

SUCCESS GUIDE

DESIGNED TO HELP YOU LIVE YOUR HEALTHIEST & BEST LIFE!

TAKE YOUR SKINNYFIT PRODUCTS DAILY - CONSISTENCY IS KEY

➤ FIND A ROUTINE THAT WORKS FOR YOU AND STICK TO IT!



Mix **Super Youth** collagen with morning coffee



Drink **Detox** before lunch



Blend a midday smoothie with **Skinny Greens** or **Beauty Juice**



Zzztox before bed



Add **Super Youth** collagen to your favorite recipes!

BALANCED DIET: FUEL UP WITH HEALTHY MEALS TO KEEP ENERGIZED

➤ TIP: AVOID PROCESSED FOODS, ADDED SUGARS, EATING LATE, EXCESSIVE PORTIONS.



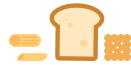
FRUITS

Eat a variety of fruits. Fresh fruit has more fiber & fewer calories.



VEGETABLES

Mix a variety of colors & types daily! Pick more non-starchy veggies.



GRAINS

Whole grains will provide more fiber, iron, and B vitamins.



PROTEIN

Beans, nuts, fish, and chicken are leaner choices!



DAIRY

Try 3 servings per day for calcium intake. Opt for low fat for fewer calories.

PLAN 30 MINUTES OF EXERCISE DAILY



Jog or run. Walking counts!



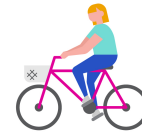
Weight Training



Yoga



Sign up for a class



Go for a bike ride

PRIORITIZE YOUR SLEEP

➤ A GOOD NIGHT'S REST IS JUST AS IMPORTANT AS EATING HEALTHY AND EXERCISING.



Prevents weight gain



Boosts productivity



Increases exercise performance



Reduces risk of disease

STAY HYDRATED

➤ TIP: WE RECOMMEND THE 8X8 RULE. DRINK AT LEASTS EIGHT 8-OUNCE GLASSES OF WATER A DAY!



Boosts metabolism



Decreases cravings



Promotes good digestive health



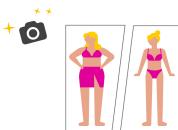
Improves skin complexion



Keeps you full

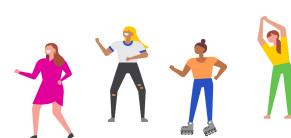
MEASURING YOUR RESULTS

Before & after photos



Take body measurements

Notice your clothes fit better



Feel improvement in energy & mood