



Set an alarm every hour.



Drink one cup before every meal.



Use a straw.



Everytime you use the restroom, drink 1 cup.



For every non water beverage drink 2 cups of water.



Drink 2 cups right before bed.



Spice it up with fruit.



Buy a pretty water bottle.



Buy a 64oz bottle & finish it everyday.



Compete with a friend.



10 WAYS TO DRINK MORE WATER

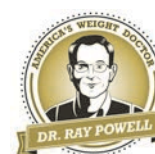
WEIGH-IN ACCOUNTABILITY

Your accountability matters to us! Weigh-in for 4 consecutive weeks and get 10% off your CarbEssentials purchase at any location!



DATE: _____

WEEK: 1 2 3 4



EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



WHY WATER IS THE SECRET TO WEIGHT LOSS

Drink More Water



Our body is 50% to 75% water. Every cellular biochemical process in the body requires it, including the process of breaking down fat and using it for fuel. Therefore, if we want our body to burn the fat, water is key. Our bodies were designed for survival, if we don't have enough water, the body compensates by slowing metabolism. Even 1% dehydration can cause a significant drop in metabolism. By the time our thirst signal kicks in, we are already 10% dehydrated. Water suppresses the appetite naturally. Studies show that those who drink water before a meal eat 75 fewer calories a day. That adds up to an extra 27,375 fewer eaten calories a year, or 8lbs you prevented in weight gain. Sometimes the body will send signals of hunger, when it is actually thirsty and in need of water. Drink a glass of water, wait 20 minutes, then re-evaluate to see if you are still hungry.

SNEAL® SAVINGS

Monday, July 4, 2022

Food is a large part of holiday celebrations, but while you celebrate 4th of July this year, remember to focus on the family and fun instead of the usual BBQ foods. Try bringing your own food to the BBQ or event this year! Get some great recipe ideas at our website physiciansplan.net/recipes that everyone is sure to enjoy! Enjoy 15% OFF online at carbessentials.net, Monday, July 4, 2022 on your purchase of \$75 or more! Shop online with the coupon code **4JULY22** plus enjoy free shipping (excluding liquids)!



Fourth of July Office Closed

In observance of Fourth of July, both our Redding and Chico locations for our medical office and carbessentials stores will be closed. Don't forget to shop online with the discount code above!



it takes what TO BURN THAT OFF?!

Calories in food indulgences such as a slice of birthday cake or a glass of wine add up. Find out what it takes to exercise away some common diet slip-ups. "Oops! I can't believe I ate that!" Who hasn't uttered those words as an entire slice of cheesecake disappears from the plate? Exercise is a great way to counter calories in food, although the math doesn't work exactly the same for everybody. Exercise does not perfectly offset indulgences. Exercising regularly and seeing results may encourage you to eat healthier, and decrease the stress that often leads to emotional eating. **However, the number of exercise calories burned varies according to your weight, the times listed are for a woman weighing 160 pounds.**

CALORIE COUNTER

ACTIVITIES TO BURN IT OFF



three pieces
BACON

130 calories

15 minutes
STAIRMASTER

1 hour
SQUATS

45 minutes
VACUUMING

1hr 10min
PLAYING CATCH



two glasses
RED WINE

250 calories

25 minutes
JUMP ROPE

39 minutes
JAZZERCISE

1hr 19min
FISHING

1hr 38min
PILATES



one slice pizza
PEPPERONI

300 calories

39 minutes
ELIPTICAL

46 minutes
SOCCER PLAY

3hr 5min
YOGA

2hr 18min
BOWLING



chocolate mocha
FRAPPICINO
*grande

400 calories

3hr 20min
LUNGES

2hr 20min
HOUSE CLEANING

1hr 20min
HOOLA HOOPING

1hr 45min
GARDENING



in-n-out
CHEESEBURGER
+ FRIES

875 calories

2hr 53min
WEIGHTS

3hr 28min
RUNNING

1hr 8min
SWIMMING

4hr 45min
JUMPING JACKS