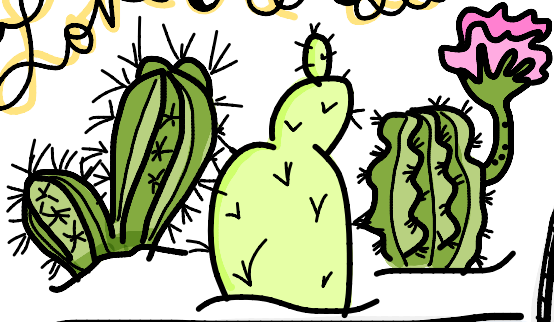


## Love Me Slender



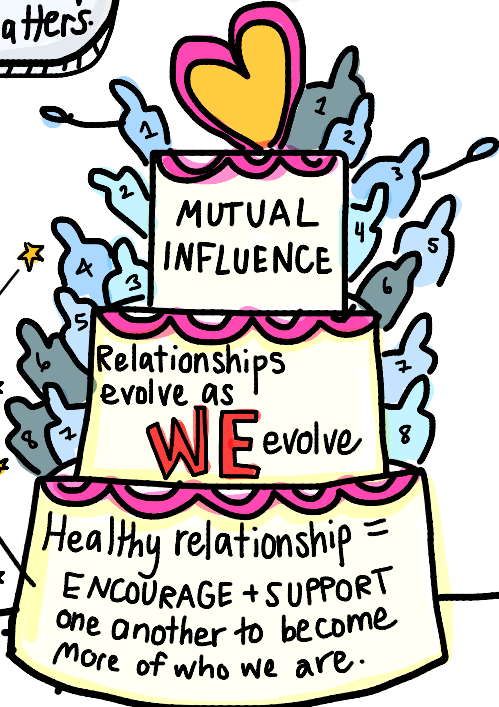
How smart couples  
★ team up to lose weight, exercise more, and stay healthy together. ★

★ COMMON MISTAKES

Criticizing  
We tend to do good when we feel good. ★

★ Same strategy  
what works for you might not work for them. ★

★ We tend to underestimate the influence that one's partner has on health. Who you share the kitchen sink with matters. ★



NURTURE SPARK

- ★ STOP COMPLAINING
- ★ TAKE INITIATIVE
- ★ RECOGNIZE EFFORT
- ★ THINK LONGTERM