



NewLife Resolution

But what if you made a **New Life Resolution**— a promise to live longer and be healthier not just in this year, but for the rest of your life? That may sound difficult, but it can be as simple as losing just 5% of your body weight. (see article below)

Here are 3 tips to make it happen:

TIP 1: Choose a very clear goal, be specific about what you want to achieve. Rather than “I want to lose weight” a goal like “I will lose 8kg by the end of February” is much more powerful.

TIP 2: Write it down, - Firstly writing the goal down makes it much easier to commit to. Then put copies on your fridge, in your wallet, next to your bed—as many places as possible so you are reminded a few times a day about your goal. Also write down how achieving the goal will make you feel to keep you focussed on the end result. For example “I will feel healthier, lighter, more attractive and proud of myself”- great motivators!

TIP 3: Forgive small failures—don't fail all together. You may get off track, or have small slip ups, but don't let them become big failures or waste time feeling guilty. Just start again by reminding yourself of how achieving your goal will feel.

With the ticking of the clock at midnight on the last night of the year, many of us promise ourselves that the new year will be better.

We will save more money, get fit, eat better food and lose weight. Sadly, with just a few days of the new year gone most of those promises and new year resolutions will be broken.

Try **THIS..**

JellyFull Spritzer

A cool refreshing drink with the added bonus of fibre and protein. Not only tasty—but a drink to make you feel full!

See the recipe on the next page

did you know..?
30 minutes of physical activity per day amounts to less than 2% of your time!

In the Lounge

Member's Special...
January
Save a friend \$10.

The first 150 new members save \$10 off their Start Up Pack with this code*

85D1001

*conditions apply

A healthy 5%

Research supports that as little as 5% weight loss can make an enormous difference when it comes to improved health and lifestyle.

Diabetes type 2, heart disease and even some cancers are impacted by weight, while other conditions such as sleep apnoea, infertility, impotence though not as widely publicised, can also have serious health implications while affecting your relationships with others.

Overweight people are also more likely to experience psychological problems including depression which is often fuelled by social isolation and low self esteem.

Losing weight is not easy, but your chances of success are significantly improved when you follow a personalised weight loss program, with controlled meals and a weight loss support and resources to guide you through the entire process.

A weight loss goal of as little as 5% of your body weight can significantly improve your health

Dr. Tim's®
» success «

the weight loss program
with a doctor behind it



lose **6kg**
up to
in **4** weeks*

JellyFull Spritzer



At Dr Tim's Success we've been busy making (and tasting) JellyFull creations and there is one thing we know for certain—**JellyFull is as versatile as it is delicious.**

More than just a satisfying sweet snack, you can transform JellyFull into a refreshing summer drink. The JellyFull Spritzer is fast and easy to make and it's perfect for holiday get-togethers with friends and family and of course, when you feel like a small but satisfying indulgence.

This sparkling fruity drink has the added bonus of including protein and fibre.

JellyFull Spritzer Ingredients

1 sachet of Dr Tim's JellyFull Treat
200ml hot water
200ml chilled soda water

Method

Empty JellyFull sachet contents into 200ml of hot water. Stir and allow to cool. Divide into 2 glasses and top up with soda water. Serve chilled and over ice.

Enjoy!

