Weight Loss Plan
1..........
2........
3.........
Diet Exercise Repeat
Make Healthier Choices!

Healthy Lifestyle Changes for Weight Loss

Add these simple 7 steps to your life and you'll
start seeing results in no time!

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1. Add Nutritious Foods to Your Diet Daily

2. Make Your Snacks Count

3. Make Healthy Switches

4. Eliminate Empty Calories

5. Say No to Soda

6. Drink More Water

7. Move Your Body

Learn more at marlaharvey.com