



## LYNFIT'S LOSE 7 POUNDS IN 7 DAYS WEIGHT LOSS CHALLENGE

**You'll love your new habits so much they will become your new way of life!**

	<b>START YOUR DAY WITH WHEY</b>
DAY 1	Swap out your usual breakfast with delicious <a href="#">Metabolic Boosting Whey from LynFit</a> to help boost metabolism by 25 percent, lower blood sugar levels, and improve energy and mood. You'll lose weight faster and easier and prevent weight gain if you're not eating perfectly.
DAY 2	<b>DRINK TEN CUPS OF WATER DAILY</b>
	Replace all the not-so-good beverages (especially the coffee laced with milk, creams, or sugars) with water or green tea to boost metabolism by 3 percent. Need energy? Boost with <a href="#">LynFit Daily Power Shot</a> . You'll save calories while nourishing your body.
DAY 3	<b>TAKE A FIVE-MINUTE FIT BREAK</b>
	Instead of snacking, take a five-minute fit break! Five minutes of fitness spread throughout your day will help you avoid overeating while tightening and toning your flabby muscles fast. Need exercise ideas? Follow me on social media for daily fit tips: @LisaLynnFitness.
DAY 4	<b>SLIM DOWN YOUR MEALS TO MELT OFF BELLY FAT</b>
	Eat off salad plates and make sure that $\frac{1}{2}$ of your diet is filled with vegetables. You can lose weight and still enjoy delicious meals that your whole family will love. Try Veggie Spaghetti, Turkey Meatballs, or <a href="#">these other delicious thermogenic recipes</a> .
DAY 5	<b>KILL CRAVINGS BEFORE THEY GET YOU</b>
	Swap out all sugar-filled snacks with an irresistibly delicious <a href="#">LynFit Lean Bar</a> instead. Thanks to the ten grams of prebiotic fiber, you'll feel fuller longer. The 20 grams of protein will help boost your metabolism while lowering blood sugar levels, so you'll also melt off belly fat. Need extra support? <a href="#">LynFit Carb Edge</a> can help.
DAY 6	<b>DOUBLE UP YOUR VEGGIES TO KEEP THE POUNDS AWAY</b>
	Swap out all starches (cereal, bread, rice, and pasta) with veggies instead. Try Veggie Spaghetti instead of pasta; Lettuce Wraps instead of bread; and Riced Cauliflower instead of rice. Always have celery on hand for snacks. You won't miss the carbs and you'll lose more weight.
DAY 7	<b>UP YOUR STEPS TO BOOST YOUR WEIGHT LOSS</b>
	<u>Everyone</u> needs to be getting in 10,000 steps daily. It's easy to increase your steps by adding 500 steps daily until you reach the 10,000 daily step goal. A 20-minute walk at lunch or a quick five-minute walk every hour can help you accomplish this. Moving is the best medicine when it comes to improving health and energizing your body. If all else fails, you can always walk in place.

### YOU DID IT — CONGRATULATIONS!

Now that you have practiced these healthy habits, hit replay and repeat this 7-Day Challenge until these healthy habits are so habitual you don't even have to think about them anymore.

Keep up the great work and remember:

**Today's Actions are Tomorrow's Results!**