How to make the alli® Program your partner for successful weight loss
Get an individually tailored plan to help you succeed.
Weight loss is hard. It’s even harder when you try to do it alone. That’s why the alli® Program offers the customized guidance and support of myalliplan®, an individually tailored, online plan just for you. myalliplan® offers a wealth of resources.

What does myalliplan provide?
Your answers to a brief confidential online survey will help create your individual plan. You’ll receive your online plan of action and customized e-mails, plus direction and practical advice based on the knowledge of clinical experts who really understand the struggle to lose weight and keep it off. Additionally, there are recipes, meal plans and shopping lists, and other tools to help you succeed.

Do it right this time. Register now.
It’s quick and easy to activate your free membership in myalliplan®. Go to www.myalli.com and click on the myalliplan® link to register.

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Read and follow all label instructions before using this product.
The information provided in the Drug Facts Label and in these guides will help ensure that the alli® Program is right for you and that you get the maximum benefit from using alli® capsules.

This Refill Pack is designed for people who are already using alli® capsules and who have previously purchased the Starter Pack. The Starter Pack contains additional guides and tools which will help you be more successful as you begin the alli® Program.
If this is your first alli® Program purchase, you need to buy the Starter Pack.

About this book

Make the alli® Program your partner for effective weight loss. The alli® diet plan offers a healthy, sustainable way to eat that you can follow for a lifetime. At the same time, alli® capsules can help you lose more weight than dieting alone.

In this guide, you’ll learn how to make the alli® Program work for you. This book gets you started with the basics of the alli® Program:

• Understanding how alli® capsules work to increase your weight loss above dieting alone
• Setting your own personal calorie and fat targets
• Committing to a reduced-calorie, low-fat diet
• Planning meals to meet your targets
• Learning how many alli® capsules to take, and when (Take with each meal containing fat.)
• Understanding the treatment effects you may experience when taking alli® capsules
• Making healthy physical activity part of your daily routine
• Getting past the inevitable bumps in the road
Goals are dreams with deadlines.
DIANA HUNT
What will the alli® Program do for you?

The alli® Program is for overweight adults (18 years and older). The alli® capsules work with natural enzymes in your body to prevent your digestive system from absorbing some of the fat calories you eat.

But the real power of the alli® Program lies in the combination of the capsule with a reduced-calorie, low-fat diet. Using both, you’ll lose more weight than you would through diet alone.

The alli® diet plan offers a healthy, sustainable way to eat that you can follow and practice for a lifetime. At the same time, the alli® capsules can help you lose more weight than by dieting alone.

Why is the alli® Program different?
The alli® capsules are the only FDA-approved, over-the-counter weight-loss medication that prevents your body from absorbing some of the fat calories you eat.

The alli® Program is different because it doesn’t promise dramatic results overnight. Instead, it helps deliver gradual and healthy weight loss. And studies have shown that faster weight loss does not produce better results at the end of one year.

Think of the alli® Program as a steady, reliable partner in your efforts to lose weight. By helping your own efforts to finally pay off, the alli® Program can help you succeed where other programs have failed. The alli® Program can help give you a feeling of control over your weight, and how you feel about yourself.

What results can you expect?
You’ve probably worked hard to lose weight in the past. Losing even five pounds takes effort! Here’s what you can expect from the alli® Program. For every five pounds you lose through diet, the alli® capsules can take off two to three more. This means that if you would lose 10 pounds through diet alone, the alli® capsules can help you lose a total of 15 pounds or more.

What weight loss to expect
With the alli® Program, you can expect to lose 50% more than by diet alone. If you lose 10 pounds through diet alone, the orlistat capsules can help you lose a total of 15 pounds or more.
Most weight loss occurs within the first six months. While specific results may vary from one person to another, that's the kind of benefit that the alli® Program can provide.

**What do you have to do?**

The alli® Program is your partner in weight loss. If you do your part, you can rely on the alli® Program to do its part. But you must take the first steps. Here's what you have to do:

- Understand how the alli® capsules work and why it's important to limit your calories and fat.
- Set your own personal calorie and fat targets.
- Commit to a reduced-calorie, low-fat diet.
- Learn to plan your meals and evaluate your food choices so you can stay within your targets.
- Distribute your fat grams evenly over your meals for the day, and avoid binging on high-fat foods.
- Learn how many alli® capsules to take, and when.
- Take a multivitamin that has vitamins A, D, E, K, and beta-carotene to ensure adequate vitamin absorption. Take the multivitamin once a day, at bedtime.

If you are willing to do your part, you can count on the alli® Program to work with you—and help maximize your efforts.

**IMPORTANT**

**What side effects to expect**

Does alli® have unwanted side effects? That’s up to you, in most cases. The most common side effects are related to the digestive system and result from eating meals with too much fat while using alli® capsules. These side effects, referred to throughout this guide as “treatment effects,” may occur more frequently at the beginning of the program, and may be lessened if you follow a balanced diet with an average of 15 grams of fat in each meal. Treatment effects may include gas with oily spotting, loose stools, and more frequent stools that may be hard to control.

All medicines can have side effects. Tell your doctor or pharmacist if you notice anything that is making you unwell. For more information about treatment effects and how to manage them, see pages 10 to 12 of this guide. Be sure to keep this guide for future reference.
Help starts in this package
The materials in this package are designed to help you understand exactly what you need to do, step by step. They're full of practical tips for making the alli® Program fit your lifestyle and give you a greater chance for success.

But the alli® Program doesn’t end here. There’s a wealth of information and support for you on myalliplan®. If you haven’t already registered, do it now and explore the full range of the alli® Program—help, tips, tools, and support. Go to www.myalli.com.

How alli® capsules work
The alli® capsules work in your digestive system to prevent some of the fat in the foods you eat from being absorbed into your body. This product works because it’s based on the fundamentals of dieting and weight loss.

How we lose weight
When you eat more calories than your body requires, your body stores the extra calories as fat. Every pound of fat represents 3500 calories. To lose weight, you have to consume fewer calories than your body needs to maintain your current weight. When that happens, your system burns the fat that is stored in your body. As you burn fat, you lose pounds. But as you know very well,
it’s one thing to know how to lose weight, and another thing to do it.

Why limiting fat can help
There are three kinds of nutrients in the food we eat: proteins, carbohydrates, and fats. Proteins, found in foods such as meat, poultry, fish, eggs, cheese, and beans, are used to build and maintain the body’s cells. Carbohydrates, found in foods such as fruits, vegetables, and grains, are a good source of energy. Fats, found in plant oils and animal fats, help the body absorb vitamins and perform other essential functions. But here’s the interesting thing about fat: It contains twice the number of calories as the same amount of protein or carbohydrates. That’s why focusing on fat can help you succeed with weight loss.

Why the alli® capsules target fat
The alli® capsules act on the fat in the meals you consume, preventing a portion of the fat you eat from being absorbed. By preventing the absorption of fat, the alli® capsules can make a big difference in the total calories that enter your system.

The diet landscape is filled with alternatives, ranging from very low-fat diets to high-fat diets. If you choose to use the alli® capsules with a diet other than the alli® Program, most low- to medium-fat diets work with the alli® guidelines. Avoid taking alli® capsules with diets that are high in fat. At the same time, if you’re already following a very low-fat diet, you probably won’t benefit from using the alli® Program.

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Can you combine the alli® capsules with your current diet?
Balanced diets with reduced calories that are low in fat work well with the alli® capsules. If your current diet includes fat, but limits it to no more than 30 percent of the total calories you eat per meal, it’s probably a good match for the alli® Program.

Diets that allow high levels of fat—like some low-carb diets—should not be used with the alli® capsules.

alli® capsules are FDA approved
If you’re concerned about drug effects, you may be glad to learn that the alli® capsules work in your digestive system and don’t cause sleeplessness, jitters, or increased heart rate like appetite suppressants can. In fact, supported by clinical studies, the FDA has approved the alli® capsules for over-the-counter use.

Treatment effects you may experience
The alli® capsules prevent some of the fat you eat from being absorbed. Your body removes the undigested fat through your bowels. As a result of this process, you may experience some treatment effects, especially after meals containing more than 30 percent fat.

These effects may include:
• Gas with oily spotting
• Loose stools
• More frequent stools that may be hard to control

Treatment effects are especially likely if you eat a meal that exceeds the fat gram target you’ll set for yourself in Section 2. On other weight-loss programs, you may have “saved up” your calorie and fat allowances for the day and then splurged on a high-fat meal or dessert. Don’t do that when you take alli® capsules, or you may experience treatment effects. Instead, distribute your fat grams evenly across your meals for the day. That means you’ll limit yourself to an average of 15 grams of fat per meal, depending on your own fat target. See page 20.

If you do experience treatment effects, you may see them any time within 48 hours after taking an alli® capsule and eating a meal with too much high-fat food. If you experience treatment effects, review your Daily Journal to see what high-fat food you may have eaten in the last 48 hours.

In the first week or two of your alli® Program, be prepared. Women may want to consider using a panty liner in case you experience treatment effects.
Although many users will experience these effects, in most cases, the effects typically subside within a week or two, as you adjust to your new diet. Most users who experience some initial treatment effects find them manageable, and stay with the program.

**Reducing the likelihood of treatment effects**

You can greatly reduce the likelihood of these effects if you take the alli® capsules exactly as directed, and stick with a reduced-calorie, low-fat diet. However, if you slip and allow your diet to include more than 30 percent fat, or if you exceed your fat target in a single meal, you may experience treatment effects again.

While no one wants to experience treatment effects, some people think of these effects as a way to become more aware of what they eat. They can be an incentive to keep from eating more fat than you really intend to.

If you don’t experience any effects, don’t be concerned that the alli® Program is not working for you.

**The importance of taking a daily vitamin**

Taking a multivitamin every day is important to good nutrition. If you take orlistat and a multivitamin at the same time, orlistat reduces the absorption of some fat-soluble vitamins and beta-carotene. Use a multivitamin that has vitamins A, D, E, K, and beta-carotene. Take the multivitamin once a day, at bedtime.

I’m successful in other parts of my life, but I struggle with my weight. I’m ready for a real solution that fits me and my lifestyle.
Eating with the alli® Program

It’s been shown that losing weight can reduce the risk of hypertension, diabetes, and other conditions. And the alli® Program will help you lose weight.

This section explains how to eat with the alli® Program. It includes:

• Setting your targets for calories and fat grams
• Hitting your targets by choosing a balanced diet of low-fat foods and by controlling portions
• Using the program’s tools to help you succeed

One should eat to live, not live to eat.

MOLIÈRE
Setting your targets

Before starting your alli® Program, spend a little time thinking about how much weight you want to lose, and then set a weight-loss goal. The alli® Program is for weight loss in overweight adults, 18 years and older, when used along with a reduced-calorie and low-fat diet.

You’ll also need to set targets for the maximum number of calories you’ll eat each day and the maximum number of fat grams you’ll eat at each meal. It’s quick and easy with the tools in this section. Remember that alli® capsules work with each meal.

Your weight-loss goal

How much weight do you want to lose? Set a weight-loss goal that is realistic and achievable and encourages gradual, steady weight loss.

In setting goals, it helps to know how your current weight compares to a healthy weight. Overall, doctors say your weight should be in normal proportions to your height. If you’re very overweight, you may be at risk of obesity-related diseases. But there’s no single magic number—a healthy weight for you can depend on many factors, like how heavily muscled you are, how large your frame is, and how active you are.

Doctors use a formula called the Body Mass Index, or BMI, to decide whether your body weight is in the

Find your BMI

Here’s an example of how to find your BMI on this chart. For adults, a BMI of less than 18.5 is underweight; 18.5 to 24.9 is normal; 25 or more is overweight.
normal range, or whether you’re underweight or overweight. Adults with normal weights have a BMI in the range of 18.5 to just under 25. Anyone with a BMI from 25 to 29.9 is considered overweight and anyone with a BMI of 30 or higher is considered obese.

You can also calculate your BMI by using this formula:

\[
\text{BMI} = \frac{\text{weight in pounds}}{(\text{height in inches} \times \text{height in inches})} \times 703
\]

Now you are ready to decide how much weight you want to lose. A five to 10 percent weight loss is a realistic goal that can improve your health and well-being. To be successful, it’s important to have realistic weight-loss expectations. But don’t be afraid to challenge yourself, either.

Your calorie target
The table on the next page gives you an easy way to set your calorie target. Based on your current weight and activity level, it gives you a target that’s about 500 calories less per day than your body needs to maintain your current weight. That adds up to 3500 fewer calories per week, the number of calories in a pound of fat. At this target level, you should be able to lose weight at a gradual, steady pace of about a pound a week, without feeling frustrated or deprived. Eating fewer than 1200 calories per day is not recommended.
Eating with the alli® Program

20

Your fat gram target
With the alli® Program, it's critical that you control your intake of fat as well as calories. To set the fat gram target for your meals, see the chart above. By meeting your target, you'll maximize weight-loss results while minimizing unwanted treatment effects.

What's your activity level?
To set your calorie targets, you'll need to know your activity level. The more active you are, the higher calorie target you will have. The alli® Program uses two activity levels:

- **Low Activity** means you do little or no walking, stair climbing, gardening or other physical activity on a daily basis.
- **Moderate Activity** means you burn 150 calories a day in physical activity. Examples of moderate activity are walking approximately two miles, gardening for 30 to 45 minutes, or running 1 1/2 miles in 15 minutes.

Choose the level that most closely fits your daily routine. If you're unsure which level you are, choose Low Activity.

Hitting your targets
Hitting your calorie and fat targets is essential to success with the alli® Program. You'll have the greatest chance of success if you choose low-fat foods, watch your calories, and eat balanced meals.

Choosing low-fat foods
One key to success is choosing the right foods. You want foods that will satisfy you, but that won't send you over your targets and risk your progress. Through a combination of food selection and portion control, you

Calories and fat in packaged foods
Check the Nutrition Facts label on any packaged food. It will tell you how many calories and fat grams are in one serving. Be sure to notice the serving size also, or you could be fooled.
should be able to prepare meals that the entire family is happy with and still stay within your targets.

The best way to stay on track is to choose foods with less than 30 percent of their calories from fat. Low-fat foods tend to provide more food for the same calories, so they help you feel full. For more about reduced-calorie, low-fat foods, see page 3 in the *Healthy Eating Guide*.

Keep track of the fat grams you eat and aim to stay within your target for each meal. Don’t exceed your single meal fat target or go beyond your daily limit of total fat grams. Don’t “save” fat grams for one big splurge. A large amount of fat entering your system at once may cause unwanted treatment effects.

**Watching calories**

Have you ever eaten three cookies instead of two because they’re low-fat? It’s easy to do. For success with the alli® Program, though, choosing low-fat foods isn’t enough. You must also watch portion sizes and total calories.

One of the easiest ways to watch calories and hit your targets is to follow planned menus. Planned menus ensure that you’ll eat the right foods in the right portions. You can plan menus from scratch, or simply use the alli® menus in this package. For more about alli® menus, see *Tools to help you* on page 27.

Although the alli® Program limits calories and fat, you won’t feel deprived. You can enjoy a wide range of ample, satisfying meals without exceeding your targets.

**Eating balanced meals**

Judging by the foods that are easiest to come by, you might think the three food groups were candy, chips, and soda! Tempting as they might be, these foods don’t have what it takes to power you through to lasting weight loss. You need a truly balanced diet.
Eating a balanced diet will ensure that, even though you’re eating fewer calories, you’re still getting all the nutrients you need. To ensure adequate vitamin absorption, take a multivitamin that has vitamins A, D, E, K, and beta-carotene. Take the multivitamin once a day, at bedtime.

The mix of carbohydrates and lean proteins in a balanced diet provides sustained energy that can help avoid the sudden loss of energy from a “sugar crash.” A variety of foods helps keep you from getting bored. And a balanced diet is a healthy diet that you can live with for life.

If following a balanced diet seems complicated, think of it this way: replacing sweets and high-fat foods with fruits, vegetables, and whole grains will take you a long way toward balance.

**The power of writing it down**
It is important for your weight loss success to record what you eat and drink. Keeping a journal of your meals, snacks, and beverages helps you gain more awareness of your selections, and gives you a better chance to make successful choices. Most journal keepers quickly discover it’s easy to forget yesterday’s meals and that it’s best to write things down when you eat them.

Dieting takes effort. Think of your food journal as a way to help make sure that your effort pays off.
What can you eat with the alli® Program?
A low-fat diet shouldn’t stop you from enjoying food. Here are one day’s meals that meet typical alli® targets, go together quickly, and taste great.

Breakfast	Whole grain waffles with blueberries and yogurt

Lunch	Ham and low-fat cheese wrap with mustard, and green bean salad

Dinner	Broiled flounder, sautéed rice, spinach

Snack	Peach smoothie
If you have the courage to begin, you have the courage to succeed.

DAVID VISCOTT
Enlisting a support network

Many people find it easier to follow a new routine when they have some support.

Family and friends can be one good source of support. Pick a few trusted friends and family members, explain what you’re doing, and let them know you appreciate their help. Sharing your intentions can also be a way of committing to your plan more strongly.

Of course, changing routines can also pose challenges. If you’re concerned about how your family or friends may respond, see Handling sabotage on page 50.

Another source of support is myalliplan®, a free online plan tailored to your individual needs. It offers advice and support based on the knowledge of clinical experts who understand how difficult weight loss can be. To help you succeed, there are customized e-mails, tools, tips, recipes, meal plans, and more.

Activate your free online membership at www.myalli.com.

Starting your diet and taking the alli® capsules

Here’s how to get off to a great start using the alli® Program, and how to stick with the program to get the results you want.

Set your starting date

Pick the day you will begin taking the alli® capsules ahead of time. Before you begin taking the alli® capsules, start your reduced-calorie, low-fat diet and give your body a few days to adjust to your new eating habits.

If you can, plan to start using the alli® capsules when you can be close to home for a couple of days. For example, if you work during the day, Monday through Friday, start using the alli® capsules with dinner on Friday night. Your body will have more time to adjust to the alli® capsules, and you’ll have time to learn how to manage any treatment effects you may experience.

Set some goals

When most people try to lose weight, they understandably focus on only one thing: how much weight they have to lose. While this target is important, you’ll be far more successful if you focus on changing the behaviors that can affect your weight. In the alli® Program, these behaviors include choosing low-fat foods, controlling calories and portions, and eating a balanced diet.
To help you adopt these behaviors more easily, set small, specific goals for yourself. For example, to help you eat a balanced diet, set a goal to eat at least three vegetables a day. To help you control calories, set a goal to write down the calories and fat grams you eat in the Daily Journal. To help you control portions, set a goal to measure food onto your plate and put the rest away before you begin eating. Setting these small, achievable goals can smooth the way toward your ultimate goal of losing weight.

Physical activity is a great addition to any weight loss program, and small goals can help you change your behavior in a positive way. For more on goal-setting for getting active, see Section 4.

Begin your diet

Once you’ve set your starting date, begin your diet right away. Start choosing meals containing no more than 30 percent fat. It takes a little practice at first, but if you can learn to do this consistently before beginning to take the alli® capsules, you’ll reduce the chances of unwanted treatment effects.

It’s also a good idea to practice writing down what you eat in your Daily Journal as you begin your diet. That way, you’re already in the habit by the time you begin taking your capsules.
Begin taking the alli® capsules
Along with hitting your calorie and fat targets, taking your capsules correctly and consistently is essential to success with the alli® Program. It’s not complicated or difficult.

Here are the Directions for Use:

- **For overweight adults 18 years and older:**
  - Take 1 capsule with each meal containing fat.
  - Do not take more than 3 capsules daily.
  - Use with a reduced-calorie, low-fat diet until you reach your weight loss goal. Most weight loss occurs in the first 6 months.

- If you stop taking orlistat, continue with your diet and exercise program.
- If you start to regain weight after you stop taking orlistat, you may need to start taking orlistat again along with your diet and exercise program.

- **Take a multivitamin once a day, at bedtime, when using orlistat.**

Develop a routine for taking the alli® capsules
For the best weight-loss results, it’s important to take an alli® capsule three times a day with a meal containing fat. Although this practice sounds simple, it’s easy to forget when you get involved in other things—especially if you’re not accustomed to taking medication.

A good way to remember is to link taking the alli® capsule with your meal routines. Choose something you always do at a meal and use it to remind you to take a capsule. For example, if you read the paper during breakfast, take your capsule before picking up the paper. When you wash your hands before dinner, take the alli® capsule at that time.
Common questions about taking the alli® capsules

**Can I skip a dose?**
If you’re certain your meal contains no fat at all—for example, fruit for breakfast—you can skip a dose. If you’re not sure, take your regular dose.

**What if I miss a dose?**
If you miss a dose, you simply lose the benefit of taking the alli® capsule with that meal.
Just remember to take it with your next meal.

**What if I eat more than 3 meals a day?**
**Should I still take a capsule with each meal?**
Take a capsule with the 3 largest meals, but do not take more than 3 capsules a day.

Make taking your capsule part of your routine, so you’ll feel something is missing if you don’t take it.

**Remind yourself**
Are there times and places in your daily routine where you’ll be especially likely to forget? Perhaps you’re likely to forget when picking up coffee and toast from your favorite take-out stand on the way to the office. Think ahead about solutions for these situations. For example, you could simply make a mark on the take-out bag or coffee cup that’ll remind you to take your capsule when you get to the office.

You may want to keep a bottle of alli® capsules at work, so you never have to think about bringing it. Because taking the alli® capsules consistently is important to success, it also may be helpful—especially in the first week—to leave yourself reminder notes at home and at work, or to ask your family or friends to remind you to take your capsules.

It doesn’t matter what reminders you use. The only rule is to choose a method that works for you.

**Use the alli® shuttle™**
The alli® shuttle™ included with the Starter Pack provides a convenient way to carry your daily dosage with you. This compact, convenient capsule shuttle also may serve as a reminder to take your dosage at meal times. Load it up every morning and slip it in your pocket or purse.

Use your shuttle for temporary storage only, and avoid exposing the shuttle to excessive humidity and light. The alli® capsules should be stored below 77 degrees F.

The alli® shuttle™ can travel with you to make sure your capsules are with you at mealtime, wherever your day takes you.
Fahrenheit, so you shouldn’t keep it in a pocket next to your skin. And remember that the shuttle is not child-resistant.

**Sticking with the program**

Few worthwhile things are achieved quickly or without effort. The alli® Program is intended to give you slow, steady results that will last. Here are some suggestions for staying on the road to success while you’re using the alli® Program.

**Avoid "scale anxiety"**

Daily weight fluctuations are normal, and can only take you on an emotional roller-coaster ride if you pay attention to them. To track your progress, weigh yourself no more than once a week. Always do it on the same day and at the same time of day—morning or evening. You will naturally see daily fluctuations caused by humidity, hormonal cycles, or dietary salt intake. But over the weeks, you should see your weight decrease. Above all, don’t let the scale keep you from noticing other signs of progress: the way your clothes fit, the new energy you have, the more positive way you feel about yourself.

**Portable support**

You’ll find tools in this package that you can carry with you to support your weight-loss efforts.

- The *Calorie & Fat Counter* lists the calories and fat grams in common grocery and restaurant foods.
- The *Daily Journal* helps you record what you eat, when you take your capsules, and physical activity.

**Stay food-aware**

Take a moment each day to think about the way you look at food and how it fits into your routine. Are you eating carefully and consciously? Are you taking time to enjoy what you eat?

Healthy eating is a matter of replacing bad habits with good ones. Doing that takes daily awareness and effort.
Be ready for a few bumps in the road
Don’t expect yourself to follow the program perfectly every day. You may encounter food cravings, people who undermine your efforts, situations where food is tough to avoid, moments when motivation is scarce, and times when your weight seems stuck. Stay focused on your goals and don’t give up. If you need suggestions for dealing with any of these situations, see *Bumps in the Road*, page 49.

Another source of support is myalliplan®, a free online plan tailored to your individual needs. It offers guidance based on the knowledge of clinical experts who understand how difficult weight loss can be. To help you succeed, there are customized e-mails, tools, tips, recipes, meal plans, and more.

Activate your free online membership at myalli.com.

After you’ve reached your weight-loss goal
Clinical results have shown most weight loss with the alli® Program usually occurs within the first six months. If you take the alli® capsules correctly, and follow a reduced-calorie, low-fat diet, chances are you’re going to see some positive changes. After you stop taking the alli® capsules, remember to continue your healthy eating habits and exercise program to maintain your weight.

If you regain weight
It’s common to regain a few pounds after stopping the alli® capsules, so don’t be discouraged if this happens. If it does, respond quickly—don’t let small gains become big ones. Here are some tips for getting back on track:

• Weigh yourself once a week and record your weight.
• Resume recording calories and fat grams.
• Revisit the alli® Web site and reacquaint yourself with its wealth of resources and support tools. Go to www.myalli.com.
• If you start to regain weight after you stop taking orlistat, you may need to start taking orlistat again along with your diet and exercise program.

For many people, achieving and maintaining a healthy weight is a lifelong challenge. The important thing is to eat a healthy diet—reduced calories and low-fat—and keep trying.
Exercising is a valuable part of any weight-loss program. Not only can it improve your sense of well-being, it can reduce your risk for disease.

While you’re probably already familiar with exercise strategies, this section may help remind you how to incorporate exercise into your life in a way that’s both realistic and effective. It includes:

- How active you need to be
- How to make a plan that fits you

Be not afraid of going slowly; be afraid only of standing still.

CHINESE PROVERB
How active do you need to be?

Here’s the good news: you don’t have to hit the gym or hire a personal trainer to make a real difference in your health. Studies show that moderate exercise—such as walking for 30 minutes every day—can reduce your risk for disease.

Of course, any activity you add to your day burns calories and supports your weight-loss efforts. What’s important is including activity regularly in your routine.

Start small

We’ve all started exercise regimes with great enthusiasm, overdone it on the first few days, and stopped because we were tired, sore, or discouraged. So, start small and work your way up. Consistency is your goal.

It adds up quickly

The great thing about exercise is its cumulative effect—you don’t have to do it all at once. You can add it to your activities throughout the day by sneaking in a little extra walking into the things you already do. Here are a few examples:

- When going to work or an appointment, take the stairs instead of the elevator.
- When shopping, park in the far corner of the lot.
- If you need to talk to a co-worker, visit his or her office instead of picking up the phone.
- When you walk the dog, go around the block one extra time.
- On your way to work, get off the bus or subway one stop early.
- At lunchtime, walk to a nearby park and eat outdoors.

Be inventive—even a little more activity will support your weight loss efforts.

Making a plan of action

Sometimes we intend to be more active—and then life gets in the way. A simple plan might help you follow through on your intentions. A good plan has three parts:

- **What**. Choose what you’ll do, and make it something you can enjoy.
- **When**. Decide when you’ll do it, based on regular times that fit your schedule. Three times a week is a good start.
How much. Decide how much to do, measured in distance or time. Make it a comfortable level for you. For example, swim laps for 30 minutes, or walk five times around the block. If you’re just starting out, begin slowly—add 10 minutes of walking a day into your schedule.

Measure your progress
Once you begin, record in your Daily Journal how long you spend or how far you go. You’ll enjoy watching your progress add up over time.

Team up
Another great way to follow through is to team up with a friend. You can help each other stick to the plan, and talking will make the time you spend exercising pass more quickly.

Check with your doctor
Before you start your exercise program, check with your doctor. Describe your intended activities and make sure your doctor thinks they’re a good match with your age, physical condition, or with any medical condition you may have.

Exercise your options
Here are 10 options for reaching the Moderate Activity level.

- Walk 2 miles in 30 minutes.
- Run 1 1/2 miles in 15 minutes.
- Swim laps for 20 minutes.
- Ride a bicycle 5 miles in 30 minutes.
- Push a stroller 1 1/2 miles in 30 minutes.
- Wash and wax a car for 45 to 60 minutes.
- Wash windows or floors for 45 to 60 minutes.
- Garden for 30 to 45 minutes.
- Rake leaves for 30 minutes.
- Play volleyball for 45 to 60 minutes.
Bumps in the Road

Everyone who's trying to lose weight hits a bump in the road from time to time. Think of this section as your emergency kit for those situations. Sometimes, just knowing what to expect can help you avoid problems. And if you encounter problems, the tips here will equip you to get over them and continue toward your goals. The tips include:

• Beating cravings
• Handling sabotage
• Surviving slip-ups
• Getting beyond a plateau
• Staying motivated

Be like a postage stamp. Stick to one thing until you get there.

JOSH BILLINGS
Beating cravings

Some days, chocolate seems to wield a magic power that makes it irresistible. On other days, you may be tempted by salty or high-fat foods. Whatever the temptation, food cravings are a part of dieting. Here are five ways to beat them.

- Get some exercise. Exercise elevates your mood and can give you just as much of a boost as food—and it subtracts calories, rather than adding them.
- Swap one food for another. If you’re craving a salty snack, have some salted celery or a lettuce salad with lemon juice and a sprinkling of salt. If it’s sweets you’re after, try sugar-free hard candy, or a fruit-and-ice smoothie with no-calorie sweetener.
- Get past the minute. If you can distract yourself for just a few minutes, the craving may pass.
- Drink water. For a special treat, make a lemon or lime spritzer with club soda.

Handling sabotage

Sabotage is what you face when your spouse or friend sits down on the couch next to you with a big bowl of potato chips. Or when someone at the office says, “You’re not on another one of those diets again!” Friends, family, or co-workers may not be consciously trying to undermine your efforts, but the result is the same.

If it’s someone who truly has your interests at heart, talk about it. Ask him or her not to tempt you with food. Explain what you’re doing and why support means a lot to you. Often, that’s all it takes.

Surviving slip-ups

Weight control is not like walking a tightrope—one slip and you’re done. When you’re learning a new skill—driving a car, mastering a new dance step, playing a musical instrument—expect mistakes. You don’t quit playing because of a few bad notes. What’s important is how you deal with these slip-ups. Here are a few tips:

- Accept it. Mistakes happen. Forgive yourself and focus on what to do differently next time.
- Persevere. Reaffirm your goals. Watch out for laments like “I’ve blown it” or “I’m back where I started.” These all-or-nothing expressions are a way to give yourself permission to give up.
• **Look for triggers.** Try to understand what events or circumstances led to overeating. Anger, stress, loneliness, or “the blues” are common triggers.

• **Break the cycle.** When you encounter a trigger, change direction. If you’re in the kitchen, or near food elsewhere, go somewhere else. Then, seek another reward. Call a friend, go for a walk, listen to music, or catalog-shop for the smaller-sized clothes you’ll soon be ready to buy.

**Getting beyond a plateau**

If you are eating a reduced-calorie, low-fat diet and taking the alli® capsules, but you’ve stopped making progress with weight loss, you may have reached a plateau.

**If progress stops after days or weeks**

If you stop making progress after a few days or weeks on the program, review what you’ve been doing. Here are some things you might consider:

• Make sure you’re taking the alli® capsules exactly as directed. You may be missing more doses than you realize.

• Restart your *Daily Journal* if you’ve stopped, or tackle it with renewed commitment. It’s tough to control calories, fat, and portions without writing them down.

• Don’t forget your exercise goals. Don’t let a few days of bad weather or a business trip derail your daily walk.

• Revisit myalliplan® and reconnect with your individualized plan. See page 30 for more about myalliplan®, or go to www.myalli.com.

**If progress stops after several months**

If you stop making progress after losing weight with the alli® Program for several months—especially if you’ve lost five percent or more of your body weight—you’ve probably reached a true plateau. This plateau is a normal part of weight loss. Your body at its new, reduced weight needs fewer calories to function than at your

**The slip-up cycle**

One food slip-up can lead to another in a destructive cycle. Self-forgiveness and determination can break the cycle.

I’m a failure. 
I feel bad. 
I want to feel good. 
I forgive myself. 
I resolve to stick with it. 
I’ll learn from this mistake.

Oops.
old weight. To continue losing, simply reset your calorie and fat targets based on your new weight. See Setting your targets on page 16 for help. Making these adjustments should keep the momentum going, and keep the pounds coming off.

If you reach a plateau, it’s critical to continue following the alli® Program (taking capsules, eating a reduced-calorie, low-fat diet, and staying active) until you’ve reached your weight-loss goal.

Staying motivated

The best way to stay motivated is to manage your expectations and keep them reasonable. With the alli® Program, you can expect steady, gradual weight loss of about a pound a week beginning within the first two weeks of use. How much weight you lose will depend on how closely you follow the recommended diet and the alli® Program.

If you catch yourself hoping to be a size smaller in time for a party next week, remind yourself to focus on the longer term—and to acknowledge the progress you’ve already made.

As you do make progress, give yourself frequent pats on the back. Choose rewards that are important to you. Here are a few ideas:

• Buy that new pair of jeans or other clothes you’ve had your eye on.
• Send yourself some flowers.
• Buy a new CD.
• Take time out to read your favorite magazine.
• Take the afternoon off.
• Watch your favorite TV show.
• Go for a drive in the country.
• Get a massage.
• Treat yourself to the theater or a sporting event.
• Play a round of golf.

Giving yourself many small rewards for making regular progress can be more effective than holding out for a big reward. The more encouragement you give yourself, the better.

Of course, in the end, how you look and feel will be the best reward you can give yourself. Enjoy the new you!
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