

## Weight Loss and Lifestyle Opportunity for YOU!

Baylor University presents a great opportunity to develop a lifestyle of **eating your favorite foods** while still improving your health AND **losing weight!** It is critical that each of us controls and improves our overall well-being. That's why we are offering ways to improve your health, lower your stress, and feel better through renowned wellness program,

### *Naturally Slim® Foundations.*

The secret to *Naturally Slim®* is really just simple common sense. The program's method for success involves learning new techniques about how and when you should eat rather than what you should eat. That's right—that is all it really takes to lose weight! No gimmicks, no fads, no crashing, flushing, suffering, sacrificing, or long term commitments. There are no foods to buy, no points to count, and no guidelines on what to eat.

Apply for the program now! Go online to [www.naturallyslim.com/BaylorUniversity](http://www.naturallyslim.com/BaylorUniversity)

#### How the Program Works

Naturally Slim focuses on ways to help you **lose weight and maintain the weight loss** while offering **methods to help you create changes in your behavior**. More specifically, it:

- Fights metabolic syndrome by focusing on weight loss and maintaining a healthy lifestyle.
- Teaches you to identify personal eating habits, recognize the difference between true hunger and psychological hunger, understand how hydration habits influence hunger, and **practice ways to minimize fat storage**.
- Addresses how exercise, stress, and your environment affect weight loss.
- Includes 10 self-paced, online video sessions, as well as frequent correspondence and positive guidance from a personal health counselor over a 10-week period.

#### Am I at risk for Metabolic Syndrome?

These five questions can tell you about your risk for metabolic syndrome:

##### Blood Pressure

Is yours 130/85 or higher? Yes No

##### HDL (good) Cholesterol

Is your level less than 40 for men or less than 50 for women? Yes No

##### Fasting Blood Glucose

Is yours equal to or greater than 100? Yes No

##### Triglycerides

Is yours 150 mg/dl or higher? Yes No

##### Waistline

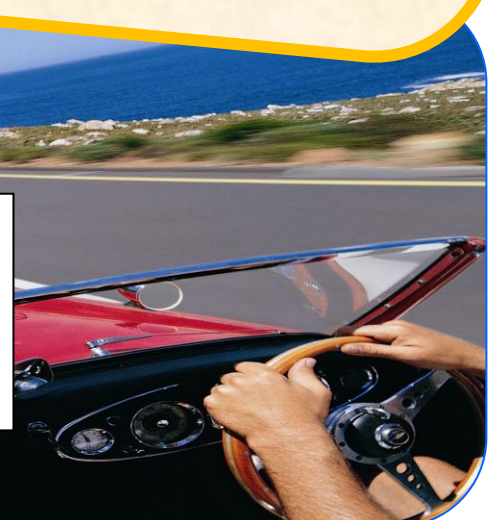
Does yours measure 40" or more for men; 35" or more for woman? Yes No

If you answered "Yes" three or more times, you may have metabolic syndrome. People with metabolic syndrome have a significantly higher chance of developing a medical condition in the next several years.

#### Start Your Journey Today!

##### Important Dates to Remember:

- **February 1<sup>st</sup>:** Deadline to complete the online application at [www.naturallyslim.com/BaylorUniversity](http://www.naturallyslim.com/BaylorUniversity)
- **February 7<sup>th</sup>:** All applicants will be notified whether or not they are accepted.
- **February 18<sup>th</sup>:** Online program begins for accepted applicants.



## Participation Basics

- You (and/or your spouse) must complete the online application at **www.naturallyslim.com/BaylorUniversity** by **February 1st**. Here you will be asked to “Enroll Now”. Please remember the username and password you create, as this will be your account information moving forward with the program. If you have previously participated in the Naturally Slim program, you can enter in your previous information.

**Note: By submitting the online application, you are committing to participate in the program, if accepted.**

- Program professionals select participants based on pre-determined health criteria and a willingness to meet all program completion requirements as outlined below. You will be notified of your application status via e-mail by **February 7<sup>th</sup>**.
- The Naturally Slim online program will begin on **February 18<sup>th</sup>**.

### No Cost to You!

Naturally Slim program participants incur no cost! Your participation will help Baylor University achieve its goal of becoming a more health-conscious company.

If you complete the program as defined under completion requirements you will be eligible for a \$100 incentive!

\*Spouses are not eligible for the incentive at this time.

### Completion Requirements:

In order to participate in and successfully complete the program, you must:

- Submit the online application and sign all appropriate releases (if necessary) by their applicable deadlines.
- Agree to actively engage and participate in the program.
- Complete at least 8 of the 10 online video courses. It will be your responsibility to ensure your participation is accurately recorded each week.
- Participate in a pre and post program biometric screening.
- Complete a post-class survey at the end of the program.

### A Note about Confidentiality....

The information you provide to Naturally Slim will be considered confidential and will be available only to you and Naturally Slim. Baylor University will have no access to the personal health information you share.



*“It is the most wonderful program...Easy to do...and you are not deprived of anything...You eat the foods you like and don’t cut out anything except during the first three weeks when they ask you to cut out some sweets.*

*It is not a diet...just a new way of eating.”*

- Spring 2012 Naturally Slim Participant