

PAY ATTENTION TO HOW YOU FEEL BECAUSE

How You Feel is Data!

FRUSTRATED WITH FAT?

IF YOU FEEL SOME COMBINATION OF

MENTALLY	PHYSICALLY	MOOD	BEHAVIORALLY
Frustrated with fat	Fatigued	Depressed	Dieting with bad results
Perplexed by your fat	Visceral fat	Anxious	Adjusting feelings with food
Fatigued	Craving	Dissatisfied	Acting on cravings
Unable to Focus	Digestive issues	Deprived	Acting on impulses

**AND YOU DON'T LOSE WEIGHT EVEN WHEN
YOU'RE DOING EVERYTHING YOU THINK YOU SHOULD BE DOING**

THEN IT'S TIME TO SEE IF

YOUR FAT

IS DOING YOU A BIG FAVOR

YOUR NEXT STEP IS...

- Read Three Reasons to Thank Your Fat
- Contact Suppers about our weight loss strategies meeting
- Join any Suppers meeting and see if eating healthy makes weight loss easier