

12-Week Online Support Program

Healthy new habits take time to become just that – habits. When we try to make positive changes in our diets and lifestyles, it is not always easy to stick to "the plan." An unscheduled business trip pops up, or you find yourself at a fancy restaurant with a menu full of rich foods, or the kids' field trip just wiped out your exercise time.



It is easy to let the pressures of daily life distract us from our goals. That is why we have partnered with Dr. Ray Strand and his 12-Week Online Support Program to offer you daily support and helpful tips to keep you focused and prepared for whatever life throws in your path – for three whole months!

When you join the 12-Week Online Support Program, you will receive an e-mail each and every day from the man who literally wrote the book on becoming Healthy for Life, Dr. Ray Strand. He will guide you into simple but specific lifestyle changes that will not only improve your health but also allow you to lose excess fat. You will learn the importance of combining a healthy, low glycemic diet with cellular nutrition and moderate exercise. And last but not least, Dr. Strand will give you practical advice along with the encouragement you need to stay the course.

You'll also have full access to Dr. Strand's website, where you can learn the science behind getting healthy. This website does a great job of explaining why so many of us begin to gain weight steadily in adulthood, especially around our waist. It also demonstrates why the key to optimal health and losing weight begins with never spiking our blood sugar. Dr. Strand outlines a way of eating that is balanced, healthy, simple, and do-able. His recommended foods list and sample meal plans will help you make good choices every time you eat.

Most importantly, you'll have your own online Lifestyle Journal to help you track your progress and stay accountable to yourself. For about two minutes a day, you will record your snacks and meals, your daily exercise activity, and your consumption of the recommended cellular nutrition. Your entries will be graded, which will give you a sense of where you need to improve.

At RESET NOW, our clients who have the greatest success are those who not only want to get healthy, of course, but who also find support for their decision to make change. Dr. Strand's program provides the daily motivation and accountability we all need to move from contemplating healthy lifestyle changes to making them! At \$49.95 for 3 months, or just \$39.95 with a ***Certified RESET NOW TEAM Coach*** Savings Code (that's only \$13 per per month!), the 12-Week Online Support System is a wonderful investment in health journey!

[Join the 12 Week Online Support Program!](#)
