

Finally...

You don't have to give up the foods
you love to lose weight and keep it off.

Abilene Christian University is offering you an opportunity to lose weight
with a program called Naturally Slim® – **at no cost!**

Naturally Slim is a 10-week online program that helps you lose weight
plus improve your overall health – all while eating the foods you love!
With Naturally Slim, you will learn that you don't have to starve yourself or
count calories to lose weight and keep it off forever.

How does the Naturally Slim program work?

Naturally Slim is a mindful-eating program that helps you change how you eat
instead of what you eat. It is not a diet.

And, as you lose weight, you also improve your health by improving
the risk factors that can lead to serious, chronic diseases like diabetes,
heart disease, cancer and more.

Why not give it a try? You can still eat the foods you love and this could
be the solution that you've been looking for. Thousands of people have used
the Naturally Slim program to successfully lose weight.

The average weight loss in just ten weeks is 10.1 pounds.

In fact, 15% of participants lose more than 20 pounds in that time.

How do I apply?

The program begins on **May 11th**
but participation is limited so you must complete the online application at
www.naturallyslim.com/ACU
by **April 24th**.

Please note: By submitting the online application,
you are committing to participate in the program, if accepted.

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Frequently Asked Questions:

How will participants be selected?

Program professionals select participants based on pre-determined criteria and a
willingness to meet all program completion requirements as outlined below. You will be
notified of your application status via e-mail by **May 1st**.

What are the program completion requirements?

In order to successfully complete the program, you must:

- Submit the online application and sign all appropriate releases by their associated deadlines.
- Complete at least 8 of the 10 online video courses for Naturally Slim Foundations, within their set weekly time frames. It will be your responsibility to ensure your participation is accurately recorded each week.
- Complete a survey at the end of the program.
- Complete a pre- and post-program biometric screening. If you are accepted into the program, more information will be sent to you.

What is the cost for the program?

There is no cost to you for the Naturally Slim program. Your participation will help ACU achieve our goal of becoming a more health-conscious university.

However, if you do not meet the program completion requirements, you will be responsible for reimbursing ACU a portion of the program fee originally paid on your behalf. A payroll deduction of \$100 will be taken as a non-completion penalty.

A Note about Confidentiality...

The information that you provide to Naturally Slim will be considered confidential and will be available only to you and the program professionals. ACU will have no access to the personal information you include in the online application. Furthermore, Naturally Slim cannot sell or otherwise divulge any participant information to any unauthorized party.