

START GUIDE

Activate Weight Loss with the MindBody GLP-1 System™‡

Start with a simple routine.



Take the MindBody GLP-1 System daily.



Follow the daily key steps outlined on the right to get started quick.



Small actions can lead to big changes. You've got this!

YOUR DAILY ROUTINE: Key Steps to Success

MORNING

Take 2 MB Core™ capsules with a full glass of water 30 minutes before your first meal.

Breakfast

Kickstart your day with a protein-rich meal to fuel your energy.

MB Enhance™

Mix 1 serving of MB Enhance™ in a low-sugar beverage like a smoothie or protein shake.

You can split up your 4-scoop serving throughout the day when cravings hit the hardest, whether morning, noon, or night.

AFTERNOON

Lunch

Choose balanced meals with lean protein, healthy fats, and fiber-rich carbohydrates.

Stay hydrated and add light movement like walking or stretching.

EVENING

Dinner

Focus on nutrient-dense meals with vegetables and lean protein.

Reflect on your day. Journal your thoughts, celebrate wins, and plan for tomorrow.

What to Expect

Week 1-2:

Begin your day with 2 capsules of MB Core™ 30 minutes before consuming any calories. For the first 7 days, start with 2 scoops (1/2 serving) of MB Enhance™ daily to help your body adjust to the increased fiber. After the first week, move to a full serving—you should already feel the effects on your appetite by then. Incorporate movement, balanced nutrition, and mindfulness into your daily routine for a complete transformation.



Month 1:

You'll notice cravings are quieter. Making healthier food choices will feel more natural as you gain control over your hunger signals. You should be incorporating regular movement, balanced meals, and mindfulness practices to reinforce lasting changes. You're laying the foundation for a healthier future.



Month 2 and Beyond:

This is where the real transformation is visible. As you continue using the MB GLP-1 System, you'll experience moderate weight loss, feel more balanced, and live an activated life. Keep moving forward—you're on the path to a stronger, healthier you!

Simple Steps For Success

Consistency Is Key. Stick to your daily routine for best results.
Eat Smart. Move Daily. Stay Mindful.

Take Before & After Pictures:

We see ourselves every day and don't always notice changes. Set up your camera or have a friend take a picture of you in form fitting clothing, using natural light.



TIP

Make sure to get a few angles, and be consistent with afters so you can track progress and celebrate your success!

Discover More with MindBody Activated Lifestyle

For lifestyle support, nutrition and mindfulness tips, success trackers and more, scan the QR code and unlock resources you need to thrive.

