

Welcome to **OPTAVIA**[®]

At **OPTAVIA**, we want you to live the best life possible, and we know that requires a healthy you. Here are 5 tips that our most successful Clients use to help move their health forward:

- 1** **OPTAVIA succeeds where other programs fail because we incorporate Healthy Habits in everything you do.** Be sure to read *The Habits of Health System*[™] to learn the habits that lead to lifelong transformation, including Nutrition, Sleep, Motion, and Hydration.
- 2** **Healthy nutrition gets you where you want to go, OPTAVIA Coaches make sure you never go it alone.** Lean on your **OPTAVIA** Coach for support. Your **OPTAVIA** Coach has been in your shoes and can help steer you to success. They will help you learn the habits that create Optimal Health and lead to lifelong transformation. Your **OPTAVIA** Coach guides you and helps you celebrate the little victories that add up to big ones.
- 3** **When you are part of OPTAVIA, you are part of a community of like-minded, like-hearted people who support each other through and through.** Participate fully in the **OPTAVIA** community with your **OPTAVIA** Coach, join our weekly support calls and webinars, and be a part of the conversation on social media using **#LifelongTransformation**
- 4** **It starts with achieving a healthy weight. This is the catalyst for bigger changes.** When you achieve your optimal weight, you may increase your health, confidence, and vitality. **OPTAVIA** works because it's simple and easy to follow. When you know what optimal nutrition looks like, Healthy Eating Becomes Second Nature.
- 5** **When you succeed, your transformation will be an inspiration to others.** Soon, those around you will begin noticing your transformation and you will have an impact on others. If you'd like to help your friends and family get healthy, refer them to your **OPTAVIA** Coach. Getting healthy is more fun with others! Or, many of our Clients decide to pay it forward and become an **OPTAVIA** Coach to help others achieve lifelong transformation, and keep themselves accountable too!

*the life you want is waiting
all you have to do is take the first step*

