



Get Started with the LiveKAYA Burn Challenge

We at LiveKAYA are excited to help you be your best self. Here are some tips for your journey. Remember, everyone is different, and individual results will vary. If you are committed to making changes and follow these steps you will see results.

ORDER A BOX OF LiveKAYA Burn TO START THE CHALLENGE

Click on the picture below:



Take your Burn every day. We recommend you take ½ piece of Burn chocolate 30 minutes before your first 2 meals of the day, ideally with a glass of water. Consistency is the KEY. Find what works for you and your schedule.

This product wasn't designed around a specific meal or exercise plan. Of course, your results will be quicker and greater if you make positive changes to your current lifestyle. Remember to be sure to eat well! You don't want to put your body into starvation mode by not eating. You may get the jitters or feel sick if you are not getting enough quality calories.

Detoxification is one of the main factors why people quit the process too soon. There are several remedies to help speed this process up.



Order LiveKAYA's Detox Tea

Click on the picture below:



Take your weight and waist measurement

It may seem daunting to take your starting weight and measurements; however, it is an important step in your success. Don't dwell on the numbers, use them as motivation.

Take your measurements and take good photos. Take a front view and side view as these are encouraging and can show more progress than a scale.

Upload your photos and measurements to enter our Burn challenge

[Upload](#)

Support and [motivation](#) are crucial. LiveKAYA has created a community to help you. We all like having someone to turn to with questions or for simple inspiration. Don't be afraid to ask! Not losing weight can be very frustrating, and often asking questions can help you get direction and focus.



Join our online Facebook community

We invite you to join our community for recipes, exercises and support.

Click on the picture below to join:



Why Exercise?

Exercise is a must! We were not meant to sit at a desk, on a couch, or in a car for most of the day. Exercise is a great tool that everyone needs incorporate to maintain health. The benefits of exercise and a healthy lifestyle are enormous! Exercise helps to:

- Increase your metabolism
- Accelerate weight loss
- Tone and shape your body
- Balance hormones
- Increase energy and vitality
- Reduce this risk of illness and disease
- Slow down the aging process

[Workouts](#)



Drink the right amount of water

Water intake is tricky. Too much water can slow you down and too little water can cause you to retain weight. The best way to determine the right amount for you is to watch your urine. The clearer the better. Staying hydrated will help you shed toxins in your system. We suggest you limit other beverages that contain extra calories and sugars.

Clean out your pantry

Removing unhealthy foods from your kitchen is a big step towards success. It also represents taking back control of your health by letting go of unhealthy foods and making room for the foods that will help you lose weight and get healthier. When you truly make the decision to change, the foods you ate in the past will no longer be as appealing.

Goals

What is most important to you? Is it the number on the scale, your clothes fitting better, being more physically or is a specific health issue on your mind? Whatever the reason for starting, set your goal to help motivate you and keep you committed.

Remember this is a life change not a fad. Most diets are unhealthy and you lose weight and then you gain it back plus even more. This is just the beginning of your journey to a healthier you. Get excited, commit and let's have fun!!

