

How Naturally Slim® (NS) helped participants quarantine-proof their lives

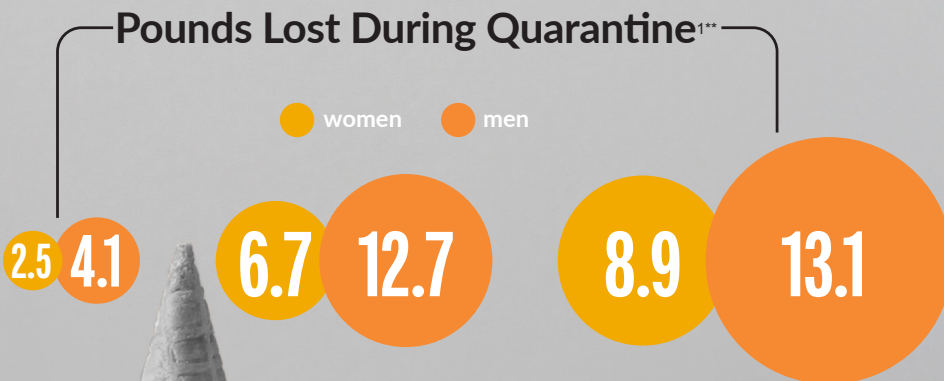
Lose weight, build immunity, and reduce stress with NS.

Weight gain associated with social distancing is so widespread, many are jokingly referring to it as the “Quarantine 15,” much like the “Freshman 15” in college. While some may be gaining the “Quarantine 15” and generally feeling down due to the effects of isolation, the data shows that NS participants are the *exception to the rule*.

In fact, NS program participants are thriving in their new abnormal.

The results are in

We studied more than 40,000 participants who started NS between February and June 2020. The results? In the midst of a global pandemic, NS Participants experienced consistent weight loss across all demographics (200,000 pounds and counting!)⁵, and improvements in their quality of life, including increased physical activity, improved mood, more energy, and better sleep. See for yourself.



**Average weight loss for NS participants that completed Week 4, Week 16, and Week 17 of the program between February and June 2020

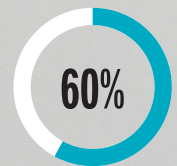
Quality of life in quarantine for NS participants*



increased their physical activity¹



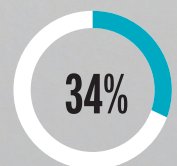
boosted energy levels¹



gained confidence¹



improved their mood¹



got better sleep¹



Thriving vs. surviving

In a time when anxiety, stress, and restless sleep are prevalent, NS participants are thriving. How is this possible? Because NS teaches people how to deal with adversity.

At its core, NS is a program that teaches people how to cope—mentally and physically—in times of adversity and uncertainty. And what better time than now? When people have the skills they need to problem solve and take care of themselves, maintaining mental and physical health—even during a pandemic—is not only possible, it's probable.

The rest of America

Most Americans would agree that their wellbeing has been impacted over the last few months. Stress, anxiety, and boredom while in quarantine led many Americans to turn to food to cope, which could cause weight gain and other weight-related issues post-COVID.

Since the onset of the pandemic, Americans have been spending more time at home, which resulted in:



are snacking more²



are exercising less³



are afraid they'll never get their pre-quarantine body back³

Last month alone, roughly 70% of Americans experienced moderate-to-severe mental distress—triple the rate seen in 2018.⁶



Studies show the psychological effects of life in quarantine⁴ reflect an increase in:

- Anxiety and anger
- Depression
- Exhaustion and irritability
- Insomnia

All of the gyms were shut down in this state from March to mid-June. In spite of that, I used the skills NS teaches and was able to lose 50 pounds on the program.”

- Brent K., NS participant
lost 50 pounds

“

Be the exception

NS focuses on lifestyle changes that go beyond moving the number on the scale. We help create positive outcomes by focusing on total health. When participants create the consistent habits of moving their body and building their mental resilience, they can better manage stress and anxiety. This helps to strengthen immunity and create long-term success in weight loss and overall wellbeing. Let NS help you quarantine-proof your physical and mental health so you can begin to thrive in your new abnormal.

Already NS participant? Log in to www.naturallyslim.com/login from your smartphone or computer to watch this week's lessons.

Not an NS participant yet? Sign up now for just \$1/day at www.naturallyslim.com/sign-up