

# *Think Different Do Different..*

## LEANMD IS DIFFERENT

### *It's built for you.*

In the LeanMD Program, you'll learn about yourself and what works best for your unique physiology. You'll learn what to eat **With Real Food**. Customized weekly support by trained mentors will empower

you to sustain your healthy new eating and lifestyle habits long term. You'll gain a newfound sense of confidence and wellbeing. As a medically supported program, LeanMD is safe and effective, and may improve chronic health conditions. Losing weight may also help reduce joint, back, and arthritis pain, improve mobility, and reduce the need for certain medications.

**GET STARTED TODAY!**



## REACH

✓ **Real, fresh food**

deliciously healthy - not prepackaged or processed

✓ **Easy to follow**

simple, safe and effective

✓ **Personalized**

1-to-1 coaching with tools help you mindfully manage your weight long term

✓ **Evidence based**

scientifically-based nutrition principles may help you overcome health issues



## KEEP

Now that you've reached your goal, you will learn how to keep it by transitioning to new eating habits, adapt to your new physique, start an exercise program, and taper off any medications.

You'll continue to receive excellent 1-on-1 coaching as you transition slowly and easily.



## LIVE

**You made it!** It was easier than you thought. Now live and enjoy every day to the fullest with your new body, enjoying new activities and learning mindful skills that will last a lifetime.

It's your life—you deserve the best one you can have!