

# Small changes, big results!

Lose weight and keep it off in a healthy way with the **Good Measures Healthy Weight** program.

This personalized nutrition and weight loss program is for you if you are committed to joining a program that will help you sustain healthy habits.

The Healthy Weight program is based on the latest nutrition science and research about weight management approaches that work.

We help you tap into and build motivation so you can make healthy changes that stick. Your coach works with you to remove barriers and set your environment up for success so you get results!

## What's included?

- Your own registered dietitian coach—check in by phone and online.
- A smart app that helps you choose foods and meals best for you.
- Fun challenges with prizes!
- Online group classes on hot topics.

## How the program can help you

- Eat for more energy, better sleep, and less stress.
- Fit healthy eating into your schedule and budget.
- Form new habits that help you sustain weight loss.
- Improve cholesterol, blood pressure, and blood sugar levels.
- Find easy ways to get more active.



 good measures<sup>®</sup>  
**HEALTHY  
WEIGHT**

## SIGN UP TODAY!

To get started, sign up at [nmpsia.goodmeasures.com](http://nmpsia.goodmeasures.com)  
or call Good Measures at **888-320-1776**.

