

# REMEMBER... IT'S JUST A NUMBER

**The Number That You See On The  
Scale Will Not Tell You:**

That you are a  
**ROCK STAR**

That you are **LOVED** by your family & friends

That you is smart, you is kind, you  
is **IMPORTANT**

That you are **AMAZING** in so many ways  
that are not defined by this number!

That you can choose **HAPPINESS**  
regardless of the number on the scale

That the **POWER** is yours to be the  
healthiest you can be.