

# QUARANTINE 15? NOT WITH NATURALLY SLIM<sup>®</sup>

We've learned a lot during the pandemic. For instance, how quickly our health status can change when faced with challenges like social isolation and anxiety. Many have gained what's been jokingly called the "Quarantine 15" (à la "Freshman 15" of college years).

However, our clinical team followed the progress of 40,000+ Naturally Slim (NS) participants who started the program between February and June 2020. Here's what they found.



average weight loss\*



70% increased their physical activity



58% improved their mood



63% increased their energy levels

\* average weight loss for NS participants that completed Week 17 of the program

Baylor University is giving you the opportunity to see for yourself at **no cost** to you (Baylor University is paying!). No gimmicks. No food you need to buy. Whether you're at home or on-the-go, NS will help you build lifelong health habits that lead to weight loss, less stress, better sleep, and more.

**Space is limited. Apply between 9/1/2020 - 9/11/2020.**

[www.naturallyslim.com/BAYLOR](http://www.naturallyslim.com/BAYLOR)

The NS program begins September 28, 2020. Employees, spouse and covered dependents over age 18 on the Baylor University medical plan are eligible to participate in the program.

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