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## Four Steps to Success

A healthy body helps support a lifetime of energy and vitality and can aid in preventing the accelerated onset of many degenerative diseases. Managing weight and healthy body composition is primarily a matter of expending more calories than we consume. It sounds simple, but is something many struggle with.

The Slim & Sassy Lifestyle Change contestants have impressed upon us the satisfaction that accompanies a healthy lifestyle. How did they do it? Their stories explain how each reached outside their comfort zone and decided it was time to choose change by:

1. Changing Their Attitude
2. Improving Their Diet
3. Exercising
4. Resting and Managing Stress

These four changes are crucial in helping individuals achieve their goals and make the lifestyle changes necessary to not only succeed, but maintain success.