

# OPTAVIA HEALTH & WELLNESS

September 2018

## The Community

Become part of a community of like-minded, like-hearted people who support each other through and through. The OPTAVIA community offers forms of support including:

- ▶ A Health Coach
- ▶ Live & recorded video conferences and calls
- ▶ Nutrition Support
- ▶ Online help

When you succeed, your transformation will be an inspiration to others. What began as your journey toward Optimal Health and wellbeing can also become a powerful and rewarding life with new meaning and purpose.



Nancy Emmert, Coach



Renee Schulte, Coach

## Creating Health, One Healthy Habit at a Time

Why does Optavia succeed where other programs fail? Because we incorporate healthy habits in everything we do. More than a million people have chosen our program to help them increase their health, confidence, and vitality. We make sure you never go it alone.

Study after study shows that support and guidance increase your chances of success in reaching your optimal weight. As your personal coach, we will be there to celebrate your success together, the little ones and the big ones.

You'll discover how to incorporate simple, easy and powerful healthy habits into everything you do.

## Special Member Pricing

**FREE** Start Strong, a Purposeful Hydration product, with enrollment in the program.

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## Don't Just Take Our Word For it

*"I have been struggling with eating issues after my husband passed away four years ago. I found it hard to plan meals for myself. I started skipping meals and when I did eat I was not making clean food choices. I signed up with coach Renee and began to learn from her. After ordering food options from Optavia, I started back to eating regularly. The leadership of coach Renee and the Optavia program made a huge difference in how I now eat. I have become a healthier person mentally, physically and emotionally." -- Abby, Norwalk*

*"In 7 weeks I've dropped 18 pounds. So glad I took the leap to shed these pounds! Feel so much better about myself, and intend to continue my healthy eating habits learned into the future with the help of my great coach Nancy Emmert & the Optavia program!" --Linda, Ankeny*

## 7 Habits to a Healthy Life

Today, the world is searching for quick-fix weight-loss solutions. But we know quick fixes don't work. OPTAVIA's approach is radically different.

The Habits of Health system will help you adopt new healthy habits in bite-sized pieces we call micro habits, which lead to Lifelong Transformation, One Healthy Habit at a Time.

Developed by OPTAVIA co-founder, Dr. Wayne Anderson, the Habits of Health is an innovative lifestyle approach that gets your mind and body working together to work for you. It helps you replace unhealthy habits with healthy ones that contribute to your long-term success.



***The life you want is waiting, all you have to do is take the first step.***

## Contact

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