

ASK OPRAH'S **ALL STARS**

Dr. Oz's All Stars Checklist

Top Germ Hot Spots Around The House

- Garbage disposal
- Car's dashboard
- Computer keyboards
- Shopping cart seats
- Women's purses

Weight Loss Action Plan

- Breakfast within 2 hours of waking up
- Stop eating at least two hours before bedtime
- Take ten thousand steps a day

To Reduce Acid Reflux

- Avoid alcohol
- Loosen pants
- Elevate the head of bed

Find Your 5 Numbers

- Weight _____
- Waist Size _____
- Cholesterol _____
- Fasting Blood Sugar _____
- Blood Pressure _____

Notes: _____
