

Welcome to OPTAVIA®

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 use the Habits of Health® Transformational System to learn the habits that can lead to lifelong transformation, including Healthy Weight Management, Eating & Hydration, Sleep & Energy Management, Motion, Mind and Surroundings.
- 2 Study after study shows that support and guidance increase your chances for success in reaching your optimal weight.*** Lean on your independent OPTAVIA Coach for support. Your OPTAVIA Coach has likely been in your same shoes and can help steer you to success. They will help you learn the habits that create optimal health and can lead to lifelong transformation. Your OPTAVIA Coach guides 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 Coach-led 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 those around you. If you'd like to help your friends & 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 & become an independent 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.*

* Appel, L.J., et al., *Comparative effectiveness of weight-loss interventions in clinical practice.* N Engl J Med, 2011. 365(21): p. 1959-68; Harrigan, M., et al., *Randomized Trial Comparing Telephone Versus In-Person Weight Loss Counseling on Body Composition and Circulating Biomarkers in Women Treated for Breast Cancer: The Lifestyle, Exercise, and Nutrition (LEAN) Study.* J Clin Oncol, 2016. 34(7): p. 669-76; van Wier M.F., et al., *Phone and e-mail counselling are effective for weight management in an overweight working population: a randomized controlled trial.* BMC Public Health, 2009. 9: 6; and Donnelly, J.E., et al., *Comparison of a phone vs clinic approach to achieve 10% weight loss.* Int J Obes (Lond), 2007. 31(8): p. 1270-6.

