Share your personal health and wellbeing journey with feeling and emotion. We encourage you to speak from your heart. These questions can get you started....

- How did you get started with our community?
- What was the pivotal moment that inspired your transformation?
- How did the Habits of Health play a role in your journey?
- How was your OPTAVIA Coach™ and our community instrumental in your transformation?

Spark interest and emotion by incorporating the following into your videos:
- Still pictures
- Videos
- Motivational quotes & words

These apps/software can help you be simply creative with your video:
- iMovie for iOS (iPhone/MAC)
- ViVaVideo (Android/iOS) - Allows text for disclaimers, but doesn’t allow photos on top of videos
- PowerDirector (Android)
- Splice (iOS) - You can narrate over photos or videos, perfect for Before and After’s

Thought-starters for sharing your story: Could you?
- Tell us about your weight loss transformation!
  *If you only mention pounds lost, use this disclaimer on the screen: Average weight loss for Clients on the Optimal Weight Plan with support is 20 pounds. If you mention pounds lost and the amount of time it took you to lose the weight, use this disclaimer on the screen: Average weight loss for Clients on the Optimal Weight Plan with support is 20 pounds. Clients are in weight loss, on average, for 12 weeks.
- Tell us about the activities you enjoy now (whether new or former)
- Share how your life has generally improved since you began your journey
- Please call 1.888.OPTAVIA if you have any questions about your video!
- What else makes your story unique?
- Share how forming new Habits of Health and your OPTAVIA Coach aided in your journey
- Share how you’ve formed new relationships or improved upon existing relationships
- Talk about how confident you feel because of your journey to Optimal Health™

Other things to consider before you begin recording:
- Choose a location with appropriate lighting
- Choose a quiet area
- Choose a pleasant backdrop that is appropriate for your story
- Wear appropriate attire
- Relax, smile, and have fun!

*VIEW THE OPTAVIA IGNITE TERMS AND CONDITIONS FOR COMPLETE DETAILS.