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- Provides Energy for Muscles During Exercise†
- Efficiently Burns Fat for Optimal Weight Loss†
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**MAX** FOREVER YOUNG

# HOLIDAY SURVIVAL

Every year I try to offer some great suggestions on how to keep your weight under control as you enjoy the time with your family and friends during the holiday season. It is so easy to gain 5, 10, 15 or more pounds during the holiday “feast-ivities.”

Here are a few quick and simple suggestions to help you minimize weight gain this season.

**1. Go for a quick walk in the morning and evening.** It is always best to walk after your last meal and before your first. More than likely you will be visiting with family members. Walking and talking seem to go hand in hand. As you walk, the increased oxygen, endorphins and adrenaline kick in and lead to great conversations as you visit with loved ones. If the kids are throwing a football, shooting baskets or tossing a Frisbee, jump in and have some fun. Plan a few family activities around outdoor games that are fun and calorie burners! This will give your metabolism a nice boost as well as stimulate better digestion.

**2. Chew your food extra well.** You may wonder how this is going to help the battle of the bulge, but it does and here is how: the more you chew, the less you are inclined to eat. You can actually trick your brain into thinking you are eating more food and your body will feel full sooner. This also promotes better digestion and elimination.

**3. Drink plenty of water.** Water has no calories and helps you digest and process foods. It will also make you feel full faster. In addition to this, water helps

to cleanse and purify the body. Shoot for a gallon a day. You may be surprised how good it can make you feel.

**4. Make sure you grab a quick healthful snack** (protein shake, handful of almonds, etc.) before the party starts so you won't feel famished.

**5. Try using 'light' food alternatives.** In this modern era, there are many low calorie versions of almost everything. There are many alternatives that taste very much like the original high calorie version. See if you can add a few of these items to your menu to help reduce high calorie content of some of our favorite foods like butter or whipped cream.

**6. Pay attention to your body.** Many times the food just tastes so darn good that we eat way beyond the point of comfort. You feel full and sluggish, and of course the natural progression leads to the couch and a nice nap. Just remember, your metabolism sleeps when you sleep, meaning all those excess calories head from your lips to your hips.



By Joe Wells, Max Muscle Founder and CEO

You can have your cake and eat it, too! Just make sure you stay active and follow a few of these simple tricks to help you minimize your weight gains during the holiday season. And, after this wonderful holiday season, visit [www.maxmuscle.com](http://www.maxmuscle.com) and get enrolled in our new MaxForm 2011 contest. You can win \$25,000 and be featured in *Max Sports & Fitness* magazine! Let's get ready to make 2011 an awesome year!

May you all have a truly wonderful and healthy holiday season! **MS&F**