

# lighten up

Living a longer, healthier life doesn't have to mean drastic changes. In fact, losing even 10% of your current body weight can help you lower your cholesterol and blood pressure, and get you on your way to better living. The best way to lose weight is slowly and gradually by making healthy food choices and getting more active. Add more of your favourite fruits and veggies, decrease your sugar intake, take the stairs, go for a walk at lunchtime – these are just a few of the simple ways you can start to lighten up.



webber naturals.

## webber naturals® Essential Fatty Acids

EFA supplements with MEG-3® fish oils make it easy for your family to include Omega-3 as part of a healthy lifestyle and are guaranteed to meet label claims for strength, purity, and quality.

FEBRUARY 2011							APRIL 2011						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28						24	25	26	27	28	29	30

\*Every medication or natural health product may cause serious adverse reactions or interactions with other medications. •Read the label, warnings and inserts provided by the manufacturers and consult your pharmacist when purchasing such medications or natural health products. \*Always keep medications and natural health products out of the reach of children.



Work out with a friend and make it social! It'll keep you motivated and you'll be more likely to stick with your regular gym times.

# MARCH 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
<b>NEW! Triple Strength One per Day</b> One convenient softgel delivers 600 mg EPA and 300 mg DHA.						
6	7 Zellers Senior's Day	8	9 Ash Wednesday	10	11	12
13 Daylight Saving Time begins	14	15	16	17 St. Patrick's Day	18	19
20 Spring Equinox	21	22	23	24	25	26
27	28	29	30	31		
					<b>Liquid Omega-3 Super Concentrate</b> With Vitamins A & D Fresh orange taste	



truly™ Healthy Eyes Formula helps to maintain eyesight, skin, membranes and immune function; helps in the development and maintenance of night vision.

National brand quality, at way better prices!

