

Designed for real life.™

How many times has it happened?

You summon the determination to lose weight and live healthier. Things go well — you see results. But then, inevitably, life blindsides you, throwing a sucker punch that shakes your resolve.

You revert to the habits that caused the weight gain in the first place. You get back on the weight loss hamster wheel, regaining what you lost — and then some. Did you fail, or did your weight loss plan fail you?

The answer to that question can be found in this un-sugar-coated truth bomb: one-dimensional fad diets and quick fixes only address symptoms — they don't lead to long-term weight loss success.

If this weren't true, why do 90% of people who lose weight regain it within 1 to 5 years? To keep the weight off, you need a battle-tested, life-proof plan.

Enter OPTAVIA. We're on a mission to transform how people lose weight and gain health. Our holistic approach isn't just about shedding pounds — it's about the health, confidence and possibilities you achieve when you show up for yourself.

You've seen where weight loss goes wrong. Here's where it starts to go right — with your personal OPTAVIA coach. More than a guide, they're your confidante, co-pilot and champion. Having walked the same path, they understand the ups, downs and plateaus. They'll meet you where you are and equip you with the tools, strategies and support to go beyond your goals.

Coaches are what set us apart, and they're our secret weapon in the war on weight gain. Because along with OPTAVIA's science- and physician-backed plans designed to jumpstart your weight loss — with or without GLP-1 — your coach creates the personalized plan you need for long-term success.

We believe who you surround yourself with is vital to success. Instead of going it alone, you'll grow in a community whose enthusiasm for healthier, inspired living is contagious. We are Optavists — what does that mean? It's the name we've created for ourselves that encapsulates the essence of who we are: Fearless optimists, relentlessly advocating for health and transformation. And our protein shaker is always half-full. In a world quick to focus on problems, we choose to be part of the solution. And we are here for you. Through our Habits of Transformational Health System, we'll help you build lasting habits in nutrition, movement, sleep, mindset and surroundings. So when adversity strikes — and it will — you'll have the tools and support to stay empowered, stare down cravings, and keep on track. And before you know it, you'll be an Optavist too.

Healthy choices will become second nature. You'll learn not to sacrifice long-term health for short-term comfort. And you'll make your well-being non-negotiable.

And that's when something amazing happens. Life stops happening to you, and you start happening to life. Your transformation becomes a beacon, inspiring others. They see your confidence and want what you've got. And an opportunity is born: you go from being coached to being the coach, helping others lead healthier lives — and turning it into your livelihood.

It all comes down to this: It's time to forget the fads, the fluff and the fly-by-night gimmicks. Instead, it's time for real solutions, real results and real transformation. In short, it's time for weight loss...designed for real life.

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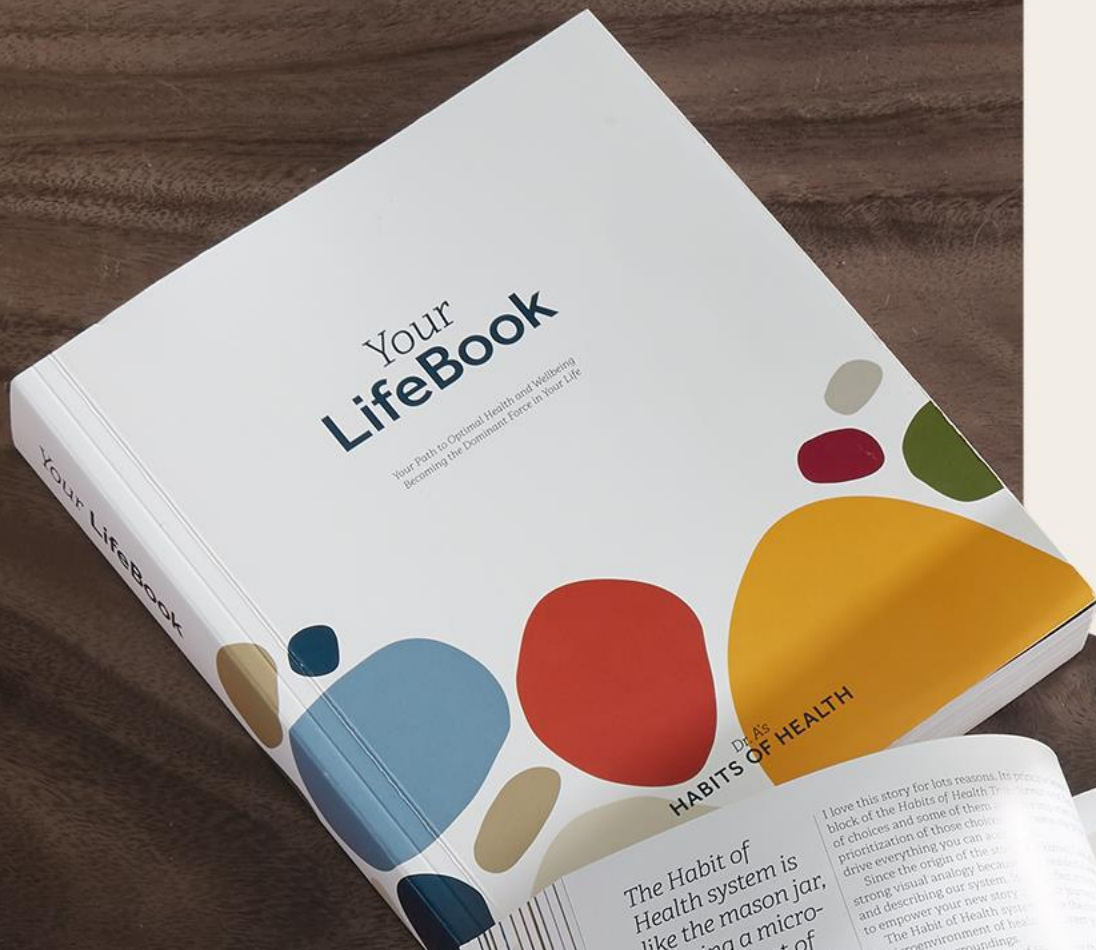
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*This income testimonial is not representative of the average earnings that Coaches achieve with OPTAVIA; only a very small number of Coaches will achieve income that is within the range of this testimonial. OPTAVIA makes no guarantee of financial success. Success with OPTAVIA results only from successful sales efforts, which require hard work, diligence, skill, persistence, competence, and leadership. Please see the OPTAVIA Income Disclosure Statement (<https://optavia.me/IDS>) for statistics on actual earnings of Coaches.

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