

Get active.

Making exercise a regular part of your life is a valuable part of any weight-loss program. Choose activities you enjoy that you can do consistently.



Be realistic about what you can do—it's important to be consistent.

You don't need to do it all at once. Consider adding a little more activity to things you already do. For example, park at the end of the lot and walk a little farther. Using a pedometer can be a handy way to track how far you walk.

Start small and work your way up. Three times a week is a good start. Even a little more activity supports your weight-loss goals.

Set goals and plan what you'll do, where you'll do it, and how much. Keep track of your exercise progress.

Speak with your doctor. Before you start a new exercise program, you should check with your doctor.

Stick to your program.

Healthy eating is a matter of replacing bad habits with good ones. And no habit is broken overnight. Don't expect to follow your program perfectly every day.

Have a plan for staying on track. Sometimes you can't avoid temptation, but you can have a plan for dealing with it. Pay attention to what triggers you to eat food, like a situation or a person, and have a plan for how to handle those triggers. Knowing what to expect can help you avoid slip-ups.

Accept the occasional slip-up. Just remember that weight control isn't like tightrope-walking, where one slip means you're finished. Accept that slips are going to happen.

If you slip, focus on what you could do differently next time. Try to understand what led to the slip-up, and how you might break the cycle next time.

Give yourself lots of small rewards for making regular progress.

For more information, go to myalli.com.

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Read Me First

Keys to successful weight loss

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Keys to successful weight loss

Ready to get started? Here are some keys to succeeding with your **alli** weight-loss program. For more help, visit myalli.com.

Use alli as directed.

Read the Drug Facts label for complete directions and other important information before you begin the **alli** Program.

Expect steady, gradual weight loss.

Set realistic goals that result in steady, gradual weight loss. With the **alli** Program, for every 5 pounds you lose from diet alone, **alli** can help you to lose 2–3 more pounds. In studies, most people lost 5–10 pounds over 6 months.

How much weight you lose will depend on factors such as your starting weight and how closely you follow the reduced-calorie, low-fat diet and the **alli** Program.

Change your behavior.

Rather than focusing on how many pounds you have to lose, you'll be far more successful if you focus on setting goals that help change your behavior in small, achievable steps.

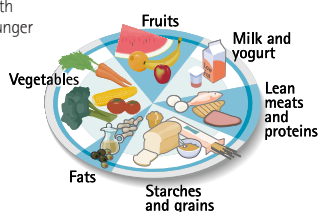
Focus on behaviors that affect your weight. These behaviors include eating a balanced diet, choosing low-fat foods, and controlling calories and portion sizes.

Set small, achievable goals. For example, to help you control calories, set a goal to cut out all fried foods.

Eat right.

Look for a healthy diet you can live with for life. A healthy diet satisfies your hunger and provides the nutrients you need, with enough variety to keep you from getting bored.

Eat a balanced diet—one that includes a variety of healthy foods.



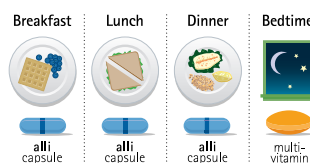
Choose foods low in fat; reduce calories and portion sizes. While choosing low-fat foods is important, you must also reduce portion sizes and calories. One easy way to be sure you're eating the right food in the right portions is to plan your menus. You can design your own menus from scratch, or use planned weekly menus such as the menu found at myalli.com.

Write it down.

It is important for your weight loss success to record what you eat and drink. You become more aware of your choices, and you have a better chance to make successful choices.

Keep a daily journal with you every day and write down what you eat and drink at the time you do it.

Record when you take your capsule, too.

**Develop a routine.**

Be organized—develop a routine for eating right and taking your **alli** capsules as directed.

Start your diet first. Begin your reduced-calorie, low-fat diet a few days before you begin taking capsules.

Consistency is important to your success. Make taking a capsule part of your meal routine, so you'll notice something is missing if you don't take a capsule.

Give yourself reminders to take your capsules at meal times. Leave a bottle of capsules where you'll see them at work, or take the bottle with you everywhere.

For more tools,
see our companion
guide now online.



myalli.com