

belle®

***"Take care of your body.
It's the only place you have to live."***

-Jim Rohn



INTRODUCTION

What It's All About

Belle's mission statement:

We help people improve their health, confidence, and longevity

through clinically backed wellness solutions, combining prescription treatments and supportive products delivered with personalized, compassionate care at an exceptional value.



Solutions and Support for Every Step of the Way

Each of us has a unique journey with weight loss that changes as we age. There are many factors that have a huge impact on our journey with weight including our genetics, life circumstances, aging, mental health, and physical limitations to name a few. At Belle, we believe you are beautiful no matter what life brings you.

Our goal is to provide you with solutions that are proven to work, give you continued resources along the way, and remind you that you are beautiful no matter where the journey takes you.

Emergence of Weight Loss Drugs

The emergence of GLP-1s and weight loss drugs has given us a powerful tool to assist in weight loss. GLP-1s are great medications that will suppress your appetite and help you feel less hungry. This has proven to be a huge help in losing weight for thousands of Americans.

Combining dieting, exercise, and Semaglutide leads to success

In order to lose weight and keep it off, we want to provide a guide that can help lead you on your journey to sustained weight loss. This guide is not an extreme weight loss diet but rather dietary principles, exercise tips, and meal suggestions that, along with taking GLP-1s, will allow you to sustainably lose weight and keep it off.

10 RULES FOR SUCCESS

Weight Loss Tips

1

Walk daily

Walking is one of the easiest ways to increase our activity and burn more calories. In addition, sunlight has many proven benefits, including better sleep, reducing stress, strengthens immune system, and helps keep weight off.

2

Exercise 4-5 days per week

Slowly increase how long you are exercising. Start with achievable goals and slowly add in duration and intensity.

3

Drink plenty of water

16 cups daily for men; 12 daily for women. Drinking water every day is important to maintain fluid balance, promote healthy digestion, boost physical performance and metabolism, maintain healthy skin, and prevent dehydration.



4

Count your calories

We are 42% more likely to achieve our goals if we write them down and track against them. Track and set small goals to reduce calorie intake.

5

Protein heavy diet

0.8-1.0 g of Protein per LB of body weight daily. Protein helps to increase feelings of fullness, boost metabolism, and preserve muscle mass.

6

Sleep 7-8 hours per day

Studies have shown that a lack of sleep is directly tied to an increase in appetite. Sleep also supports the body's ability to burn fat and build muscle.

7

Lower your sugar intake.

Less than 25 grams of added sugar daily. Increased amount of sugar are tied directly to heart disease and obesity.

8

Trade vegetable oils for olive, coconut, or avocado oil

While each has similar calories, vegetable oil has the highest "bad" unsaturated fat content.

9

Minimize grazing and snacking

Focus on eating proper meals. Eat plenty of healthy fats during meals to limit snacking.

10

Fill your diet with 90% whole foods

Whole foods tend to be lower in sugar and higher in fiber leading to improved overall health and weight loss. Avoiding processed foods will allow you to eat more whole foods.

IDEAL WORKOUT WEEK

Exercise Guidelines

Daily Walk

Aim for a daily walk and set a goal to reach 10k-12k steps per day. One simple strategy is to take a brisk walk during your lunch break or after dinner. You can also try taking the stairs instead of the elevator, parking farther away from your destination, or walking to nearby errands instead of driving.

2-3 Days of strength training

3 sets of 8-12 reps is a great place to start with a 30-60 second recovery in between each set. We recommend 2 different workouts for each main muscle group (biceps, triceps, chest, back, legs, and shoulders). This will allow you to get stronger, add muscle, and boost your metabolism.

1-2 days Power Work

Power is the first thing we lose as we age. Engaged power training once per week is a great way to keep our joints young. Movements may look like kettlebell swings, box jumps, sprints, or running hills.

1-2 days long duration low intensity cardio or lifestyle exercise

Muscles grow during recovery and mindset resets when doing what you love. Don't forget to have fun and be active! Go on hikes, play pickleball, play basketball, do yoga with your friends, stretch etc.

