

Safely
Lose up to
12 POUNDS in
2 DAYS with...



2-DAY
SLIM DOWN

and keep the weight off
permanently with

PERMASLIM

**Diet &
Weight
Management
Guide**



brought to you by:
MOMENTUM
WORLDWIDE

2-DAY SLIM DOWN TESTIMONIALS

"I have probably spent **thousands of dollars** over the years on weight loss products. This by far is the **easiest**, and **fastest** way I have ever lost weight."

*P. K.
Houston, TX*

"Being an R.N. and having had **serious health challenges** all of my life, I am very suspect and cautious about fast weight loss. After checking out the ingredients, I was happily surprised and excited to try 2Day.

It has overall **healthy ingredients**, liver cleansers, a blood purifier and a colon cleanser. And I always feel better after 2 days on the product. **This is the healthiest product I have ever found.**

I have lost 9 pounds and 9 inches, a dress size and 2% body fat. I continue to lose gradually and am at my **lowest weight in 3 years**, and able to wear clothes I haven't worn for 2-3 years. And I have contacted many friends and many have lost much faster than I.

It helps me have **greater self-discipline** and just eat better over all. No more craving and it is easy to pass up poor food choices.

I not only have hope of getting back to my ideal weight but a reasonable and easy tool to help me get there. **It has improved my health.** Thank you."

*Carol Squier, R.N.
Ooltewah, TN*

"I used the Momentum 2-Day Slim Down and was able to lose 12 pounds **without** ever feeling tired, or getting hungry and with even **more energy** than I normally have.

I will do this product every week until I get to the weight I want to be at. Then I'll use it once a month to maintain. **It really is great!"**

TB, Tokyo, Japan

2-DAY SLIM DOWN TESTIMONIALS

"A friend of mine told me that **he lost 8 lbs and 2 inches in his waist in just two days**. I told him that I just had to try it too.

My first day on 2-Day Slim Down **I lost 8 lbs and 1 inch in my waist**. The second day with 2-Day Slim Down **I lost 7 lbs. and 1 inch in my waist**. And the next morning before I ate anything, I weighed and found that I had lost another 3 lbs."

F. M. Sacramento, CA

"I was **surprised how easy it was** to be satisfied without experiencing hunger pangs as with most weight loss programs. The **product tasted great** and I did not feel deprived as with some diets.

I actually lost 9 pounds using the 2-Day Slim Down. I would like to thank you for letting me know about your product and how much weight that is possible to lose in just 2 days. **I would highly recommend this product** to anyone wanting to lose excess weight in a small amount of time."

*WR, Magnolia TX
56 Yr Old Male*

"For the past 10 years I've tried everything I could find to lose weight. I would lose a little but could never find anything that worked. With the Momentum 2-Day Slim Down, **I lost 12 pounds in my first 2 days**. I tried the product again the **next week and lost another 7 pounds!**

After 10 years of trying, **I lost 19 pounds in only 2 weeks!** I am excited about the Momentum 2-Day Slim Down and know that it will help me reach my weight loss goals."

*BJ Tomball TX
33 year old male*

"One of the big pluses I found using the product the first week was not only did **I lose an amazing 12 pounds**, but I figured **I saved \$40 in food and beverages** over the 2 days and the rest of the week. So essentially, it cost me absolutely nothing to lose 12 Pounds."

*Steve C.
Corvallis, OR*

2-DAY SLIM DOWN TESTIMONIALS

"After **just two days** on the Momentum 2-Day Slim Down I **lost 8 pounds!** Now, I have just 8 more to go. The appetite suppressant really helped so **I didn't get hungry**. I had enough energy to exercise the day after I'd finished.

I love knowing I am **getting vitamins while losing weight**. That keeps my energy up for my busy life. The taste is great too.

I can't wait to use the product again to get the last 8 pounds off. **I SAW RESULTS.**"

*RL, Spring, TX
28 Yr Old Female*

"I **lost 10 pounds in 2 days** on the Momentum 2-Day Slim Down. I felt great, had **lots of energy** and **no physical signs of hunger**.

On the second day of taking the product, after more than 30 hours on the diet, I played a round of golf, had plenty of energy and **never felt better**.

I will definitely take the product again next week."

*SK Conroe, TX
35 Yr Old Male*

In 2 Days I lost 12 lbs and 2 inches around the waist. A longtime friend who introduced me to 2-Day Slim Down lost 9 lbs in 2 days and 3 inches off his waist. It is so exciting to be able to lose weight that fast in a healthy way.

2-Day Slim Down is **health promoting**, not full of chemicals and artificial sweeteners and colors. It has all the vitamins, minerals and antioxidants that you need to **maintain a healthy body**.

Seeing the scales **go down this fast** is so encouraging that you will be motivated to do it every other week until you start looking like Twiggy.

If your resolution is to lose weight 2-Day Slim Down is the answer.

And if you don't lose weight, then neither will your wallet--It has a **100% Money-Back Guarantee!** You don't risk a penny to try this wonderful product.

G. R. Cave Junction, OR

2-DAY SLIMDOWN DIET & WEIGHT MANAGEMENT GUIDE

Dear Friend,

I'm so glad that you have chosen Momentum's 2-Day SlimDown to help you lose weight and keep it off. Quite often, people are so excited to get started that they open the bottle before they know what to do next. That's why I want to take this opportunity to share some helpful tips on how to use the Momentum 2-Day SlimDown to ensure that you obtain the best weight-loss results.

Please be sure to take a "before" picture today as well as to weigh and measure your body before you get started. Take measurements of your waist, chest/bust, hips, and thighs and write them down. Remember to visualize the body you have always wanted, and once you've attained it, share that "after" picture with me as well. I'd love to hear your story and make you a part of our next infomercial! Please send us your "before" and "after" photo or an "in progress" photo of you as you strive to achieve your goal. *Send your photos and your story to:*

**Momentum Worldwide
2-Day Slim Down Testimonials
1010 S Magnolia Boulevard
Magnolia, TX 77355**

Now let's get started!

Sincerely,



Robert B. Jones
President & CEO
Momentum Worldwide

WHAT IS THE MOMENTUM 2-DAY SLIMDOWN?

The Complete 7-Day SlimDown Program consists of the Original 2-Day SlimDown, which is used for 2-Days; followed by the 5-Day Maintenance Plan; and the PermaSlim Fat Burner Capsules. (We highly recommend the use of the PermaSlim Fat Burner Capsules during the 5-Day Maintenance Plan.)

The Original 2-Day SlimDown and 5-Day Maintenance Plan:

- Provides a jump-start to weight loss - a quick and easy method that rapidly initiates the process of weight loss, making it easier to stay on the program.
- Helps you maintain your initial weight loss and continue to lose weight.
- Assists you in making healthier low fat, low calorie food choices
- Educates you in healthy lifestyle choices, including appropriate exercise guidelines and shifts in attitudes about food, exercise, and self-nurturing.
- Motivates you to stay on the program until your desired goals are reached.
- Provides a simple, delicious, easy to follow Transitional Diet to use after the 2-Day SlimDown.
- Provides an easy to follow nutritional Weight Loss and Lifetime Maintenance Program.
- Makes available the right products and information to help you adhere to the program.

The Original Momentum 2-Day SlimDown Program is broken down into 3 distinct phases, each of which has a definite and specific purpose.

- **Phase 1** Preparing for the 2-Day SlimDown
- **Phase 2** How to use the 2-Day SlimDown (including Foods You can eat while on The 2-Day SlimDown, and Alternative Uses)
- **Phase 3** The Complete 7-Day SlimDown Lifetime Weight Maintenance and Exercise Program

PHASE 1

PREPARING FOR THE MOMENTUM 2-DAY SLIMDOWN

On the evening before starting the 2-Day SlimDown, it is important to follow these guidelines to prepare yourself and your body for a healthy lifestyle change and guaranteed weight loss.

- Determine your weight loss goal and take a 'before' picture. The average weight loss we hear from customers is around 4% of total body weight lost in the first 2 days. For example, if you currently weigh 150 pounds, you could expect to lose around 6 pounds.



- Throw out or give away any foods that could be a temptation, such as cookies, cakes, pies, ice cream, potato chips, nuts, snacks, crackers, dairy products, baked products and desserts, chocolate and other candies.

- List the benefits of having a slim and fit physique, and the consequences of being overweight and out-of-shape. Write these on an index card and carry it with you at all times.



- Plan the start of the program at a time that is free of work, personal commitments, and stress.
- Call a friend who will be supportive of your diet efforts if you find yourself weakening. Maybe they'll even want to diet with you!
- Prepare yourself for losing weight by drinking a minimum of 8 glasses of water.

PHASE 2

HOW TO USE THE MOMENTUM 2-DAY SLIMDOWN. WHAT FOODS YOU CAN EAT WHILE ON THE 2-DAY SLIMDOWN (AS WELL AS ALTERNATE USES)

The goal during the 2-Day SlimDown is to jump-start your diet with a dramatic weight and body fat loss, which will motivate you to continue with the following two phases. In a world where most of us eat too much, too often, we are continually forcing our bodies to focus on digestion. We never give our poor bodies the chance to rest and efficiently clean out the toxins and waste by-products of that digestion. As a result, we feel sluggish, tired, irritable, anxious and stressed. *The Momentum 2-Day SlimDown is a wonderful detoxification process, which allows the body to cleanse itself.*

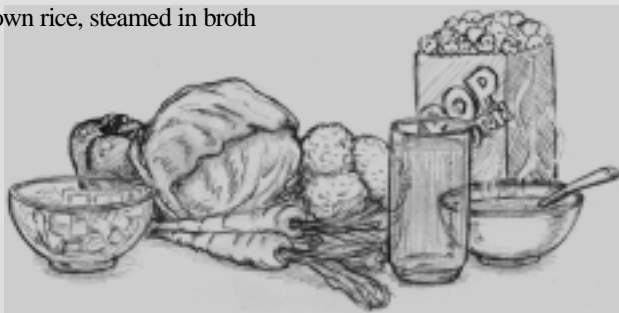
How to use the Momentum 2-Day SlimDown

- Avoid all tobacco, alcohol, soft drinks, and caffeine while on the 2-Day SlimDown.
- Limit activity over the 2-Day SlimDown phase. Light stretching or short strolls - no heavy workouts or energetic activities. We recommend 10-minute walks every morning and evening, as energy permits.
- Make sure to get enough rest during the 2-Day SlimDown Phase. Nap as necessary.

FOODS YOU CAN EAT WHILE ON THE 2-DAY SLIMDOWN

If you feel you absolutely need to eat, you CAN eat these foods during the course of using the Momentum 2-Day SlimDown! Just remember to eat in moderation and then resume the SlimDown schedule.

- Sugar free Jello
- All fresh or steamed vegetables (no butter, salt or oil added)
- Caffeine and Sugar Free beverages
- Diluted Fruit Juice
- Low sodium, clear broth or broth with barley or vegetables.
- Brown rice, steamed in broth
- Whole cereal with low fat milk
- Salt Free (no butter) popcorn
- Sugar free, low fat yogurt
- Iceberg lettuce salad with fat free dressing.
- **NO ALCOHOL OR FRIED FOODS**



IMPORTANT HEALTH AND DIETING FACTS REGARDING THE 2-DAY SLIMDOWN

Though most people who use the diet will experience no side effects at all, it is possible that some people may experience a mild headache, fatigue or light-headedness during the 2-Day SlimDown phase of the program. Do not be alarmed. This is a common side effect of your body detoxifying itself. (Heavy caffeine users are more likely to experience mild headaches due to withdrawal.) It is important to listen to your body to make appropriate decisions regarding the diet. If you feel a mild headache coming on, you should take whatever you would normally take for a headache. If you feel very uncomfortable or nauseated, you should consider eating something listed above in the Foods You can Eat section, switching to one of the Alternate Uses of the diet, or discontinuing use of the diet altogether. It is strongly recommended that all individuals who have concerns about whether the diet is right for them consult their physicians before beginning the program. Pregnant or lactating women, diabetics, or persons of poor or specific health conditions should not use the diet unless directed by a physician. As with any diet, individual weight loss results will vary from person to person.

Now You are ready to use the Momentum 2-Day SlimDown

DAY 1:

- Simply mix 4 ounces of 2-Day SlimDown with 4 oz of Cold Water 4 times throughout the day. Adjust the times you use the 2-Day SlimDown in accordance with your personal eating habits. If you eat breakfast early, then use the SlimDown early. If you usually skip breakfast, then wait until around 11:00 to use the SlimDown for the first time. Many people find it best to use the SlimDown at around 4:00 or 5:00 in the afternoon in order to avoid hunger at the dinner hour. (Note: It is OK to add ice cubes to the SlimDown.)
- Drink a minimum of TEN - 8oz glasses of water throughout the day. It is highly recommended that you drink as much water as possible as this will aid in the cleansing and detoxification process and speed up the weight loss.

DAY 2:

- Repeat Instructions For Day 1.



ALTERNATIVE WAYS TO USE THE MOMENTUM 2-DAY SLIMDOWN

Although the recommended way to use the Original 2-Day SlimDown is to take 4oz of product with 4oz of cold water 4 times a day for two days while not eating any food, we realize that this may not be possible for all of our customers. In the past we have heard numerous alternative ways that the SlimDown has been used successfully by our customers.

PARTIAL FASTING PROGRAM - *The Original 2-Day SlimDown* was designed as a Total Liquid Fast for 2-Days. However, we have had customers successfully use the SlimDown as part of a Partial Fasting program. Following this method, you would use the SlimDown to replace one or two meals a day and eat regularly at other times. We suggest you use the Menu Recommendations from the 5-Day Maintenance Program for best results.

Calorie requirements: Our goal is the same as yours: to help you reach your weight loss goals. To accomplish your goal, you will need to focus daily on how you can best attain and then maintain your desired weight. Weight gain basically comes down to a calorie problem: if you consume more calories than your body burns, you gain weight. If you want to lose weight, you either need to consume fewer calories by eating properly, or burn more calories by exercising more. It's as simple as that. A basic guideline for determining how many calories you should consume each day is to simply multiply your ideal weight by 10. If you would like to weigh 150 pounds, you will need to consume around 1500 calories per day. The 5-Day Maintenance and Exercise Program will go into more depth as to exactly how you can fine-tune your program with increased activity.

"I just finished my first bottle of the 2 Day Slim Down product and the results were fantastic! I lost 10 pounds in 2 days!!!!

I was not physically hungry and had plenty of energy to go about my daily routine during the two days. I was very surprised!

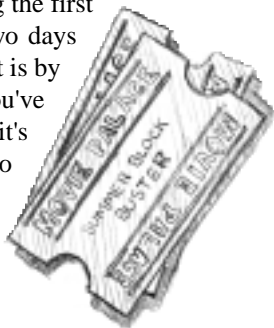
I have taken nutritional supplements from 5 different companies and never had the measurable results or the energy as I have with the 2 Day Slim Down product!"

Mick Elrod

PHASE 3

THE COMPLETE 7-DAY SLIMDOWN**Also known as the Lifetime Weight Maintenance and Exercise Program**

First of all... **CONGRATULATIONS** on completing the first 2-Days of the **Complete 7-Day SlimDown!** For two days you've treated your body like the special organism it is by giving it a much-needed digestive vacation! You've probably lost 5 to 12 pounds and feel great. Now it's time to bask in your success! This is a good time to reward yourself with a special non-food treat: tickets to a play, a concert, or a new movie. A walk on the beach... or whatever you especially enjoy! You deserve it!



It's also time to move into the third phase of your program. For continued success in losing additional weight and in maintaining your weight loss, it's important to follow these guidelines and suggestions for the next 5-Days.

Please read this entire section before beginning. Remember to have fun with this flexible, adaptable program! It is a choice based system, designed to fit into any lifestyle or pattern of eating.

NOTE: Most of our customers use the Momentum 2-Day SlimDown once a week or once every other week until they achieve their desired weight. Then they use the 2-Day SlimDown once a month to maintain their weight and continue to live a healthy lifestyle. When not using The Original 2-Day SlimDown, be sure to use the PermaSlim Fat Burner Capsules to help your body to continue burning fat.

"On the Momentum 2-Day Slim Down I lost 23 pounds in the first month. I used the Slim Down 3 times and I am, to say the least, very happy with the results! I've never had this kind of success with any other weight loss product!"

*CJ, Magnolia, TX
28 Yr Old Male*

GETTING STARTED

Here are some helpful hints to make your 5-Day Continued Weight loss program easier and more effective.

1. TAKE 2 PERMASLIM FAT BURNING CAPSULES EVERY MORNING.

PermaSlim works by improving your metabolism, which enables your body to burn unwanted fat while retaining vital lean muscle tissue. It does not contain the controversial herb Ephedra or Ma Huang. Instead, PermaSlim works naturally and gently to increase your energy levels throughout the day.



- 2. Always remember to eat slowly, chew food well, and savor every bite.
- 3. For a meal on the run, prepare a serving of the 2-Day Slim Down and take it with you! *(It is OK to add ice cubes to the 2-Day SlimDown!)*
- 4. Bake, broil, roast, grill, steam or stir-fry your foods without oils or fats.
- 5. Try not to eat carbohydrates after 5:00 in the evening. If you're still hungry after your last meal, eat a protein or vegetable snack.
- 6. When eating out, follow the guidelines included.
- 7. **IF YOU CHEAT OR INDULGE BEYOND THE RECOMMENDED PROPORTIONS OR FOODS LISTED, IT IS OK TO ALLOW YOURSELF TO ENJOY THAT MEAL OR SNACK, THEN GET RIGHT BACK ON TRACK WITH THE NEXT MEAL. ONE MEAL OR SNACK WILL NOT DESTROY ALL OF YOUR PREVIOUS EFFORTS.**

"I lost 8 lbs the first week, 6 lbs the second, and 6 lbs. This week. It's the easiest "diet" I've ever been on.

I plan to do 2 day every week till I lose 80 more pounds. This is the greatest product. Thanks!"

Mary Atkinson

COMPLETE 5-DAY MEAL PLAN!

The Complete 7-Day SlimDown is a comprehensive system to help you lose weight quickly and permanently. We recommend that you refer to and follow the meal plans as closely as possible to ensure the best results. While you have the option to replace lunch or dinner with *The Original 2-Day SlimDown*, it is not required for you to continue to lose weight.

However, for simplicity sake, we have replaced lunch each day with one serving of *The Original 2-Day SlimDown*. Schedule conflicts and other circumstances may influence how you implement the meal plan, but whatever the case, The Complete 7-Day Slim Down is designed to be easy enough to incorporate into your daily life even when things get hectic.

In fact, using *The Original 2-Day SlimDown* as a meal replacement might actually make things easier for you... at least you won't have to figure out where or what to eat for lunch! Remember you shouldn't have to make drastic changes to work The Complete 7-Day SlimDown into your week. Like many other successful people, you'll probably find that small changes that fit your lifestyle are the ones you're most likely to stick with for the long haul.

Whatever your ultimate weight loss goal, it is important to realize that you must achieve the smaller, short term goals while on your way to accomplishing your ultimate weight loss goal. Your success in the first week will have given you the positive reinforcement of knowing that you can be successful at controlling your weight. No matter what happens each day, remember that you can continue to succeed by focusing on your goal of losing weight and sticking with the changes that are already working.

It's wise to keep things simple so you can focus on your health during this time. You've already proven that you can control your weight instead of letting the weight control you. However, complication tends to spawn frustration, which can cause you to relinquish your control. That is why we designed The Complete 7-Day SlimDown to be as simple and effective as possible in order for you to focus on and succeed at your weight loss goals. Eliminating any unnecessary sources of stress can only help you as you undertake your lifestyle changes.

Before beginning, try to eliminate some of the high fat foods and snacks from your kitchen, as they are potential dieting hazards. Remember that eating a low fat diet alone will not help you lose fat. In order to lose fat, you must burn more calories than you consume so your body will actually tap into its stored fat for energy. Exercise is a significant part of burning that excess fat. But limiting fatty foods and reducing overall caloric intake definitely gives you an advantage for weight loss. You may be surprised to find that you feel much better as well!



DAY 1

Breakfast

2 PermaSlim Fat Burner Capsules
1 cup Cheerios
3/4 cup low fat milk
1 medium banana
1 slice whole grain toast
1 teaspoon butter or margarine

Lunch

4oz. 2-Day SlimDown in 4oz. cold water.

Snack

1 Small Apple
2 Teaspoons peanut butter

Dinner

3 ounces grilled chicken
2/3 cup brown rice
2 cups mixed salad greens
2 tablespoons low-fat salad dressing
1 cup steamed broccoli

DAY 2

Breakfast

2 PermaSlim Fat Burner Capsules
1 poached egg
1 slice whole-grain toast
1 tablespoon low sugar preserves
1 cup vanilla non-fat yogurt
3/4 cup blueberries

Lunch

4oz. 2-Day SlimDown in 4oz. cold water.

Snack

1 Small Apple
1 ounce mozzarella cheese

Dinner

1 cup pasta
3/4 cup marinara sauce
1 small whole grain roll
1 teaspoon butter or olive oil
1 cup steamed carrots

DAY 3

Breakfast

2 PermaSlim Fat Burner Capsules
Omelet made with 2 eggs
1 medium banana
1 slice whole-grain toast
1 teaspoon butter or margarine
1 cup cantaloupe cubes

Lunch

4oz. 2-Day SlimDown in 4oz. cold water.

Snack

1 Cup non-fat vanilla yogurt
3/4 cup blueberries

Dinner

Stir Fry with:
2 oz chicken
1 cup asparagus
1 cup mixture of onion, red pepper
1/3-cup pineapple chunks
1 teaspoon olive oil,
1 clove garlic,
1 tablespoon soy sauce
1/2 cup baked acorn squash sprinkled with cinnamon
1/2 cup brown rice



DAY 4

Breakfast

2 PermaSlim Fat Burner Capsules

Fruit Smoothie with:

1 cup non-fat vanilla yogurt

1/2 cup frozen blueberries

1 small banana

1/4 cup fruit juice

1 slice whole-grain toast

1 teaspoon butter or margarine

Lunch

4oz. 2-Day SlimDown in 4oz. cold water.

Snack

1 Cup Grapes

1/2 cup non-fat vanilla yogurt

2 tablespoons raisins

Dinner

Fish Tacos with:

2 ounces grilled snapper

2 soft corn tortillas

1/2 cup shredded lettuce

2 tablespoons low-fat sour cream

2 tablespoons salsa

1/8 avocado

1 cup steamed broccoli

DAY 5

Breakfast

2 PermaSlim Fat Burner Capsules

1 cup oatmeal

3/4 cup berries

1/2 cup non fat yogurt

2 tablespoons light maple syrup

Lunch

4oz. 2-Day SlimDown in 4oz. cold water.

Snack

3 cups air popped popcorn (no butter or salt)

1 small pear

Dinner

2 cups black bean soup

1 soft corn tortilla

1 ounce low-fat cheese

1 cup steamed broccoli

with 1 clove garlic, sliced and sautéed in

1 teaspoon olive oil

"I Love Being a Loser with 2 Day Slim Down. **I have Lost 57 Pounds in Just 5 weeks** and I'm Still Losing! Thanks 2 Day Slim Down!"

*Fred Mohr
Sacramento, CA*

EATING OUT

We strongly recommend that you only eat meals prepared at home during this program. However, if you absolutely must eat out, try to follow the plan as much as possible. You can often get grilled chicken breast, brown rice and broccoli, but if that isn't on the menu, you'll just have to improvise.

Remember that each meal should include a protein, a complex carbohydrate and, at most meals, a fibrous vegetable. So what can you eat at a hamburger restaurant? Look over the menu and see what's available. Obviously, a burger, chili cheese fries, and large cola are not good choices. Instead, be creative as you select healthy foods from the menu:

Even the greasiest place has lettuce and tomato to dress up a hamburger. Use it to make a salad. Add a little onion, a little dressing, some pickles on the side... voila! It's a fibrous vegetable!

French fries are made from potatoes, so ask your server if they have an extra baked potato that you could have served plain. Try some low-fat dressing on top of your complex carbohydrate.

There's almost always some kind of chicken sandwich on the menu. Ask if you can get plain grilled chicken, no oil, mayonnaise, or bread. If there's any skin or fat, remove it when it arrives. Added to your salad or eaten plain... there's your protein!

Additional Things To Keep in mind . . .

Your body's metabolism runs at a slightly higher rate during the day than it does at night. That means you don't burn as many calories when you sleep. Eating a low-fat dinner and avoiding late evening snacks will help your body to reduce fat storage and weight gain.

Water should be your drink of choice because it is essential to healthy living. Keep some with you at all times. Drink plenty of water to help your body function at its best and get maximum results from your diet and exercise program. If you drink a large glass of water whenever you crave a snack, it will help curb your craving and save your body from unwanted calories and fat. Additionally, water is the ultimate cleanser to help eliminate toxins that constantly invade your body. These toxins come in food, other beverages, and even from the clothes you wear and the air you breathe. Cleansing helps promote efficiency within your body because it helps flush out your system to allow better digestion.



EXERCISE, ACTIVITY AND BURNING CALORIES

While you will get great results on the Original 2-Day SlimDown without doing any additional exercise, following a simple exercise program can enhance your results. Exercise helps build lean muscle while toning and firming. Building lean muscle helps to burn fat and will help to increase your metabolism. The best news of all: When your metabolism increases, you actually burn more calories... even while you are resting!

Aerobic exercises elevate your heart rate by working your entire body. In contrast, resistance workouts, such as weight training, target specific muscle groups. While building muscle is great, resistance training won't necessarily help burn fat as well as aerobic exercises. For best results, plan to incorporate both kinds of exercise in your weekly program.

To achieve maximum results, plan to work out for about 30 minutes each day, a minimum of four days per week. Engage in activities that push your heart rate to a point that falls somewhere between it's normal, resting rate and it's maximum capacity. To use a running analogy, if a sprint is your maximum, and a slow walk is your normal rate, then you should try to get somewhere between a brisk walk and a light jog. In fact, a brisk walk or a light jog would be an ideal exercise.

Aerobic exercises are the most efficient means to burn fat. However, overexerting yourself with heavy, extensive, and exhaustive aerobic exercises is counterproductive... and painful! The key is to exercise at a comfortable and reasonable level to get your heart pumping at an optimum rate, which helps heighten your metabolism. If you elevate your metabolism, you help maximize the fat burning process. Your goal is to lose weight and keep it off, not abuse yourself with a workout worthy of an Olympic athlete. A good rule of thumb: you should be able to carry on a normal conversation without undue huffing and puffing. Anything more than that amounts to heavy exertion.

Be sure to engage in something fun and easy to stick with while remembering that consistency is the key to getting results. If running or walking isn't the best option for you, consider these alternatives:

- **Light Step Aerobics**
- **Calisthenics**
- **Bicycling**
- **In-line Skating**
- **Swimming**
- **Rowing**

Long-term weight control is only achievable when you exercise properly in addition to eating a healthy diet. Weight loss systems can help give you a jump-start for immediate results, but the key to maintaining your weight involves a regular exercise program in conjunction with healthy eating habits.



BEYOND THE 7TH DAY

Whether your goal is simply to lose a few pounds or to continue losing weight after 7 days, remember that you are in control of your weight. If you want to keep the weight off, understanding the factors that contributed to your particular weight gain is essential. The Original 2-Day SlimDown and 7-Day SlimDown are designed to give you the necessary tools to help you control your weight, with continued use of the 2-Day SlimDown as a meal replacement, and the PermaSlim Fat Burner Capsules for ongoing fat loss and appetite control.

After the 7th day, you must decide how you want to maintain your results, or perhaps continue to lose weight. You didn't come this far to let the weight come back, so making long-term lifestyle changes including the regular use of the 2-Day SlimDown as a meal replacement are vital to your success.

At this point, diet is not the only factor in your weight control. For ongoing success, exercise must play an increasing role if you are to continue to keep the extra pounds from reinvading your body. Eating healthier foods gives you a solid start in that you are not loading up on potentially fattening foods, but you still need to find a way to burn any extra calories that you take in each day.

Thousands of customers who used The Original 2-Day SlimDown have enjoyed the benefits and ease of using the 2-Day SlimDown as a meal replacement even after the 7 days. Using the 2-Day SlimDown as a meal replacement is an excellent and great tasting way to continue to drop extra pounds or maintain your current look if you've already shed the pounds!

In conclusion, I'd like to thank you for choosing the Original 2-Day SlimDown and 7-Day SlimDown Program. You now have the inside knowledge that thousands of our happy customers have used to look and feel so great! It's time for you to get started on your new road to successful weight loss and health management and make the necessary commitments to establishing long term goals to reach your desired weight and fitness levels!

GOOD LUCK!

Robert B. Jones

President & CEO

Momentum Worldwide

To Order additional bottles of **The Original 2-Day SlimDown** or the **PermaSlim Fat Burner Capsules** contact your independent distributor:



or
Mail your order to:
Momentum Worldwide
1010 S Magnolia Boulevard
Magnolia, TX 77355
281-356-9939 Phone
281-356-1405 Fax

These products are not intended to diagnose, treat, cure, or prevent disease. The statements contained in this booklet are for information purposes only and have not been evaluated by the FDA. Please contact your physician before starting any diet and exercise plan. Results may vary.

RETURN POLICY

The Original 2-Day SlimDown weight loss program offers a fast and effective way to detoxify your system and provide a jump-start to weight loss. You can melt body fat and trim inches beginning in just two days. However, we realize that despite our amazing success rate, individual results may vary. We back every bottle of 2-Day SlimDown with a 30-day money back guarantee: you will lose weight or your money back!

It is important to follow the instructions below to ensure that your return will be properly processed.

1. Package the unused or remaining product, making sure the label on the product is intact. Include a copy of your original invoice, and a letter explaining the reason for return. Please include your phone number and form of payment used when product was purchased.
2. Please Note: The bottles containing the unused portion of your products **MUST** be returned in order to receive a refund.
3. To ensure that your return is properly received, all returns **MUST** be made by Certified Mail to: Momentum Worldwide, 1010 S Magnolia Blvd, Magnolia, TX 77355 ATTN: Returns Dept
4. **RETURNS RECEIVED AFTER 30 DAYS FROM THE INVOICE DATE WILL NOT BE REFUNDED.**

If you placed your order with a credit card, please allow up to 4 weeks for your credit card account to be credited. Thank You, Momentum Worldwide

2-DAY SLIM DOWN



Melt Away Fat!
Melt Away Inches!
Melt Away Guilt!

- Imagine losing as much as **6-12 POUNDS** in Just **One Weekend...**
- Imagine experiencing a terrific **Boost of natural energy...**
- Imagine **No More Cravings** for sugar and "junk foods"...
- Imagine **dropping Inches** from your waist...



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