

Hello! Where did our summer go? The Holidays are fast approaching and many of our returning patients are echoing the same story. Too much summer fun and vacationing have added unwanted weight that they want gone before Thanksgiving and Christmas.

Some basic reminders to help refresh your memory:

1. Decrease or stop alcohol
2. Weigh and measure your food
3. Eat the food recommended in your booklet (after transition list or lifestyle booklet)
4. Drink a lot of water
5. Exercise 30-45 minutes EVERY day
6. Journal
7. Weigh yourself daily
8. If you need help come back in and get started today. Don't feel embarrassed. We all need help sometimes.

Also, to help you get back to a healthy lifestyle and continue with your weight loss I would like to offer you a 10% discount off any package, if purchased by November 15, 2018.

We are here to help!

Annette E. Neumann, D.O.

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