

Join the Drive to Better Health

Lose 10% of your body weight or more in just 10 weeks* with Lindora, America's leading clinical weight management provider. Our program is medically based, clinically proven and results oriented. It's more than a diet, it's a lifestyle!



The Program Includes:

- Access to Lean for Life!® our innovative, interactive online program
- 10 private, one-on-one coaching calls with a friendly Lindora nurse coach for personalized support and education
- Learn-On-the-Road CD Library
- A copy of our bestselling *Lean for Life!*® program book
- 10 boxes of delicious, nutritious Lindora protein products
- And more

Health Benefits Are Immediate

- Lower blood pressure and cholesterol
- Less fatigue, anxiety and depression
- Less pain and stress on back, hips, knees and joints
- Reduced risk for sleep apnea

Learn more about how our innovative program, focusing on long-lasting, behavioral change, can improve the health of your drivers—and keep your team on the road.

Call **1.800.LINDORA** (1.800.546.3672) today to speak to a representative or visit lindora.com/lflontheroad



Morris

A truck driver for 15 years, lost 53 lbs. in 10 weeks and a total of 77 lbs. on the Lean for Life® program.

*Lindora patients lose an average of 10% or more of their body weight in 10 weeks.