

# Lifestyle Improvement Program



## What is LIP?

AlphaOne®'s Lifestyle Improvement Program (**LIP**) is the *best* interactive health and wellbeing program available online!

**LIP** is **not** a quick fix. That's why you get *at least* a whole year's worth of interactive tools, advice and expert guidance to take at your own pace.

## Why LIP?

[www.lifestyleprograms.net](http://www.lifestyleprograms.net)



- **Stacks** your lifestyle odds. You *feel* better, *look* better and *live* better, even longer!<sup>1</sup>

- **Is guaranteed!**

- **Saves** you time, all the research is *done*.

- **Saves** you money (see overleaf)

## How does LIP work?

LIP profiles your *personal* health, fitness and wellbeing so your program is about *you*, tailored to *your* health status, needs and goals.

Not sure what *they* are? Your free *lifestyle* risk profile awaits at:

[www.lifestyleprograms.net](http://www.lifestyleprograms.net)

Once you *know* your lifestyle risks, LIP helps you *do something about them*.

**You can head off up to 80% of modern health problems by being active, eating and living well.<sup>2</sup>**



## How do I join LIP?

1. Go to [www.lifestyleprograms.net](http://www.lifestyleprograms.net)

2. Do the quiz for your risk profile. Your program is then *unique*.

3. Join LIP and “*look lively*”.



### Sponsor Bonus!

Enter this code for an even better deal at [www.lifestyleprograms.net](http://www.lifestyleprograms.net)

HomeopathyPlus

Join Now at [www.lifestyleprograms.net](http://www.lifestyleprograms.net)

1. PLoS Medicine | [www.plosmedicine.org](http://www.plosmedicine.org) 0040 January 2008 | Volume 5 | Issue 1 | e12 2. Australian Institute of Health and Welfare 2008. Australia's health 2008. Cat. no. AUS 99. Canberra: AIHW.