

DEVELOPING CORE HABITS



A change in habits will lead to

A CHANGE IN LIFE

When we take a close look at our clients who have experienced successful weight loss, we realize there are common denominators that they all share. We have compiled a list of their core habits to help get you on track right from the start.



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REBUILD. RESTORE. REJUV.

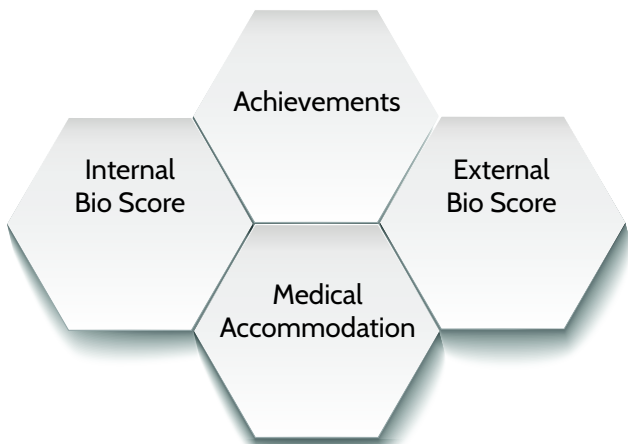
21 DAYS ~ DEVELOP CORE HABITS

Choose a few core habits to focus on this week.

- Journal your food daily and start a gratitude journal
- Get 8 hours of sleep each night
- Reduce stress: get 15 minutes of quiet time each day
- Read a self-help book 15 minutes a day
- Be active for 15-45 minutes per day
- Sip water throughout the day and drink one glass before each meal
- Eat every 2-3 hours each day
- Snack on whole foods instead of processed snacks
- Eliminate processed foods
- Switch to 100% whole grain/eliminate bleached and enriched flours
- Eliminate added sugar, artificial sweeteners, and high fructose corn syrup
- Eliminate caffeine, pop, or alcohol
- Eat meals mindfully and slowly, engaging all your senses
- Eat meals in order of protein, fats and carbs
- Study Rejuv University and Rejuv4Life Meal Plan

ADDITIONAL SERVICES TO TAKE ADVANTAGE OF:

- Meet with the dietitian and attend a nutrition class
- Attend Breaking Barriers or an educational seminar
- Attend the grocery store tour or a cooking class



Rejuv4Life Phase

Metabolic Results

Adjustments