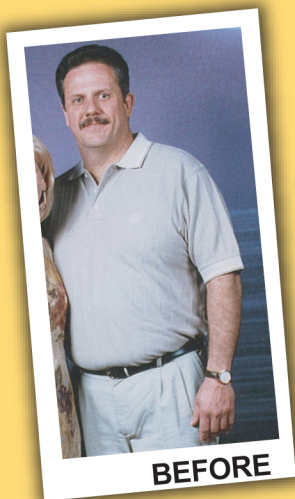


*“After losing  
84 pounds,  
I feel great  
and have  
more energy.”*



\*Results  
not typical

For years, I've tried many different ways to lose extra weight, but none of them worked. Then I finally discovered the Dr. Smith Get Thin Program.

I knew I had to change, so I started by making the commitment to live a healthier lifestyle. Then I began the Get Thin Program, which combined physician supervision with the right products, information, and tools to put myself on the fast track for slimming down.

### **Bryan's Quick Tips:**

- ☐ Make sure you are committed to losing weight before you start. If you are not dedicated, nothing will work for you.
- ☐ Follow a program that is sensible. If it feels like a gimmick, it probably is!
- ☐ Eat foods you like. Just be sure to know the right amounts to eat.
- ☐ Work smarter, not harder. Get advice from proven experts and then follow it. Resist the urge to “create your own” diet.

\* Results not typical and vary by individual.

Some may experience more or less weight loss.

The Dr. Smith Get Thin Program is based on reduced calories and an increase in exercise.