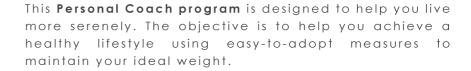


# WEIGHT MANAGEMENT



## **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.