

# The GR<sup>2</sup> Weight Loss Challenge



## Weeks 9-10 Newsletter: GR<sup>2</sup> Thermogenic Enhancer and Boosting your Metabolism with Exercise

### GR<sup>2</sup> Control<sup>®</sup> Thermogenic Enhancer

Successful weight loss involves the synergy of multiple body processes such as metabolism and energy utilization. Additionally, the act of losing weight can tax the body, resulting in a reduced feeling of wellness, such as sluggishness, tiredness, and irritability. Select herbs have been shown to work with the body to naturally maximize these processes for effective weight loss, maximum energy, and a general feeling of well-being.

GNLD's GR<sup>2</sup> Control Thermogenic Enhancer is an effective blend of seven herbs to support your body's natural metabolic process of energy utilization. It provides a "metabolic advantage" to help you burn fat and stay energized, without the use of potentially harmful drugs or addictive stimulants.\*

Why are herbs important for weight loss? Through centuries of use, herbs have been proven effective as a natural solution to wellness and weight loss challenges.

They work naturally and gently to support the body's natural metabolic process of energy utilization, and have been shown to restore the body's balance and help the body perform at its vital best.\* Most importantly, herbs have been shown to help enhance energy levels and increase the body's metabolic rate.\*

GNLD's GR<sup>2</sup> Control Thermogenic Enhancer is a comprehensive herbal formula that provides broad, synergistic effects from seven different herbs selected from traditions around the world to support successful weight loss. The unique herbal formula works within the body's natural signaling system to promote healthy weight loss.\*

- Brindal Berry (Garcinia cambogia) has been shown to help control appetite and inhibit lipid and cholesterol synthesis.\*
- Garcinia cambogia and Green Tea help the body burn fat for energy.\*
- Gymnema sylvestre helps to decrease the body's taste response to sugars, effectively reducing appetite for sugar and other carbohydrates.\*
- Green Tea, Cayenne, and Garcinia cambogia help increase energy levels.\*
- Dandelion Leaf has been shown to help reduce water retention.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

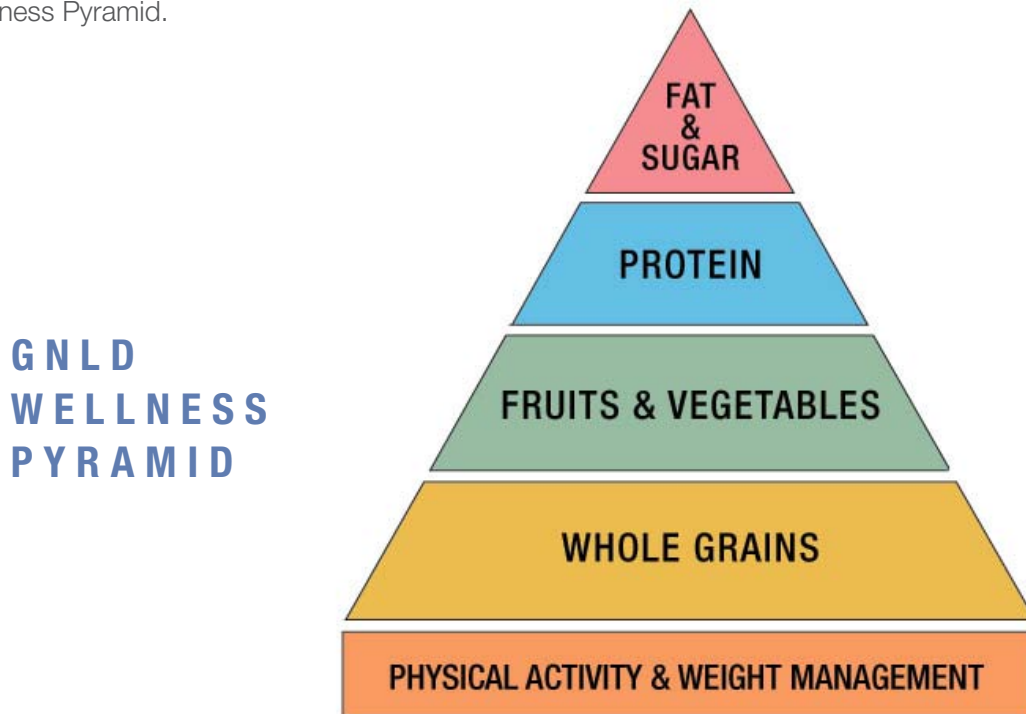


The 100% natural herbal extract blend contains no chemical or animal products. And like all GNLD products, the GR<sup>2</sup> Control Thermogenic Enhancer formulation is guaranteed for purity, potency, and consistency. Be sure to take 1 tablet with a full glass of water just before breakfast, lunch, and dinner (3 tablets per day) for optimal results.

## Get up and Go – Boost your Metabolism with Exercise

Exercise does so much more than just help slim us down and keep us fit. While reducing caloric intake can slow down the metabolism, exercise helps to keep the metabolism rewinding in high gear to prevent the body from conserving calories.

Experts agree that increased physical activity is a vital part of any weight loss program and it is certainly an integral part of the GR<sup>2</sup> Control Program. In fact, physical activity and weight management make up the base of our GNLD Wellness Pyramid.



The benefits of exercise are endless: helps control blood sugar levels especially those at risk for diabetes, helps control our appetite, increases our fat-burning capabilities and metabolic rate, increases energy, improves flexibility, enhances mood and helps us manage stress, promotes sound sleep, promotes better overall circulation, builds cardiovascular endurance, can help increase our HDL 'good' cholesterol and lower triglycerides, can help improve bone density and reduce the risk of osteoporosis, boosts our self-confidence and self-esteem, and of course helps us achieve long term sustained success in our weight loss goals.

The best way to lose weight and keep it off is to adopt a simple, lifelong program of active recreation and daily exercise. If you lead a very sedentary lifestyle, just a few lifestyle changes can have a positive impact on your weight loss goals. The key to success is to choose activities that you enjoy and look forward to doing – whether you walk, jog, run, hike, swim, or bike. Walking is a great way to burn calories and improve your health. And it's easy to do whenever and wherever, especially with a partner, friend, or pet. Exercise at all ages should be a good combination of aerobic exercise and resistance or light weight training. While aerobic exercise helps to build cardiovascular health and burn fat, resistance or weight training helps to build strength, flexibility and muscles. Although muscle weighs more than fat, it actually helps to burn fat in the body so don't be afraid to pump a little iron and get that blood flowing. If you fall out of your exercise routine, just get right back into it as soon as you can. Your body will remember the progress you made and get you back up to speed in no time. It's all about will power and you can do it! Hate to exercise? The way your improved body looks and feels will become motivation itself!



## Tips to Get More Activity Into Your Day

A gym membership (that you use!) is a great way to increase your exercise but there's more to life than the treadmill. Here are some easy ways to increase your daily activity that you can do in addition to your regular work outs. (But remember to check with your doctor before starting any new exercise routine.)

- Park far away from your destination so that you have to walk to and from your car.
- Opt for the steps instead of the elevator.
- If you work in an office, grab a friend or co-worker and walk during your lunch or break.
- Stand during phone conversations rather than sit — pacing works too.
- Do your own housecleaning, vacuuming, yard work.
- When possible walk or ride your bike instead of driving.
- Carry your own groceries and bags to help build up your muscles.

### Peanut Butter & Apples Slices on Rice Cakes

A great post workout mini meal!

If you're craving something more substantial after a workout, a healthy peanut butter and apple slice sandwich will fit the bill. Instead of bread, smooth your peanut butter onto two brown rice cakes for extra fiber (without empty carbs). It'll replenish your energy quickly.

#### Recommended Serving Size:

1/2 apple, 1 tbsp. peanut butter, and 2 brown rice cakes

Source: FitnessMagazine.com



### Nutritional Information

#### Peanut Butter & Apples Slices on Rice Cakes

Servings Per Recipe: 1

#### Amount Per Serving

Calories: 215

---

**Total Fat:** 8 g

---

**Fiber:** 1.5g

---

**Protein:** 5 g

---

**Carbohydrate:** 20 g

---