



# 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 jump starts the metabolism.
- **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 the same time each evening**, 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 300 mg per day<sup>(1)</sup> (2) for 15 days to one month.**

<sup>(1)</sup> Lanoir D. [et Al.], Stress, 5 (suppl.), 124, (2002) - <sup>(2)</sup> Dr Abdul Samad F. [et. Al.], Unpublished, (2011)

