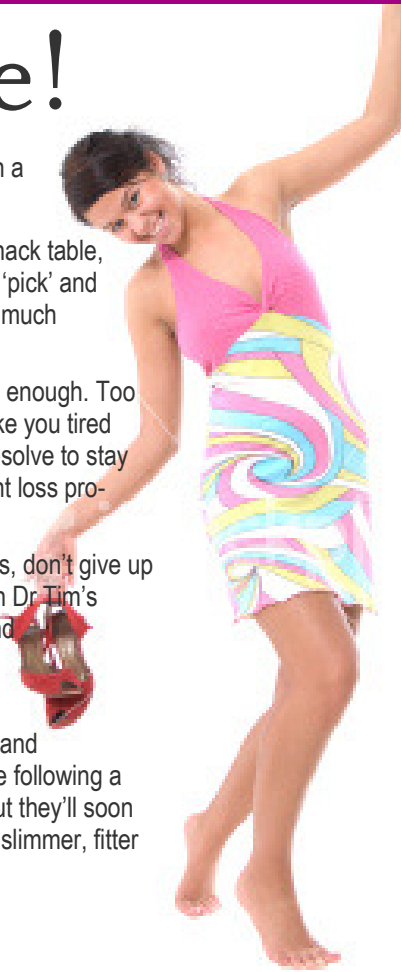
- Never go anywhere hungry. Have your scheduled weight loss program meal before you go out.
- When offered snacks, choose carefully as hostesses usually provide fresh crudités – carrot, celery, capsicum sticks and if you know you love items such as cheese and prawns, which are likely to be on a party buffet, ensure you reduce your daily protein quota in the lead up so you can enjoy them at the party.
- Hold a glass of bubbles – sorry not champagne, but you can enjoy a

bubbling mineral water in a champagne flute.

- Stand away from the snack table, so you're not tempted to 'pick' and eat without noticing how much or what you've eaten.
- Know when you've had enough. Too many late nights will make you tired and can weaken your resolve to stay committed to your weight loss program.
- If you do break the rules, don't give up - just get straight back on Dr Tim's Weight Loss Program and pick up from where you left off.

Follow these simple tips and no one will know you are following a weight loss program – but they'll soon see the difference in the slimmer, fitter and happier YOU!

Enjoy!



Try THIS..



Paul Newman's Own— Ranch Dressing.

Jazz up your salads this summer with a creamy, rich dressing. With just 1.1gms of carbohydrates per 20mL serve it is perfect for the Dr Tim's Success weight loss program.

did you know..?

One Tim Tam has 406 kilojoules? If you are a female aged 40 years you need to walk for 29 minutes at 5km per hour to burn it off!

In the Lounge

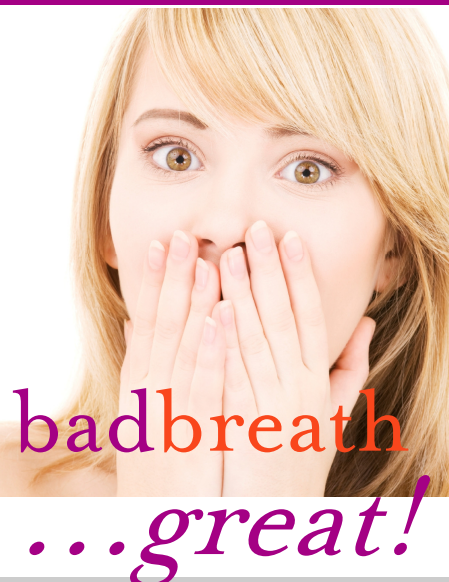
Member's Special...

November—

1/2 price Sunday breakfasts.



Enter the Member's Lounge voucher code to get 50% off Crepes in November. Yum!



badbreath
...great!

Do you have a metallic taste in your mouth or bad breath on the Dr Tim's Success Weight Loss Program? If you have that is FANTASTIC!

These are the possible side effects of your body's ketones doing their job. Your body produces ketones as it metabolises excess fat—and this is what the Dr Tim's Success program is all about. The simple explanation is this.

Dr Tim's program provides you with a nutritionally balanced diet including all your vitamins and minerals but because the meal

replacements are low in body fuels (sugar and carbohydrates) your body quickly uses this supply and goes looking for alternative sources—your excess fat. This causes fat loss and weight loss.

Bad breath may be a side effect of this ketosis process, but because it is caused by your body using fat we think bad breath is a great thing!

Just enjoy a sugar free mint and celebrate your body losing fat.