



Welcome!

We're kicking off June with sunshine, smiles, and hopefully, some giggles. Because let's face it, your weight loss journey doesn't have to be all kale and cardio. Sometimes, it's about finding joy in the little things... like fitting into those jeans you thought were a distant memory.

Sale!

Summer Savings
on Semaglutide
Get 20% off all
Semaglutide vials
in June.

Move It!

Commercial Break Calorie Burn

Next time a commercial comes on during your favorite show, don't just grab another snack! Do some squats, march in place, or just stretch. By the end of an hour-long show, you'll be surprised how much you've moved!

EAT!

Sausage Egg Muffin Recipe

Eating well on GLP-1 medications means nourishing your body and finding satisfaction without feeling deprived. This month, we're serving up a super easy option. These grab-and-go muffins are packed with protein and veggies, making them a fantastic way to start your day or have a quick, healthy snack. Easy-peasy!



Recipe

Connect!

Weight Loss Shots for Dummies

(It's not really for dummies, we promise!)

We created this brand-new, supportive group where you can openly discuss your journey, ask questions, share advice, and get the encouragement you need. Think of it as your friendly neighborhood support group, but online and with fun memes!

Come join the conversation
Click [HERE](#) and join today!



Share Your Smiles!

LOL

Have a hilarious story about your wellness journey? A funny fitness tip that actually works? Or a healthy recipe hack that made you say, "Eureka!"? We'd love to hear from you! Send us your best (and funniest) wellness-related anecdotes for a chance to be featured in a future newsletter. Let's build a community where we can laugh our way to health together!