

# MAKE SMALL CHANGES

Our Customers' Tips for Getting Started

## Make the Commitment

Leigh Demby: "You've got to make a commitment—not just for 20, 30, 100 or more pounds that you want to lose—this is a life-long journey and OurSkinny allows you to develop that over time."

## Give Yourself a Chance

Ashley Bashlor: "Give yourself a chance. Truthfully I maybe had that hunger feeling the first week or two. After that your body adjusts, and you don't get hungry. Like anything else, it's a learning process."

## Stick to a Schedule

Susan Williamson: "From the minute I started on OurSkinny, I have never been hungry, and the trick is: my whole day is laid out right here on my calendar in my phone, with reminders set for every few hours."

## ... But Be Creative

Carrie Jane Williamson: "Eating healthy can be boring sometimes. You really have to be creative."

Leigh: "Do some research and vary your meals, choose a different snack, pick a different fruit. The program is flexible enough that with a little effort you can make it your own."

## Don't Skip Meals

Ashley: "I got in a bad habit of skipping meals, and that is actually one reason people gain weight. Keep a shake or bar in your purse, desk drawer, or glove compartment for when you're busy and don't have time for lunch."

## Limit Tradeoffs

Carrie Jane: "You have to limit making those tradeoffs with yourself and try not to reward yourself with food. I don't keep sweets in my house. I don't keep anything in the house that is going to tempt me."

## Get to Know the Coaches

Leigh: "I didn't have the support when I was doing Weight Watchers online. I didn't have anyone to talk to and was feeling very isolated. It has been the support that has helped this time around."

## Put Yourself out There

Carrie Jane: "I do think that exercise is a huge part of feeling good about yourself. Find something that you enjoy—whatever it is, a walking club or water aerobics—find people who are like-minded, and put yourself out there."

## Drink Your Water

Susan: "I am a water girl, and you put that in there: if you don't drink enough water, you won't be successful, and I am serious about that."

## Never Give Up

Carrie Jane: "When you talk about living the whole thing—for me, it's a story about progress. It will always be about progress, and so I tell others to start making small changes and see what impact it can have on their life as a whole."



ASHLEY



CARRIE JANE



SUSAN



LEIGH