



HAPPY HEALTHY LIFESTYLE PROGRAM

7-DAY JUMPSTART

HEALTH FIRST - WEIGHT FOLLOWS



- increased energy*
- better mood*
- reduced cravings*
- less bloat*
- release fat*
- glowing skin*

- wholesome nutrition
- digestive + metabolic support
- cellular health
- clinically relevant health benefits*
- community

**CHOOSE YOUR START DATE
WITH THIS SELF-PACED FULLY
LOADED PROGRAM™**



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Collaborative Coaches

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IMAGINE **FOUR WELLNESS EXPERTS** GUIDING, SUPPORTING AND EDUCATING YOU WHILE YOU JUMPSTART YOUR LIFE AND OPTIMIZE YOUR HEALTH

The Jumpstart journey lays a solid foundation for the focus on healthy lifestyle changes.

A recent Jumpstart published clinical study shared favorable changes in many areas including:

- self-esteem and mood*
- physical appearance *
- energy*
- motivation*
- 4.5 lbs average weight loss*
- statistical relevant decrease in body fat*
- meaningful improvements in their quality of their nutrition*
- and health benefits that may have clinical relevance*

The Jumpstart is built on healthy support and habits to meet your short or long-term goals.*

Talk with your coach today and see how this may help you.

Health First, Weight Follows

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Contact Your Collaborative Coach CINDY NUNNERY

LOOK & FEEL FABULOUS IN JUST ONE WEEK

**Daily Foundational Mindset Training,
Health Education, Tips, Encouragement,
Recipes, and More**



Prep Day Saturday: Set Up for Success

Prep Day Sunday: Sunday Set Up + Mindset #1

Monday: Glycemic Control + Mindset #2

Tuesday: Healthy Hydration + Mindset #3

Wednesday: Balancing Your Belly + Mindset #4

Thursday: Fitness Fun and Movement + Mindset #5

Friday: Mindset & Survival Tips for the Weekend + Mindset #6

Saturday: Health Support for Your Busy Life + Mindset #7

Sunday: Keeping the Momentum Going + Mindset #8

Bonus: Best Practices for the Future