

Cultivate a Healthy and Happy Lifestyle with the Dieta e Saúde Application by Minha Vida



Now Available for Intel® Atom™ Tablets for Windows* 8.1

Dieta e Saúde (Diet and Health), the immensely popular Brazilian weight loss resource, is now enabled for Intel® Atom™ Tablets for Windows* 8.1. Users can plan nutritious meals, track their progress and stay motivated to improve their quality of life. A wealth of tips, suggestions and encouragement takes the frustration and guesswork out of meeting weight loss goals.

Over 2 million users have successfully implemented the Dieta de Saúde app and taken control over their bodies and their lives. Developed by Minha Vida, one of the largest health and wellbeing organizations in Brazil, this invaluable lifestyle tool is a wealth of resources that makes weight loss and self-confidence an achievable goal.

Users can track their intake with a point system that allows planning and flexibility. Weigh in and meal history options let dieters evaluate their progress over time and delicious recipes, preparation and nutrition information take the discontent out of the regiment, making it easier to reach target weight. An exercise feature makes helpful suggestions and monitors improvement in physical activity, acting as a great motivator to increase energy levels.

Features of Dieta e Saúde for Intel Atom Tablets for Windows* 8.1

- Meal Tracking
- Weigh in History
- Recipes and Nutrition Suggestions
- Exercise Tool

Dieta e Saúde Now on Intel Atom Tablets for Windows* 8.1

This latest optimization with Windows* 8.1 tablets powered by efficient, high-performance Intel® Atom™ processors brings the lifestyle app to an even larger audience of users. Lightweight, portable tablets let users take the broad range of weight loss resources with them wherever they travel and the crisp, high-resolution screen takes the frustration and guesswork out of healthy choices.

Feeling confident and energized is within reach. By downloading the Dieta e Saúde app directly onto Windows* 8.1 tablets, users can meet their personal target and maintain an active, satisfying lifestyle.

Windows* 8.1 tablets invite users to look and feel better with the Dieta e Saúde Application by Minha Vida. Now users can join over 2 million people who have improved their physique and their lives with this invaluable lifestyle tool.

Metodologia criada pela equipe nutricional do DS!



Roberta Stella
Nutricionista chefe e equipe
CRN3 9788

The image shows a woman, Roberta Stella, in a blue shirt, smiling. To her right, there are several smaller portraits of other women, representing her team, arranged in a vertical column.

Seja você também um caso de sucesso!



Cíntia
-49 KG

Douglas
-23 KG

The image shows a woman, Cíntia, and a man, Douglas, standing together. Cíntia is wearing a green top and Douglas is wearing an orange shirt. They are both smiling. The text indicates they have lost 49 kg and 23 kg respectively.

Conte com a gente para tirar suas dúvidas



The image shows a smartphone displaying the DS app interface. The screen shows a date of 30/04/2014 and a time of 10:29. There are two main sections: 'Tire suas dúvidas de alimentação e nutrição' and 'Tire suas dúvidas de fitness e exercícios'. Below these, there is a list of food items with suggested points: 'Café da Manhã' (10-15 points, 8), 'Lanche da Manhã' (3-5 points, 0), 'Almoo' (13-15 points, 15), 'Lanche da Tarde' (5-9 points, 0), and 'Jantar' (13-15 points, 0). The app logo 'DS' is visible at the top left of the screen.

Dieta e Saúde is available for immediate download at the Windows* app store:
<http://apps.microsoft.com/windows//...xxxxxxxxxxxxxxxxxxxxxxxxxxxx>



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