



# SLIM SLIM

**TEA KIT WEIGHT  
LOSS PROGRAM**



# Agenda



## Overview of the Program

1. Buddy System
2. What you will need
3. Develop a SLIM SLIM  
Mindset - 80% of battle
4. Weekly Comprehensive  
Weight Progress Evaluation
5. Complete Assessments
6. Quick Start Guide:
7. Community
8. Feedback

# BUDDY SYSTEM

## GREAT TEAMWORK

You will be paired with a Buddy to provide support

- Get their phone number
  - email address
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# WHAT YOU WILL NEED

1. SLIM SLIM tea
2. Blender Bottle
3. Tape Measure
4. Free Weights / Ankle Weights / Arm Weights
5. Pedometer
6. Camera:
  - a. To take your weekly photos of your body
  - b. To record your video testimonial at the end of the program

# DEVELOP A SLIM SLIM MINDSET

THIS IS 80% OF BATTLE

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- **Drink your daily tea**
  - 1 Tablespoon daily or
  - 3 teaspoons daily
- **3 Hours of Prep per week will make or break you**
  - You must Shop and Meal Prep
  - Keep it simple:
    - 1 hour to shop
    - 1 hour to prep
    - 1 hour to cook
- **Do your daily autonomic nervous system exercises (Pick 1)**
  - Breathing exercises
  - Meditation
  - EFT
  - Walking at a calm easy going pace to lower cortisol



# DEVELOP A SLIM SLIM MINDSET

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- **Create your Vision Board**
  - Photos of your goal
- **Track and Post your Progress - how is your:**
  - Sleep - Hunger - Mood
  - Energy - Cravings - Menstrual cycle
- **Optimize your Circadian Rhythm Guidance**
  - Before you get out of bed - AM meditation 5 - 60 minute
  - Wake Up with the light - Sit in the Sun for 10 - 30 minutes if you can or use a light lamp
  - Eat by or before 10 am and again 12 noon / 2pm
  - 15 - 20 min Nap or Get Horizontal and rest between 2pm - 5pm
  - Get in Bed by or before 10:30 pm
  - Stay in the bed and rest until 9 am on as many days you can as possible
  - Before you drop off to sleep - PM meditation 5 - 60 minutes



# COMPREHENSIVE WEIGHT EVALUATION

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- Scale Weight
  - Take your measurements
  - Pick a Control Outfit
  - Optional Lean to Fat Weight ratio scale
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## HELPFUL LINKS TO GET STARTED

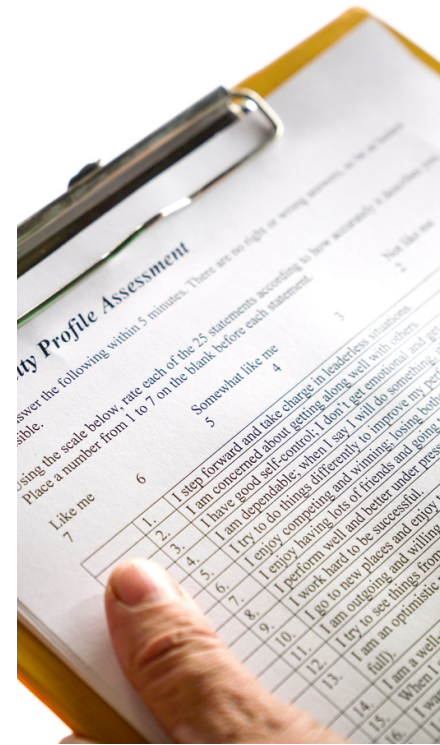
- [How to Take Body Measures](#)
- [Assessing Your Weight: A New Way to Look At It](#)
- [Lose Fat & Gain Muscle](#)



# ADDITIONAL ASSESSMENTS

## OPTIONAL - BUT VERY HELPFUL

We recommend completing these additional assessments so we can optimize your weight loss by recommending an eating, exercise and supplement style that supports your body's weight loss needs more specifically

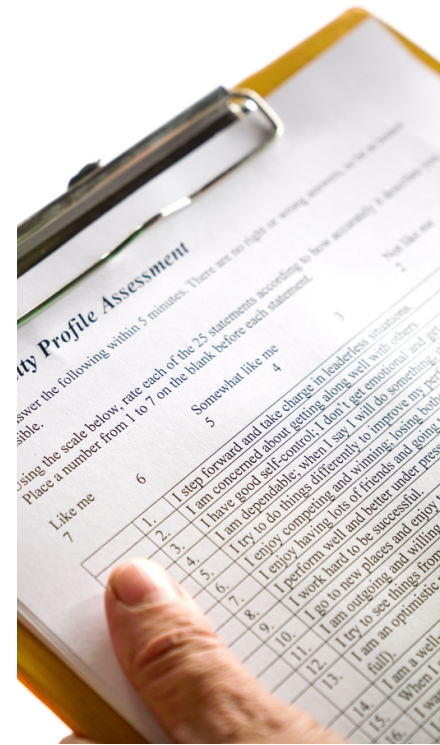


- **Metabolic Assessment Form**
- **Hormone Assessment** (The menstrual Cycle begins with the first day of menses or bleeding for a 28 day cycle)
  - **Female**
    - Menstrual Cycle w/ Balance Estrogen and Progesterone
    - Menstrual Cycle w/ Estrogen Dominance or High Estrogen
    - Menstrual Cycle w/ Progesterone Deficiency
    - Menstrual Cycle w/ Estrogen and Progesterone Deficiency
    - Perimenopause w/ Estrogen Fluctuations and Progesterone Deficiency
    - Menopause w/ Estrogen and Progesterone Deficiency
    - Post Menopause w/ Estrogen and Progesterone Deficiency
  - **Male**
    - Optimize testosterone
      - Assess for adrenal insufficiency or fatigue

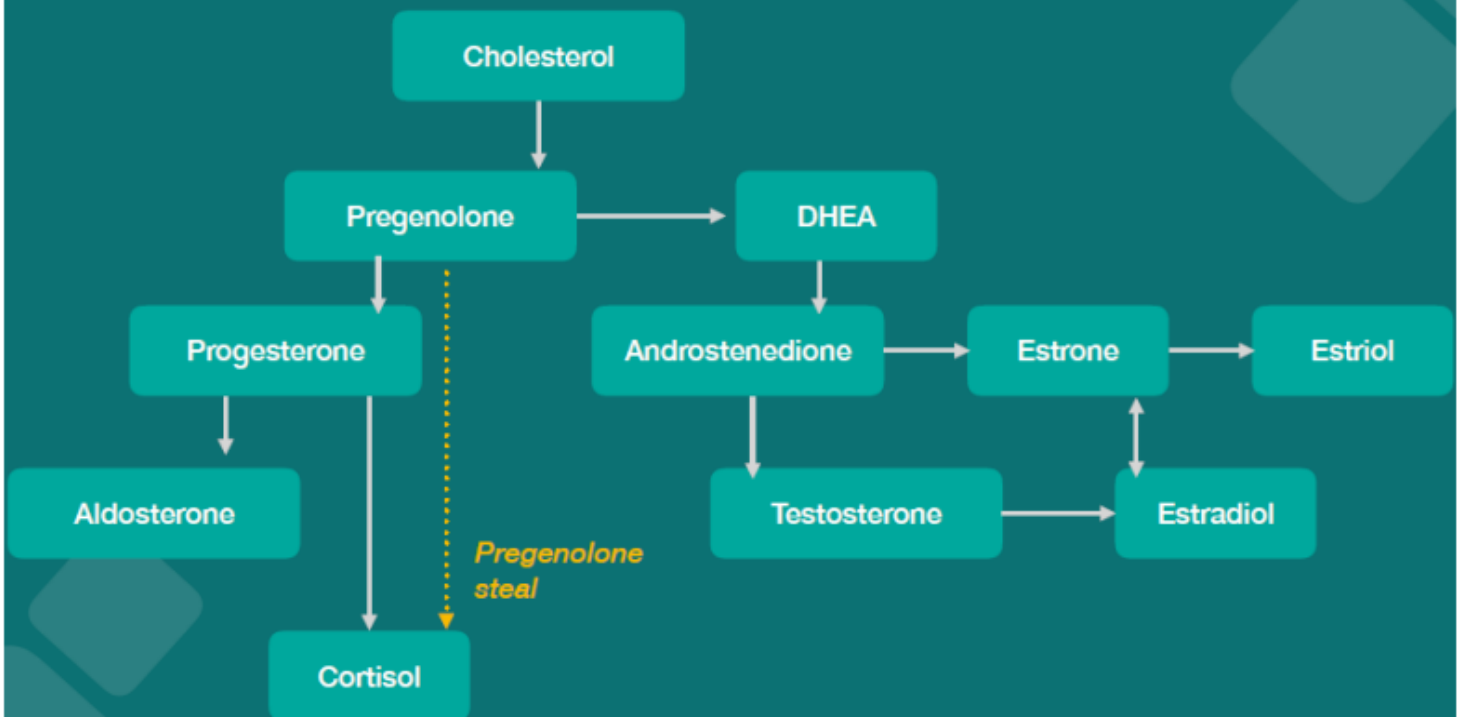
# MANAGING STRESS

## TO BALANCE HORMONES

Reducing Stress is integral to weight loss because it helps maintain overall hormone balance. Balancing hormones helps with fat loss and muscle gain



### Pregnenolone Steal



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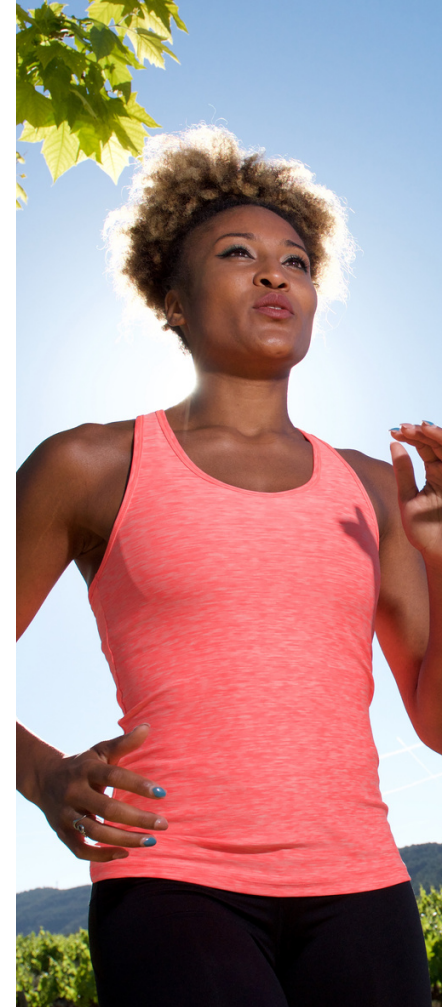


# QUICK START GUIDE

## NAVIGATING THE PROGRAM

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- **Liver Gallbladder Detox**  
*START HERE*
  - Orientation Week
  - [Download The Guide Here](#)
- **How to Make and Take your SLIM SLIM Tea - A Guide**
  - Hot or Cold
- **Meal Plan Options (3 Options)**
  - **Continue to Follow the “What Should My Plate Look Like”**
    - Cardio Days - eat baseline
    - Resistance Days - eat 1 extra serving of protein
      - Extra 2 - 4 oz fish, chicken, beef, pork, game, eggs etc
      - Extra 10 - 20 g protein powder Whey Protein
  - **Bodysite Daily Drip Meal Plan** that you get in your daily email
    - Has an exact meal plan if you don't want to have to think about what to prepare
  - **Hormone Balance Plan**
    - Recommended if you have a history of difficulty losing weight or have known hormonal imbalances:
    - Uses strategic eating and exercise extras for the first 14 days of the cycle and the last 14 days of the cycle
    - You must fill out the Hormone Assessment to use this.



# COMMUNITY

## NAVIGATING THE PROGRAM

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- **Work with your buddy**
- **[Join the Facebook Forum Group](#)** to check in asking group questions; get answers to questions from others that may also pertain to you
- **Access the BNH Wellness Portal and App**
  - **Healthie Portal**
    - **(MAIN COMMUNICATION):**
      - Where you get the Zoom link
      - Upload Documents, Log & Track Progress
      - Live Chat Portal where you can ask personal questions directly to your Dietitian
  - **BodySite App**
    - (Where SLIM SLIM Program Info Is)
      - Where you get your daily drip meal plan
      - Where your exercise videos and workouts are
      - Where you will access Education VIDEOS from your Dietitian about the program that you can review at will
      - You Can also Upload Documents, Log and Track Progress

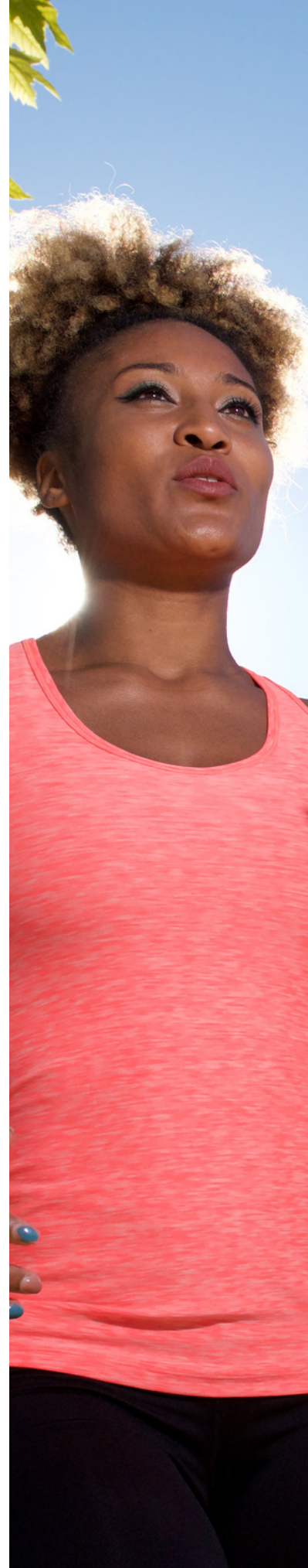


# FEEDBACK

THE PURPOSE OF THIS  
PROTO-TYPE PROGRAM IS  
TO GET THE FOLLOWING:

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- **Your Opinion**
  - Ongoing through the program  
- your general opinion
- **Photos of your progress** - so we know what to adjust
  - Before
  - During
  - After
- **Video Testimonial** about your experience with the program
- **SLIM SLIM MVP's - AWARDS**
  - Top 3 people who have the greatest percentage weight loss and participation:
    - **Gold** - \$150.00 Gift Card
    - **Silver** - \$100.00 Gift Card
    - **Bronze** - \$ 50.00 Gift Card



# SLIM SLIM

TEA KIT  
WEIGHT LOSS  
PROGRAM

