



Just in time for Christmas!

It's just under a month until Christmas and wouldn't it be a great if you were 6 kilos lighter, looking slimmer and feeling fantastic!

Okay, so Christmas is traditionally a time of indulgence. But it doesn't need to be. It can be a time when everything good about this time of year combines to deliver great weight loss results.

Don't believe us? Well, let's see...firstly there's extra motivation. Given that Dr Tim's Success has a proven track record that can deliver 6 kilos in just 4 weeks, which is an entire dress size – you can try on the outfit of your dreams now, buy it in a size smaller, and wear it on Christmas day!

Next, the temperature is on your side. As we move into summer, it's great to be outdoors especially for

a walk in the mornings and late evenings, and of course any physical activity will help you to lose weight.

In the warmer weather, you'll also feel less hungry and when you do eat, you're more likely to crunch on a fresh salad than eat heavier foods that will leave you feeling tired and sluggish.

And you'll be busy...with all that Christmas shopping to be done, who has time to sit around snacking! Why not buy yourself a pedometer and see just how many kilometres you walk around your local shopping centre in the lead up to Christmas. You'll be amazed at just how much calorie burning activity you've done.

Combine Dr Tim's Success with a few simple and sensible choices – including absolutely no alcohol and in 4 weeks you WILL be looking fabulous in that new outfit.

Merry Christmas!

did you know..?

The best cooking methods to keep kilojoules to a minimum are steam, grill and barbeque

Try THIS..



Cottee's Coola Cordial
Cool down on a hot summer day with refreshing fruity cordial. With no carbohydrates or sugars and only 10 kilojoules per serve this 'No Added Sugar' cordial is the perfect way to keep your body hydrated and your taste buds happy!

In the Lounge

Member's Special...

December—

\$10 Christmas Voucher



Enter the Member's Lounge voucher code to get \$10 off your next online order over \$110*

*conditions apply

JellyFull Gelato

Everybody loves jelly, which is why at Dr Tim's Success we now offer JellyFull, a delicious jelly

Not only a cool refreshing snack JellyFull contains both fibre and protein in a combination that research has proven will help you to feel full....that is why we call it JellyFull.

You can transform JellyFull into a refreshing summer drink or even a tangy gelato. Try this recipe and cool down on these hot summer days.

Ingredients:

- 1 x sachet of JellyFull
- 200ml hot water
- 1 cup milk

Method:

- Dissolve 1 Dr Tim's Success Raspberry JellyFull sachet into 200ml of hot water, add 1 cup of milk and mix thoroughly.
- Pour into a deep tray and freeze until icy.
- Mix again and refreeze until solid. Remove from the freezer 5 minutes before serving.

Note: Your total daily milk intake is 1 cup on the weight loss program.