



10 SLIM TIPS

If you want to accelerate your fat-loss results and improve your health using Bios Life Slim, follow the 10 Slim tips listed below:

1. Set Your Goals

Write down your fat-loss goals. Written goals are the starting point of all achievements. The more committed you are to reaching your fat-loss goals, the more likely you will achieve them.

2. Take Your Baseline Measurements

Devote a few minutes today to take measurements and photos so you can observe your progress. Measure your neck, chest, stomach, waist, hips, and thighs. Take before photos from both the front and side views. Since Bios Life Slim is a fat-loss product, you will begin to see a reduction in inches before you see a reduction in pounds.

3. Make Slim a Part of Your Daily Routine

Mix and drink one packet of Slim 15 minutes prior to each of your two main meals. If you forget, drink it as soon as you remember. Use our shaker cups to make mixing Slim easy. Once you mix a packet of Slim, drink it immediately before it thickens.

4. Follow Our 4-4-12 Rule

In order for your body to effectively burn fat using Slim, you must allow your body to enter into what we call fat-burning zones. Slim will reduce your cravings, making it easier to avoid snacking between meals. Follow our 4-4-12 rule: do not eat anything for 4 hours between breakfast and lunch, 4 hours between lunch and dinner, and 12 hours between dinner and breakfast. If you feel you must eat something, make it a healthy snack.

5. Drink More Water

Challenge yourself to reduce your consumption of unhealthy beverages, including diet soda. Drinking more water will help your system remove waste and fat more efficiently.

6. Make Better Food Choices

If you want to be healthy, begin by making better decisions when purchasing groceries and when dining out. For maximum benefit, reduce your consumption of high glycemic foods such as sugar, white pasta, white rice, and white flour.

7. Eat Breakfast

Skipping breakfast is one of the leading causes of weight gain. Get your metabolism started by eating a high-protein, low-carbohydrate breakfast. The simplest way to jump start your metabolism each day is by drinking our Lean Complete meal replacement shake for breakfast.

8. Eat Less

When you drink Slim before your meals, you will notice a reduction in your appetite. As your appetite is reduced, start eating smaller portions. By eating smaller portions you will be consuming fewer calories and your blood sugars will stabilize more rapidly.

9. Increase Your Activity

It's important to increase your daily activity even if by just a small amount each day. Think about the little things you can do each day to increase your physical activity.

10. Enter the Get-Slim Contest and Win \$15,000

How would you like to lose weight, feel better, and win \$15,000 all at the same time? Go to bioslifeslim.com to learn more.