

NEW YEAR GET MOVING!



MAKE THIS YOUR BEST YEAR EVER.

FOR YOUR BEST OVERALL HEALTH, DOCTORS RECOMMEND FOCUSING ON:

WATER



Drinking water is one of the easiest ways to stay healthy. Adequate hydration can improve your energy, skin and digestion, support weight loss, and prevent headaches. Doctors recommend drinking a glass of water first thing in the morning and aiming to drink 2L of water every day.

DIET



Just 30 minutes of mild exercise, like walking, a day can help improve your overall health by reducing stress and tension, strengthening bones and muscles, ramping up metabolism, and improving your mood! Try short walks a few times a week and increase from there.

EXERCISE



A healthy diet is crucial to overall well being. Eating well can support a healthy weight, reduce aches, pains and indigestion, increase your energy and make you feel better every day. Doctors recommend eating more fish, healthy fats, fruits and vegetables and less sugar and processed foods but consult your doctor for advice on the best diet for you.

SLEEP



A good night's sleep is essential to a healthy new year but over 60% of Americans aren't sleeping well or adequately each night! Getting the recommended 8 hours of sleep a night can improve your energy, focus and immunity, support a healthy weight, and make you more effective and happier throughout the day. Try looking at your mattress as a starting point. If it's been more than 8 years since you bought it, chances are it's time for a replacement. An adjustable bed base can also help you find the right sleep position for your best health.

Consult your doctor to find the right health and wellness plan for you.

**Mattress
& More**

Let us help you start your New Year off right. Try one of our adjustable bed bases in-store and you'll receive \$35 off your first Metabolic Meals order.

metabolic meals

\$35 Off
Your First Order

YOU CHOOSE. WE'LL COOK.

Let Metabolic Meals be your personal nutritionist and chef. Select fresh, organic, gluten-free meals, and we'll deliver them right to your door.



Healthy has never been easier.



1 Pick your entrees.

Choose 6 to 15 items from our rotating menu of fresh, gluten-free entrees.



2 Open your door.

Fresh, chef-prepared meals are delivered in thermal, recyclable packaging that stays cold for up to 12 hours after delivery.



3 Heat and enjoy.

No measuring or cooking required. Simply heat it and eat it! Bon appétit.

Ingredients of the Highest Quality

Not all animal proteins, vegetables, fruits and grains are created equal. We source only the highest quality ingredients for our meal plan, from grass-fed, grass-finished proteins, to seasonal, organic produce.



Soy-Free



Gluten-Free



NO High-Fructose
Corn Syrup



NO Hydrogenated Oils
(Trans Fats)



NO Artificial
Ingredients