



LOSE WEIGHT.
GET HEALTHY.
LIVE BETTER

GETTING STARTED IN THE VIP GROUP (HEALTHY IS THE NEW BLACK):

Welcome to the Healthy is the New Black™. Congrats on taking your health and weight loss journey to the next level! Together we can take back control of our health and our lives. All the resources, tools, and support are available here so you can succeed at losing weight and getting healthy! Here's how to get started:

1. **PARTICIPATE IN THE CLOSED FACEBOOK GROUP:** In the closed Facebook group is where we share healthy recipes, detox methods, moving advice and many other topics that help us stay committed to this healthy lifestyle change. Be sure to hold yourself accountable by checking in with the group each day.
2. **PARTICIPATE IN THE ONLINE CHAT:** Every weekday from 8-9am EST, JJ is in the VIP group to answer your questions in real-time! Be sure to take advantage of this opportunity!
3. **ATTEND VIP COACHING CALLS:** VIP Coaching Calls are held twice a month with JJ Smith on 1st and 3rd Thursdays of the month at 7pm EST. This is where JJ teaches various health and weight loss topics and answers your questions while on the hour-long call. Here's the upcoming schedule:
 - a. 9/18: How to Correct Hormonal Imbalances for Weight Loss/Discuss #1 Hormonal Imbalance in Women Over 35
 - b. 10/2: Correct the 1 Hormonal Imbalance that Causes Weight Gain in 75% of Americans
 - c. 10/16: Learn the Detox-Eat-Move (DEM) System for Permanent Weight Loss/How to Integrate DEM System w/10-Day GSC
 - d. 11/6: Understand the 21-Day Detox (DEM System)/Learn Additional Detox Methods for Weight Loss
 - e. 11/20: Learn 12 Detox Methods for Weight Loss and Improved Health (Cost, Time and Benefits of Each)
 - f. 12/4: How and What to EAT on the DEM System/Learn to Eat in a Manner that Helps the Body Burn Fat
 - g. 12/18: Learn 3 Ways to Lose Belly Fat Without Exercise!
4. **GO TO THE VIP ONLINE PORTAL:** All the resources, tips, tools, videos and handouts are in the portal. You will need a user login to enter the portal. This was emailed to you when you first joined. If you don't

have it, just email Angela at angela@jjsmithonline.com to request it be resent to you. The most critical documents to download and review in the portal are:

- a. *GOALS WORKSHEET*: Please complete this so that you have an action plan for achieving your health and weight loss goals.
 - b. *The DEM System (21-pages)*: This is the complete Detox-Eat-Move (DEM) System from the #1 Bestseller, *Lose Weight Without Dieting or Working Out!* The DEM System is a breakthrough permanent weight loss solution that helps you detoxify, cleanse and burn body fat naturally.
 - c. *DEM System Fat vs Skinny Food Chart*: This guide will help you learn exactly "what to eat" on the DEM System to achieve your sexy, slim healthy body. You will learn which foods help the body burn fat and which foods cause the body to store fat so you can achieve your weight loss goals.
 - d. *Recipes and Meal Plans*: These recipes will provide healthy options for breakfast, lunch, dinner, desserts and snacks.
5. **VIP GIVEAWAYS**: Every month or two, we will have VIP Giveaways and Contests. Prizes include: \$250 Shopping Sprees, Portable Saunas, Hormone Panel Self-Tests, and much more!
6. **DAILY EMAIL REMINDERS FROM JJ**: Look for emails from JJ daily (for the first 60 days) to keep you inspired and motivated each day.
7. **ADDITIONAL RESOURCES**: To accelerate your learning, be sure you've read all 3 of JJ's books:
- a. 10-Day Green Smoothie Cleanse
 - b. *Lose Weight Without Dieting or Working Out*
 - c. *6 Ways to Lose Belly Fat Without Exercise!*
8. **FREE GIFT!!!!** After 90 days of participating as a VIP Member, you will be rewarded with the next phase of your weight loss journey. Now that you have lost pounds and inches, you want to focus on other anti-aging strategies that help you look and feel younger. The free gift is:

Who Else Wants to Look and Feel 10 Years Younger Online Training Program: Discover Secrets to Lose Weight, Have More Energy and Get Your Sexy Back (valued \$97). This online training program is available 90 days after sign-up and includes the following classes:

- Class 1: Turn Dry, Dull Aging Skin to Clear, Glowing Youthful Skin Like The Celebrities
- Class 2: Why Diets Don't Work and Discover the Only Surefire Way to Lose Weight
- Class 3: How To Dress Thinner and Sexierbut Not Too Young!
- Class 4: Beauty Tips that Take 10 Years Off Overnight
- Class 5: Dealing with Trouble Spots: Learn Techniques to Diminish Cellulite, Wrinkles, Fine Lines, Adult Acne, Age Spots and Dark Circles, WITHOUT Cosmetic Surgery

Join today for 67 cents per day... \$19.99 per month. Cancel at any time. No long-term commitments required.

Click here to join: <http://ow.ly/3na1sx>

So, let's get started and take your journey to the next level!