

# 10 LIFESTYLE CHANGES FOR Permanent Weight Loss

1

Take control



Eat like a farmer

2

3

Skip a meal



Move every day

4

5

Get your sleep

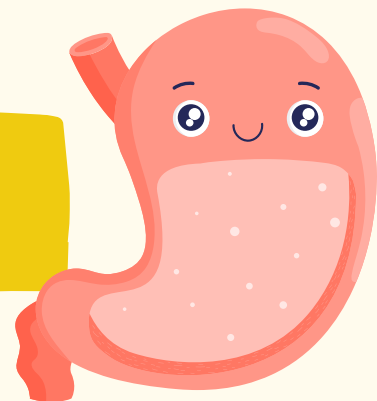


Set goals

6

7

Exercise on empty



Go for life

8

9

Mix it up



Make it yours

10