



CELLJETICS WEIGHT WELLNESS TIPS

Simply stated, to lose weight, we must burn more calories than we bring in. To lose 1 pound a week, we need to burn 3,500 more calories than we take in each week. That adds up to 500 calories per day.

Reducing Your Calorie Intake

The biggest problem with the reduction of calories is it can leave you hungry and reduce your energy level. This can cause you to feel irritable and takes an enormous amount of self-control and will-power to overcome this feeling when dieting.

It's important to note, experts recommend that a woman needs to stay above 1,200 calories and a man typically at 1,400 calories per day. Your body needs food to support your metabolism.

Eat Nutrient-Dense Foods

When you reduce your calories, you reduce your nutrient intake. Therefore, it is important to eat nutrient-dense foods. Nutrient-dense foods are rich in nutrients relative to their calorie content.

According to the Dietary Guidelines for Americans, all vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry—when

prepared with little or no added solid fats, sugars, refined starches, and sodium—are nutrient-dense foods.

Stay Away from Empty Calories

Foods and drinks that contain no significant nutrients but are high in calories are referred to as “empty calories.” These are mainly foods and drinks that have high sugar, fat, or alcohol content, but little or no nutritional value. This includes high carbohydrate desserts such as cake, cookies, donuts, ice cream and candy bars. They also include sugary beverages like carbonated soft drinks, fruit juice and energy drinks.

Pay attention to what you drink. If you go out to eat, don't order a soda. It will save you money and save you from consuming empty calories.

Increase Physical Activity

Depending on your age and physical abilities, increasing your daily activity will not only help with your overall health, but it can make a difference on your metabolism and the calories you burn each day. Whether that means walking, jogging, or joining an exercise class, do something to increase your activity.

Warning: Always consult your doctor or healthcare professional before beginning Celljetics or any weight loss or exercise program, especially if you are taking any medications or have any type of medical condition. Do not reduce or stop taking any prescription medications without first consulting with your doctor or healthcare provider.

This chart from the US Department of Agriculture shows about how many calories a person who weighs 154 pounds would burn at a moderate pace.

Source: US Department of Agriculture. MyPlate.
<http://www.choosemyplate.gov/physical-activity-calories-burn>

Calories burned at a moderate pace		
Activities	In 1 hour	In 30 minutes
Hiking	370	185
Light gardening/yard work	330	165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling	290	145
Walking	280	140
Weight training (general light work)	220	110
Stretching	180	90

Strength or Resistance Training

It will also help your metabolism if you can do some form of strength or resistance training to add lean muscle. Your body will naturally burn more calories if you increase your lean muscle mass, and it will make you feel better about yourself and boost your confidence if you tighten and tone while you lose body fat.

Set a Goal with a Date

It can be extremely helpful to choose a special date within 45-90 days from when you start. This way you commit to yourself to follow your program until that date.

Your first goal could be a wedding, graduation, birthday, or any other date that has importance to you and why you would want to lose weight before that date. Once you reach that first target date, you can set your next one within that 45-90-day period.

Weigh & Measure

We probably don't have to tell most people to weigh, but it's actually more important to take your measurements. Trying to lose pounds can be a psychological battle, so we need to do everything we can to motivate us and see some gratification.

Many times, people will lose inches, but not see the pounds move on the scale. This is especially true if they start exercising. Most people say they will be able to tell how their clothes fit, but that's not always as quick as if you are taking your measurements.

We feel it's vitally important, so we include a chart and a free tape measure with every first order.

Take Before Pictures

We know it can be scary, but just think how good you will feel when you look back and see your progress. Take new pictures every 30 days. This will help you stay focused and set a new goal for the next 30 days.

Set a Reminder on Your Phone

As with any new habit, it will help to set a reminder on your phone to take your Visceral+ 30 minutes prior to your two largest meals. If you miss taking it right before your meal, it's okay to take it with your meal.

Invite Your Friends to Join You

It's much easier and helps when you can start your program with friends or family who are also committed to reaching their goals. Invite others to join you to help motivate and inspire each other.

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Take Dietary Supplements

If dieting and reducing calories means you are reducing your nutrient intake, we feel it is important to add dietary supplements to your diet. Celljetics creates high-quality nutraceutical formulas to support cellular health and energy. Our formulas are a convenient and effective way to help support your daily nutritional requirements. *

Below are Celljetics recommended supplements you can add to assist you with your health and weight management goals.



Visceral+™ is a dietary supplement to be taken in conjunction with eating a healthy diet to help support appetite control and reduce abdominal fat accumulation.* It includes special plant-based ingredients: White Kidney Bean, African Mango, Berberine, Gymnema Sylvestre, Cinnamon Powder, Rhodiola Rosea Root Powder, along with Vitamin D3, Magnesium, and BioPerine® to help with absorption. Take 2 veggie capsules daily with water, preferably 1 capsule 30 minutes prior to your two largest meals.



Protime Plus™ is a delicious 20g protein snack to supplement your diet. It contains high quality grass fed whey proteins, milk proteins, prebiotics, digestive enzymes, plus natural nootropic ingredients to support your brain and body.* As a dietary supplement, add to 8 oz. of water. Stir, mix or blend.



Cellvida™ is a liquid nutraceutical supplement that provides superior absorption over hard to swallow pills. Drinking just one ounce daily provides you with essential vitamins, minerals, trace minerals and antioxidants to support cellular health and energy.* Drink 1 oz. daily. May be mixed with water or juice.



FreeRadPro™ contains validated ingredients to support glutathione levels and mitochondria function. It also includes a powerful plant-based formula of 29 fruits, vegetables, and herbs shown to inhibit free radical production, optimize cellular metabolic activity, and increase nitric oxide levels within the human body.* Take 2 veggie capsules daily with water.



Cellformance™ is a unique formula that combines potent and validated ingredients to support increased levels of mitochondrial ATP and Nitric Oxide. It also includes natural nootropics and adaptogens to support cognitive function. Whether you are looking for athletic performance and strength in the gym, or you just want the many health benefits of this formula, then you'll want to make **Cellformance™** your go-to daily supplement.* Take 2 veggie capsules daily with water.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.