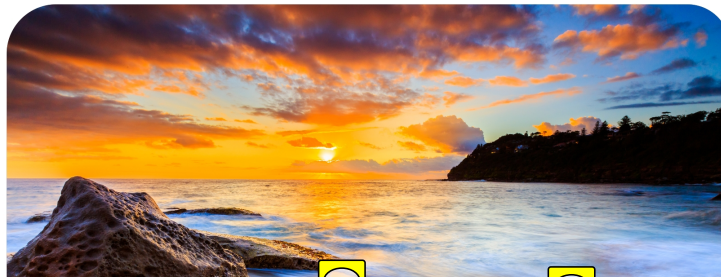


We are so excited that you have registered your interest in the Shrunked Community - Welcome!!

We are not your standard weight loss program. While everyone is looking West, we look East. Where others see the sun setting, we see the sun rising. Much like this, we look at weight loss in a very new and different way.



As you read *The Myths of Weight Management*, you won't just get a sense of this approach and will learn that there is more to losing weight than what you eat and how much you move. There are five key factors that influence your weight – when you take control of them you begin walking a new path to successful weight management.



[www.linkhere.com/download](http://www.linkhere.com/download)

These five factors are just the beginning. However, and we have so much to share. Keep an eye out for our future emails to make sure you don't miss them. We will send you the occasional message that we hope you will find helpful on your weight loss journey. We always make sure that our emails contain helpful and interesting stuff for you, and you can unsubscribe at any time.

For example:

Did you know that when a food craving hits, playing three minutes of Tetris (computer game) can reduce your cravings by 24%?



For more useful information, we encourage you to visit the Shrunked website to check out our blogs and interesting facts and stories from the world of weight loss.



For more information, you can sign up and begin the Shrunked Journey yourself!

Each week we provide you with a video tutorial and multiple brain training exercises – just like boot camp for your brain. These have been developed by our Psychologists, Medical Practitioners, Exercise Physiologists, Nutritionists and Neuroscientist. We have based them on the latest research from these fields and all are in easily understandable language. This 14 week program guides you through the key elements that can lead to successful, sustainable weight loss. After this program you can keep accessing the support and expertise of the Shrunked community through the Shrunked Maintenance Program.

sign up  
NOW

Hope to see you soon

The Shrunked Team



/Shrunked

NOTE:

The footnote is a reference and this should be located at the bottom of the email in small print