

WEIGHT MANAGEMENT



This **Personal Coach program** is designed to help you live more serenely. The objective is to help you achieve a healthy lifestyle using easy-to-adopt measures to maintain your ideal weight.



DEVELOP THE RIGHT HABITS!



IN THE MORNING

- **do a few stretching exercises** when you get out of bed. Exercise helps put you in a good mood.
- **Have a healthy breakfast** (whole-wheat bread or cereals, honey, fresh fruit or vegetable juice, a hot drink and a dairy product).
- **Get some air** - Travel by bicycle or on foot rather than by public transport or the car.



DURING THE DAY

- **Have a balanced lunch** rich in antioxidants; vitamins C and E, beta-carotene (fruit and vegetables); carbohydrates; vitamin B (oily fish) and magnesium (spinach, dried fruit and dark chocolate). Relax. Take the time to chew each mouthful.
- **Drink water** (rich in magnesium) and avoid stimulants (coffee, tea, soda, tobacco and alcohol). Staying hydrated helps curbs the urge to snack
- **Breathe deeply** throughout the day as soon as you feel the urge to snack or allow yourself a little something light at around 4pm.



AT THE END OF THE DAY

- **Do physical exercise** (two or three times a week) but not after 8pm.
- **Have a light meal at a fixed time**, two to three hours before bed.
- **Get a good night's sleep.**



LACTIUM® RECOMMENDED DOSAGE

To ensure Lactium®, your daily partner, is as effective as possible, **take 150 to 300mg per day⁽¹⁾⁽²⁾ for 15 days to one month.**

⁽¹⁾ Lanoir D. (et Al.), Stress, 5 (suppl.), 124, (2002)

⁽²⁾ Dr Abdul Samad F. (et. Al.), Unpublished, (2011)