



### 30 – DAY CHALLENGE CALENDAR

DAY		METAMUCIL DAILY DOSES
1	Get your Cholesterol level checked. Add 3 servings of Metamucil Powder to your daily routine. Get active. Stick to it!	  
2		  
3	Metamucil Capsules plus Calcium is a convenient alternative for cholesterol-lowering and is also a source of calcium. Use as directed.	  
4		  
5	Set specific goals. Work exercise into your day!	  
6		  
7	Plan meals in advance. Read labels... be selective!	  
8		  
9	Today's physical activity tip: Take a walk. Walking is one of the simplest activities to get the ball rolling!	  
10		  
11	Today's nutrition tip: Snack wisely. Choose low-salt pretzels, plain popcorn or fruit, rather than higher-fat or junk food types of snacks.	  
12		  
13	FACT: Taking Metamucil Powder three times a day, in conjunction with a low-fat diet and exercise, can help lower your cholesterol.	  
14		  
15	Today's physical activity tip: Climb the stairs instead of taking the escalator or the elevator.	  
16		  
17	Today's nutrition tip: Choose healthy fats such as polyunsaturated and monounsaturated, found mainly in vegetable oils, nuts and fish.	  
18		  
19	Remember to take Metamucil Powder three times a day! Stick to your plan. Change is good!	  
20		  
21	FACT: Did you know that routine cholesterol screening usually begins over the age of 40 for men and over 50 for women? Learn more at <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a>	  
22		  
23	Today's physical activity tip: Dance your way to fitness. Keep it fun!	  
24		  
25	Today's nutrition tip: Go for low-fat dairy products.	  
26		  
27	To learn more about cholesterol and what you can do to keep it in check, visit <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a>	  
28		  
29	FACT: The Heart and Stroke Foundation recommends that adults get 30 to 60 minutes of physical activity, most days of the week.	  
30	Celebrate your success!	  

Get your cholesterol checked. Don't give up! Continue these great new habits, believe in yourself, and enjoy your new life!  
 Metamucil Powders and Capsules plus Calcium lower mild to moderately elevated cholesterol levels when taken in conjunction with a low-fat diet.  
**Dosage: Use Metamucil as directed.**