

# Vitality

SIMPLE STEPS TO YOUR IDEAL WEIGHT™ //



## GUIDING PRINCIPALS

**Eat** Smart

**Get** Active

**Take** Vitality™

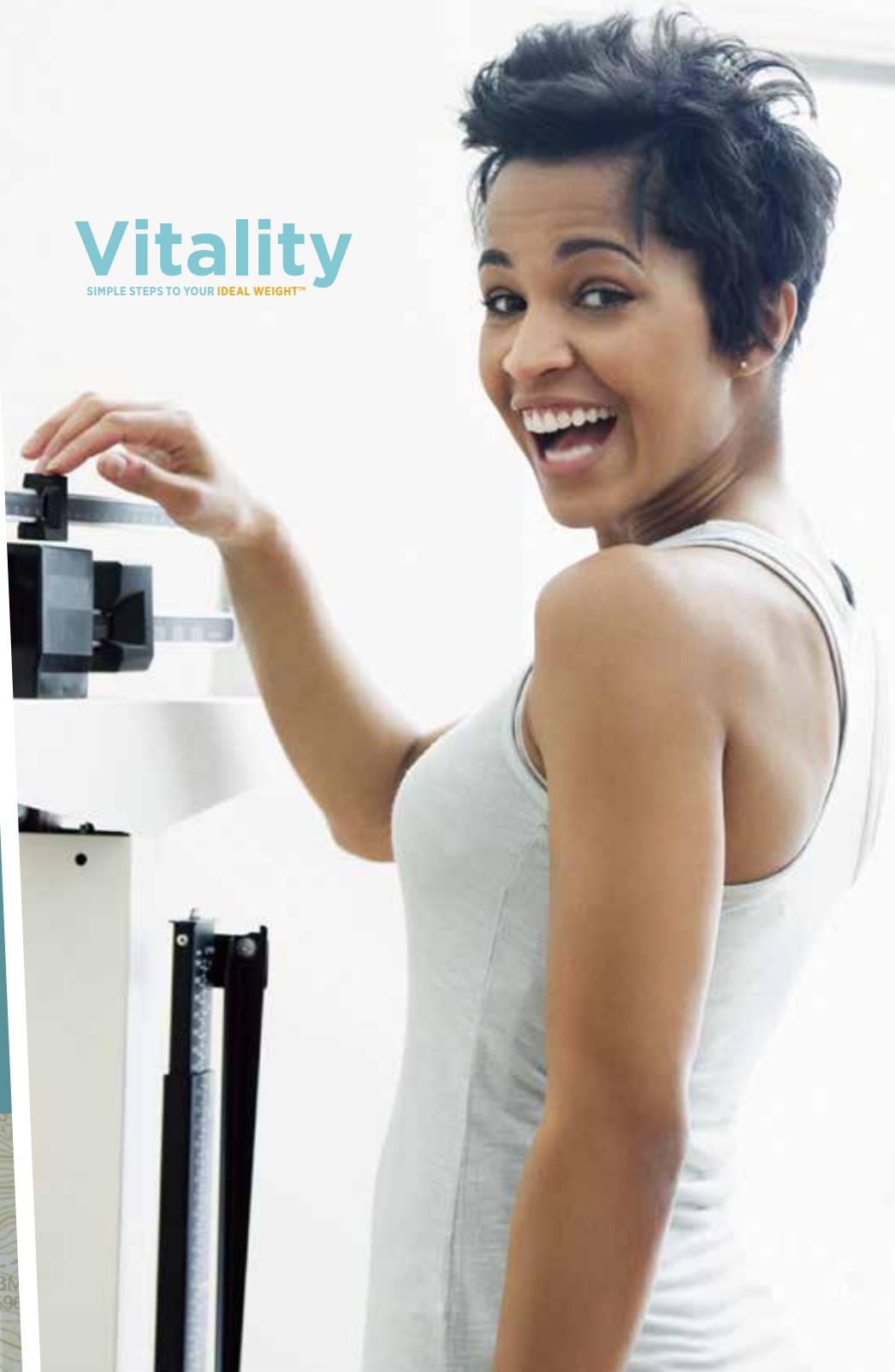
**Stay** Accountable

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An easy-to-follow plan to help you achieve your ideal weight for a better, more fulfilling life. Visit [Melaleuca.com/Vitality](https://Melaleuca.com/Vitality).

# Vitality

SIMPLE STEPS TO YOUR IDEAL WEIGHT™



# Why do you need this guide?

## AND WHY SUCH AN EMPHASIS ON LOSING WEIGHT?

In short, when you control your weight, you control the key factors of overall health. You don't have to lose that much to see incredible benefits. Lowering body weight—even as little as 10%—has been shown to have phenomenal health benefits that can be more effective than medications. It can help reverse or prevent diabetes and reduce your risk of heart disease.

*Losing as little as 10% of your body weight can reduce insulin levels, reduce blood pressure, and decrease your risk of diabetes.*



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Get started.

This booklet outlines simply and plainly the guiding principles that lead to successful weight loss. It will guide you step by step through the process and even allow you to create your own plan for success.

# Wellness



is waiting.

Excess fat hits more than just your waistband—life expectancy, medical expenses, productivity, mobility, and self-confidence are all affected. Luckily, the path to better health is straightforward and simple: eat smart, get active, take Vitality™ and stay accountable.

4

Guiding  
Principals

Eat Smart

Get Active

Take Vitality™

Stay Accountable

**HEALTH AND FITNESS** mean so much more than fitting into your skinny jeans or beating your personal running time. True wellness means a life unfettered by weight and illness. It means enjoying your golden years. It means more meaningful years with your family. It means being active in your grandchildren's lives—and even your great-grandchildren's lives. Wellness is so much more than a number on a scale. It's living a life full of vitality and loving it.

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*Not long after starting your journey, it's easy to look around and feel like you haven't made much progress, but that's not true.*

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Every step you take brings you closer to your goals, but remember that it may take a while. **It's about progress, not perfection. Don't focus on the final outcome.** Instead, pay attention to the progress you are making. Don't judge yourself by numbers, but by behaviors. Every day that you make an effort toward living a better life is a day worth celebrating. Because you're one day closer to reaching your goals.

## guiding principals //



Getting healthy benefits more than just your body. A number of recent studies have reported a link between exercise and maintaining brain and cognitive health throughout your entire life.



**eat smart //**



**get active //**



**take vitality™ //**



**stay accountable //**

**Start your journey today.**



# Self

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## assessment.

Some numbers you can determine on your own.

Others may require a trip to a gym or doctor's office, but it's well worth the visit.

Planning your pathway to wellness is just like planning any other journey. You have to know your starting point, your destination, and define any checkpoints along the way. Too many times, people begin their journey before first determining their starting point.

Knowing where you are now brings clarity to where you want to go. Without that critical factor, it's far too easy to lose direction and get discouraged. Fortunately, it takes very little effort to get the numbers you need to decide the best way to progress on your journey.

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### **KNOW YOUR NUMBERS!**

**You'll find a worksheet on page 26** that will allow you to record your current health assessment numbers, as well as space to track your progress over time.





## Weight Loss

### WEIGHT

The easiest number to measure. While not inclusive, this gives a general picture of health.

### BMI: BODY MASS INDEX

A measure that scales weight based on height for a more accurate picture of health than weight alone. It is calculated by dividing your weight (in kilograms) by your height (in meters) squared. **There are dozens of free BMI calculators online.**

#### BMI RATINGS

Normal	19.5–24.5
Overweight	25–29.9
Obese	>30

### BODY FAT PERCENTAGE

The scale can't tell you how much of your weight is fat and how much is muscle, so **the best picture of health includes your body fat percentage.** The most accurate way to measure body fat requires a trip to a gym or doctor's office, as the equipment can be expensive.

#### BODY FAT PERCENTAGES

Description	Women	Men
Athletic	<25%	<18%
Average	25%–31%	18%–24%
Overweight	32%–39%	25%–30%
Obese	>40%	>30%



## Cardiovascular Health

### BLOOD PRESSURE

Blood pressure is the simplest and most-telling indicator of possible cardiovascular risk including heart attack and stroke.

#### BLOOD PRESSURE LEVELS

Normal	<120/80
Hypertension	>140/90

### HDL CHOLESTEROL

HDL or high-density lipoprotein cholesterol is the “good” cholesterol that helps rid your body of the “bad” LDL cholesterol that can lead to plaque in your arteries.

#### IDEAL HDL LEVELS

Women	>40 mg/dL
Men	>50 mg/dL

### TOTAL CHOLESTEROL

A combination of all LDL, VLDL, and HDL circulating in your blood. It's easy to obtain and indicates your general risk level.

#### CHOLESTEROL RATINGS

Normal	<200 mg/dL
At Risk	>200 mg/dL

### TRIGLYCERIDES

A type of fat (lipid) found in your blood. High triglyceride levels are tied to regularly eating more calories than you burn and are associated with an increased risk of heart disease.

#### TRIGLYCERIDE LEVELS

Normal	<150 mg/dL
High	>200 mg/dL



## Metabolic Syndrome/ Prediabetes

### MIDSECTION

Even if you're not overweight, a large abdominal circumference greatly increases your risk of diabetes, heart attack, and stroke.

#### MIDSECTION DANGER ZONE

Men	>40 inches
Women	>35 inches

### BLOOD SUGAR

It's the key indicator of proper blood sugar metabolism and a person's risk of developing type 2 diabetes.

#### BLOOD SUGAR BASICS

Normal	<99 mg/dL
Prediabetic Range	100–125 mg/dL
Diabetic Range	>126 mg/dL

**For eating tips to keep these numbers under control, see pages 16–17 or visit [Melaleuca.com/Vitality](http://Melaleuca.com/Vitality).**



Understanding your calorie limit is crucial for controlling your weight. Do you know yours?

# How do you se weight?

*The secret is knowing one critical number—your daily calorie limit.*

When it comes to losing weight, there is one universal truth—you have to take in fewer calories than you burn. This can be achieved by eating less, exercising more, or both, but weight loss cannot happen unless there is a “calorie deficit.” So how do you know how many calories you need to lose weight?

#### **WHAT IS YOUR CALORIE LIMIT?**

Your calorie limit tells you how many net calories you need to consume each day to maintain your current weight. If you consume more, you’ll gain weight. If you consume fewer, you’ll lose weight.

#### **A NOTE ON HEALTHY WEIGHT LOSS**

It’s important to recognize that the rate of healthy weight loss is one to two pounds a week. Weight loss is a process, and steady, moderate progress is the best way to achieve lasting results.

#### **CREATING A CALORIE DEFICIT**

Since one pound of body fat contains about 3,500 calories, you need to cut that many calories a week to lose one pound. That averages out to about 500 calories a day. That means that to lose one pound a week, you would need to create a calorie deficit of 500 calories every day.

For example, you could eat 200 calories below your calorie limit and burn 300 more calories by running on the treadmill.



## WHAT IS MY DAILY CALORIE LIMIT?

### Daily Calorie Limit to Maintain Weight

For a quick estimate, simply find the number below that most closely resembles you.

WOMEN	
Current Weight	Calories/Day
125	1500
150	1650
175	1775
200	1900
225	2050

MEN	
Current Weight	Calories/Day
150	1900
175	2050
200	2200
225	2350
250	2500

To calculate your exact calorie limit, use the online calorie calculator at [Melaleuca.com/Vitality](http://Melaleuca.com/Vitality).

**LIMIT**  
**1775**  
calories  
per day

#### CHOOSE YOUR CALORIES WISELY

When it comes to managing your weight, any real, lasting change will unavoidably involve changes in how you eat. But that doesn't mean you have to starve yourself.

To see how to fill your day with more healthful calories, turn to pages 10-13.

### Your Weight Loss Formula

To determine how many calories you should eat each day, simply take your daily calorie limit and subtract 500 or 1000 depending on your goal.

#### MODERATE

Weight Loss

$$\begin{aligned} & \text{your daily} \\ & \text{calorie limit} \\ & - 500 \text{ calories/day} \\ \hline & = 1 \text{ LB/WEEK} \end{aligned}$$

#### SIGNIFICANT

Weight Loss

$$\begin{aligned} & \text{your daily} \\ & \text{calorie limit} \\ & - 1000 \text{ calories/day} \\ \hline & = 2 \text{ LBS/WEEK} \end{aligned}$$

### Small Changes, Big Benefits

Creating a 500 calorie deficit in your day is simpler than you might think. All you have to do is:

Go on a brisk walk  
for 45 minutes  
(220 calories)



Trade in 2  
cans of soda  
for unsweetened  
SplasH2O® or water  
(280 calories)



**500**  
calories

# Food 101

Every food you eat has an effect on your body and your weight. Some foods are certainly better for you than others.

Understanding which foods your body needs to function optimally will help you more quickly achieve your ideal weight.

## SIMPLE SWITCHES

Making four simple switches is enough to **lose 10 lbs. of fat** a year!



Choose mozzarella instead of cheddar



Choose light popcorn instead of potato chips



Choose greek yogurt instead of sour cream



Choose salad instead of french fries

*Those few changes add up to about 35,000 calories a year. Enough for the average adult to lose 10 lbs. of fat!*

## COMPLEX IS BEST

### YES

When it comes to carbohydrates, complex is best.



bran cereals • green vegetables  
fresh fruits • whole grain breads

### NO



candy & desserts  
soda • refined breads

## MAKE FRIENDS WITH FIBER

- fruits
- vegetables
- wheat bran
- rice



### Full-Body Benefits:

- feel full longer
- slow glucose absorption
- stabilize blood sugar

## The goodness of *whole grains*

more fiber,  
more minerals,  
more nutrients

- whole wheat flour
- whole oats/oatmeal
- popcorn
- brown rice
- buckwheat
- quinoa
- bulgur

## PROTEINS

### The essential *building blocks*

to build,  
repair, and  
maintain  
your body



chicken • lean beef • fish  
egg whites • beans • dairy

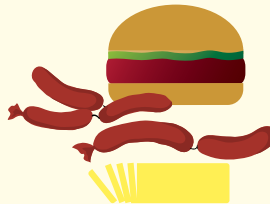
## GOOD FATS vs. BAD FATS

Monounsaturated Fats



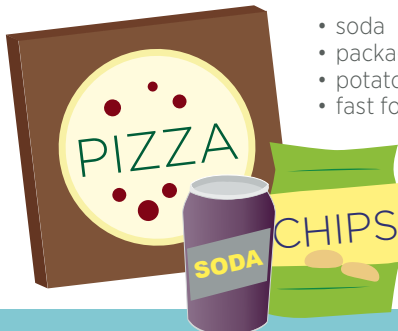
healthy oils • fish • nuts

Saturated Fats



fatty meats  
butter • cream

## PASS ON THE PROCESSED



- soda
- packaged meals
- potato chips
- fast food

Empty  
calories  
leave you  
tired and  
hungry.

DRINK  
LOTS OF

*water*



### CHANGE YOUR RELATIONSHIP WITH FOOD

Most people would balk at the idea of filling their car's gas tank with just any flammable liquid, but few people are as finicky when it comes to fueling their own body. When we realize that everything we put into our body has a direct effect on our health—for good or bad—making smart choices becomes easier.

For recipes and tips & tricks, visit  
[Melaleuca.com/Vitality](http://Melaleuca.com/Vitality).

# Eat around the clock to **stay thin.**

We've all grown up thinking that three meals a day is the best way to eat. But anyone who has ever struggled to lose weight can tell you that the **six-hour gap between lunch and dinner can be excruciating**, and it often ends in "cheating" on your diet or eating far more than you planned at night.

*Eating three smaller meals and two substantial snacks throughout the day is the easiest way to lose weight.*

But what difference does it really make? Turns out, it's pretty big! **Eating smaller meals more often can boost the rate at which you burn calories**, make it easier for your body to absorb the nutrients, and help stabilize your blood sugar levels over the course of the day.

**SMALLER MEALS**  
300-400 calories

**HEALTHY SNACKS**  
2 or 3, about 150 calories each

**LOSE WEIGHT**

Eating smaller meals and healthy snacks throughout the day is an **effective way to lose weight!**

**4 REASONS**  
*to eat often*

1. Optimized metabolism
2. Better nutrient absorption
3. Higher energy levels
4. Lower risk of overeating

**IMPORTANT:** While the number of times you eat each day should increase, your total daily caloric intake should not. *In short, eat smaller meals more often.*

Give your stomach time to adjust: Adopting the strategy of eating less more often will take a little adjustment. Your stomach will shrink and, after time, the idea of eating 3 large meals will be unappetizing. To calm your grumbling tummy in the meantime, keep plenty of water on hand.

## Simple Steps to Success

Melaleuca's industry-leading nutrition products combined with eating right, getting active, and staying accountable create simple steps that lead to healthy weight loss.



- Pack 1** **VITALITY™ WEIGHT LOSS PACK**  
Complete 30-day supply
- 3 GC Control or Attain Shakes
  - 1 FiberWise Drink
  - 3 boxes of Access Bars

- Pack 2** **VITALITY™ WEIGHT LOSS PACK + PROTEIN** 30-day supply
- 3 GC Control or Attain Shakes
  - 1 FiberWise Drink
  - 3 boxes of Access Bars
  - 2 ProFlex20 Shakes

### ADVANCED FORMULAS. SUPERIOR RESULTS.

The ideal blend of nutrition and performance, these packs are specifically designed to enhance your weight loss efforts and achieve your health goals.

Packs are available for purchase at [Melaleuca.com/Vitality](http://Melaleuca.com/Vitality) or by calling 1-800-282-3000.

To build your daily eating plan, turn to page 28.

FOCUS AREA

# CARDIOVASCULAR HEALTH

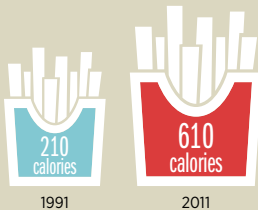


**The previous pages in the guide focused on sound eating principles that make sense for everyone.**

This information will give you specific tools and tips for enhancing your cardiovascular health. Whether you have high blood pressure or you're just concerned about your cholesterol, this section is for you.

## Beware portion distortion

Over the last 20 years, this nation's portion sizes have expanded dramatically. A typical restaurant portion is nearly twice the recommended amount.



As a rough rule of thumb, **consider your fist as a full portion size.**

For best results, try to break up your eating into three smaller meals and two to three substantial snacks that add up to your daily calorie limit or less if you are trying to lose weight.

**BENEFIT:** Smaller meals and portions reduce your likelihood of consuming excess fat and calories that lead to excess body fat and increased risk of heart-related issues.

### FOCUS ON FRUITS AND VEGGIES

Fruits and vegetables are some of the best sources for nutrients important to overall health. They are also high in soluble fiber, which reduces the absorption of cholesterol into your bloodstream.

In addition, numerous studies have found that a higher intake of fruits and vegetables may be protective against cardiovascular disease—especially in women.

### GO FOR WHOLE GRAINS

Whole grains not only have more nutritional value than their stripped-down counterparts, but there is also evidence that they aid in helping control blood pressure.

### CUT DOWN ON CHOLESTEROL

Eating foods high in cholesterol and saturated fats or trans fats can elevate your LDL or “bad” cholesterol levels and increase your risk of serious cardiovascular problems. Cholesterol intake should be kept under 300 mg a day for healthy adults and less than 200 mg a day for those who have high levels of LDL cholesterol.

**FOODS TO AVOID** include cheeseburgers, ice cream, fried chicken, fried potato chips, and crackers.



### CHOOSE FATS WISELY

As a rule, less than 10% of your total calories should come from saturated fats. Your best bet is to avoid anything that lists “hydrogenated oils” or “partially hydrogenated oils.”

But just because it's fat doesn't mean it's bad. In fact, omega-3s, monounsaturated fats, and polyunsaturated fats are good for your heart and cholesterol levels.

**GOOD SOURCES** include olive oil, canola oil, avocados, almonds, walnuts, and fatty fish such as salmon and tuna.



### SKIP THE SALT

High sodium intake is tied to high blood pressure levels. The most effective way to reduce sodium levels is to limit processed foods.



Healthy adults should consume **no more than 2,300 mg** of sodium a day.

For more great products to aid you in your battle for heart health, visit [Melaleuca.com/heart](http://Melaleuca.com/heart)

FOCUS AREA

# METABOLIC SYNDROME



**While pages 10-13  
focused on sound  
eating principles  
that make sense for  
everyone...**

This information will give you specific tools and tips for dealing with metabolic syndrome or prediabetes. Whether you have high blood sugar, or just a family history of diabetes, this section is for you.





**eat**  
every  
**2-3**  
hours

**EAT OFTEN**

One of the best things you can do to help stabilize blood sugar levels is to eat smaller meals and snacks every two to three hours. This also reduces the likelihood of energy crashes.

For the best results, choose meals and snacks that balance carbs with proteins and fats.

**AVOID PROCESSED FOODS**

In addition to generally having higher levels of sodium and preservatives, processed foods are often loaded with refined carbohydrates that can lead to rapid and high spikes in blood sugar levels.

Strive to fill your day with food that is natural and fresh.

**LIMIT THE SODIUM**

It's true, sodium is an important electrolyte, but as you work to restore your body back to regular levels you should limit your sodium intake.

2,300 mg a day unless instructed otherwise by a health professional.



**drink**  
 $\frac{1}{2}$  fl. oz.  
for every  
**1 lb.**  
of body  
weight

**DRINK YOUR WATER**

Your body is made of fluid and you need to replenish that on a daily basis. Aim for  $\frac{1}{2}$  fl. oz. of water per 1 lb. of body weight.

For example, if you are 140 lbs., aim for 70 fl. oz. daily.

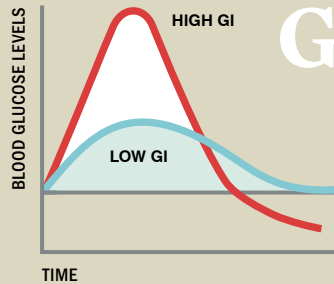
**FIBER IS YOUR FRIEND**

Dietary fiber can slow the rate at which the sugars from the foods you eat enter your bloodstream, and can help balance insulin levels. As a result, you feel fuller longer and can manage cravings more easily.

Good sources include whole grains, beans, fruits, and vegetables. Fill the gap with FiberWise.®

**Understanding the Glycemic Index**

The glycemic index (GI) measures how fast and how much a food raises blood sugar levels. Each food is assigned a value on a scale of 0-100, based on how fast blood sugar rises in the two hours after the food is eaten. The higher the number, the more rapidly blood sugar rises.



**GI** The glycemic index can be a powerful tool when it comes to healthy meal planning and managing blood sugar levels.

**HIGH**  
Glycemic Index

- Release energy quickly
- Feel hungry sooner
- Eat more

**LOW**  
Glycemic Index

- Release energy slowly
- Feel full longer
- Eat less

**HIGH GI FOODS** = Examples include white bread, white rice, corn flakes, pasta, pretzels, potato chips, and sweets.

**LOW GI FOODS** = Examples include most fruits and vegetables, legumes, whole grains, nuts, kidney beans, and beets.



**HIGH GI**  
(70 and above)



**MEDIUM GI**  
(55 to 69)



**LOW GI**  
(54 or less)

In general, the less processed a food is the lower the glycemic index. High-fiber content will also lower the GI. Foods that do not contain carbohydrates (such as fats and meat) do not have a GI.



# Exercise essentials.

## THAT'S RIGHT— ESSENTIAL.

There is no way around it. Your body was built to move, so if you want to be physically “well,” you’re going to have to get moving. But that doesn’t mean it has to be boring or painful.

### WORK TOWARD A GOAL

You should start with a goal in mind—

moderate exercise for  
**45 minutes, daily.**



That’s the amount that has been shown to deliver real health benefits. Now decide the best way to get started and how quickly you can progress toward that goal.

### MAKE EXERCISE A HABIT

Once exercise becomes a daily part of your life, you may very well wonder why you ever lived without it. But that won’t happen overnight.

**Begin with these simple tips to start including activity in your day.**

- **Make time to “play”**—Whether it’s basketball in the driveway or tag with the kids, play is a great way to inject activity into your day.
- **Pick something you like**—Hate the treadmill? Go for a scenic walk along the river instead. Look for ways to make the activities you already like more active.
- **Start slow and build up**—Start with three 10-minute segments. Gradually add time or intensity to your activity every week. You’ll not only see results sooner, you’ll avoid burnout and develop a habit you can sustain for life.
- **Schedule the time**—The best way to never have time to exercise is to just “squeeze it in” sometime during the day. Plan your workout time just like you’d plan an important meeting.
- **Add some variety**—Begin adding short strength-training sessions to your walking routine, or try biking or swimming, and don’t forget stretching or yoga. The key is developing a program you can and want to maintain for life.

## FIRST THINGS FIRST

Always follow your health care professional's guidance as you increase physical activity. Working towards making sustainable lifestyle changes to your activity levels is important. You do not want to overwhelm yourself with an abundance of physical activity all at once. Start with simple steps toward moving more and sitting less. Here are some guidelines:



### 1 // Move your body

Doctors recommend 45–60 minutes of moderate-intensity exercise, such as brisk walking, every day.



### 2 // Strength train

Sometimes starting with simple body weight exercises can help increase your body's ability to use insulin effectively and increase your metabolism.

**Losing as little as 10% of your body weight can:**

- reduce insulin levels
- reduce blood pressure
- decrease your risk of diabetes

## BETTER TOGETHER

There's real strength in numbers when it comes to exercise. Couples who work out together not only have healthier bodies, they also tend to have healthier relationships and better communication.



## GENERATIONS OF CHANGE

Children with parents who exercise—or better yet involve the kids in their exercise—are the children most likely to stay active through adulthood.

An added bonus—research shows that children who exercise do better in school, have greater self control, and have fewer behavior issues.

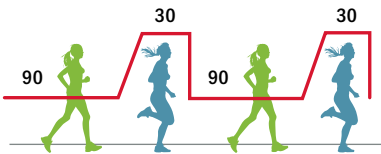


**CURRENT WEIGHT**  – 10%  = **GOAL WEIGHT**



**FOR THE LOVE OF FITNESS**

To build muscle, exercise will be a very important part of accomplishing the goals you set. Providing adequate stimulus with enough rest will help you build and recover. Here are some general guidelines for getting lean and building muscle.



**Interval training:**  
Seven 30-second sprints interspersed with 90 seconds of walking a couple times a week can have the same benefit to your heart health as longer, more moderate activities. You can also try the same interval on a bike or elliptical.



**1 // Get lean**  
LOSE BODY FAT AND INCREASE VISIBLE MUSCLE DEFINITION

**AEROBIC TRAINING**

Include aerobic training to assist in burning more calories than you consume.

- Do enough to achieve **45 minutes of moderate to intense physical activity.**
- The goal of aerobic training should be to use as much energy (calories) as possible. You can accomplish this by incorporating interval training.

**Example:** 30-second sprint followed by a 90-second walk, then repeat

**3**  
pounds  
muscle  
=  
**120**  
calories

**Metabolism boost:**

For every three pounds of muscle you build, you'll burn an extra 120 calories per day!



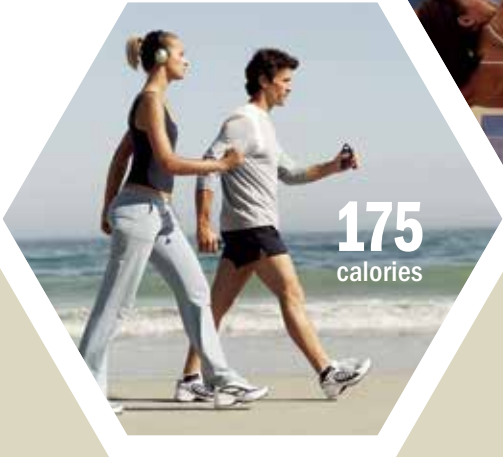
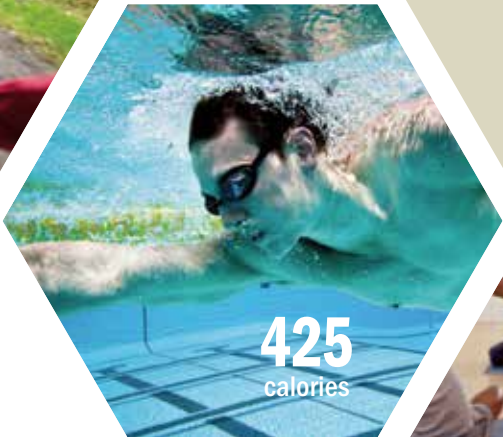
**2 // Build muscle**  
GAIN LEAN BODY MASS

**STRENGTH TRAINING**

Incorporate weight training:  
**2–4 sets of 8–12 repetitions** per exercise.

- Execute a slow, controlled tempo with each repetition to focus on overall time under tension during each exercise.
- Keep rest between sets to 30–60 seconds.
- Include at least 48 hours of rest before training the same body part again.

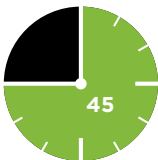
- Manipulate the following training variables every 4–6 weeks:
- Number of sets
  - Number of reps
  - Intensity
  - Rest time
  - Frequency
  - Exercise selection
  - Duration



### WHAT CAN YOU BURN IN 45 MINUTES?

Finding just 45 minutes a day to get active can go a long way to help you create a calorie deficit and keep you on the path to a healthy weight and a lifetime of vitality.

Here's a breakdown of common activities and the average calories they burn in 45 minutes.



### IS IT OK TO MISS A DAY?

If life gets in the way and you occasionally miss a day, relax. Rest can be good for your body. The important thing is to not give up. Recommit yourself the next day and keep on moving.

To plan your daily exercise routine, turn to page 29.



# Take **Vitality**™

for superior daily nutrition  
that's powered by **Oligo**.®

Every day you need to take in many micronutrients that are essential to proper cell and organ function. But a modern diet—even a healthy one—may not give you all the nutrition you need. Those absent nutrients have to come from supplements.



## **Everybody should be taking the *Vitality Pack*.®**

Powered by Melaleuca's exclusive, patented *Oligo* mineral delivery technology, the *Vitality Pack* fills the nutritional gap your diet leaves. Thanks to *Oligo*, each vitamin and mineral is more absorbable and bioavailable for your body.

To learn more about the nutritional benefits of *Oligo*, simply visit: [Melaleuca.com/Oligo](http://Melaleuca.com/Oligo).

## ACTIVE LIFESTYLE



Once you've taken care of your core nutritional supplementation, rely on these additional products that address your specific health goals.

**Turn on the fat burning**  
**Access® Bars and Shakes** switch on your body's ability to burn fat in a way no other energy supplement can. **Access** provides patented CLA, which is clinically proven to reduce body fat, improve muscle tone, help keep fat off, and increase endurance.

**Replenish electrolytes**  
During exercise, your body is using electrolytes fast. Keep going strong with **Sustain® Sport**, whose four crucial electrolytes rehydrate your cells, maximize muscle performance, protect against cramps, and convert carbs into energy.

**Help your muscles recover**  
Give your muscles the recovery support they need with **ProFlex20.®** The fast-absorbing protein inside helps muscles recover quickly as you cool down, and contributes to the optimal muscle tone and health you're hoping for with your active lifestyle.

## CARDIOVASCULAR



**Support healthy cholesterol**  
Carried by coldwater omega-3s, the phytosterols in **Phytomega®** help naturally block cholesterol absorption and promote healthy triglyceride levels—two keys to a healthy heart. And CoQ10 and alpha lipoic acid help heart cells generate energy.\*†

**Support blood pressure already in a healthy range**  
**ProvexCV®** delivers natural blood pressure support with its patented blend of grape skin and seeds, plus research-recommended levels of resveratrol, quercetin, green tea extract, and bromelain.\*

**Sweep away toxins**  
Good cardiovascular health depends on fiber. **FiberWise.®** with its unique blend of seven natural fiber sources—including psyllium husk—helps lower cholesterol and helps reduce the risk of heart disease as it collects and sweeps away toxins and waste from your body.†

## BLOOD SUGAR SUPPORT



**Support healthy blood sugar metabolism**  
Maintaining healthy blood sugar levels throughout the day can help minimize carb and sugar cravings, which plays a role in how efficiently your body uses fat. **Attain® GC Control™** gives you clinically tested natural blood sugar support along with support for energy and weight in healthy individuals—all in a delicious, low-glycemic shake that's high in protein and fiber but low in net carbs.

**Low glycemic impact**  
Fiber is not just great for helping lower cholesterol. Fiber also has a very low glycemic index. And the unique blend of seven natural fiber sources in **FiberWise**—including psyllium husk—gives you the right fiber in the right amounts for maximum benefits.\*

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

†Foods and supplements containing at least 400 mg per serving of plant sterol esters, eaten twice a day with meals for a daily total intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A daily dose of *Phytomega* (4 softgels) supplies at least 2,000 mg of plant sterol esters.

‡Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk may reduce the risk of heart disease. One serving of *FiberWise Drink* provides 3.4 grams of this soluble fiber.

# 5 keys of accountability.

It takes more than just desire to keep you on track to lower cholesterol and a smaller waistline.

From setting simple goals to rewarding your mini milestones, these 5 steps will help you get started and stay on track to achieve a healthier lifestyle.



## 1 Small and Simple Steps

It took more than a couple of days to get to the weight you are now, so be realistic about the time frame to take it all off. It's easy to get overwhelmed and give up if you're fixated on the final number. Instead, start with small, attainable goals and work your way up.



## 2 Track What You Eat

When it comes to getting out of debt, there's a reason why financial advisors encourage people to track their spending: most people don't realize how much and how often they spend. The same thing is true with eating. When you write down exactly what you eat and when, you get an honest and often surprising view of what you're putting into your body.

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Use an online calorie counting site or smartphone app (many are free!) to get a clearer picture of your eating habits and where you can cut back.

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We recommend the MyFitnessPal site and app.





3

### Move It to Lose It

Many calorie-tracking websites work hand-in-hand with food diaries because getting in shape is not just about what you eat, it's also about how much you exercise. Get in the habit of writing down things like vacuuming, mowing the lawn, or painting a room in addition to hitting the treadmill to get a better idea of how much you're moving and where you can improve.

#### Vacuuming

30 min. = 119 calories burned\*

#### Mowing the lawn

30 min. = 187 calories burned\*

#### Painting a room

30 min. = 102 calories burned\*

\*WebMD



4

### Team Up with Someone

#### Tips for winning teams:

- Find the right person
- Share your goals
- Exercise together
- Share your progress
- Encourage each other

Friends keep you going when your willpower breaks down. And they can appreciate your little victories along the way.

I will team up with:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



### Celebrate Your Success

5

Another advantage of setting small goals is the chance to reward yourself often. Since you're working on a healthier you, a massage, manicure, or even just a new nail color reinforces your efforts to improve your self-image.

Make it something to look forward to that motivates you to work hard and rewards you for your accomplishments.

I will reward myself with:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Your plan for SUCCESS.

**Creating your daily personal wellness plan.**

According to a study published in the *American Journal of Preventive Medicine*, those who track their daily eating and health progress double their chances of success. To help you get started, we've provided four pages of sample plans and health trackers to start you on your journey to better health.

**I Began My Journey**  /  /

Weight  BMI  Body Fat %  Calorie Limit

**Cardiovascular Health**

Concern	Ideal Score	Your Score Today	Your Score in 6 Months
HDL Cholesterol	Women: >50 mg/dL		
	Men: >40 mg/dL		
Total Cholesterol	<200 mg/dL		
Triglycerides	<150 mg/dL		
Blood Pressure	<120/80		

**Metabolic Syndrome**

Concern	Risk Factors	Your Score Today	Am I at Risk?
Midsection	Midsection Danger Zone		<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <input style="width: 40px; height: 40px; border: 1px solid #ccc;" type="checkbox"/> YES                 </div> <div style="text-align: center;"> <input style="width: 40px; height: 40px; border: 1px solid #ccc;" type="checkbox"/> NO                 </div> </div>
	Women: >35 inches		
	Men: >40 inches		
Blood Sugar	Normal Range: <99 mg/dL		<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <input style="width: 40px; height: 40px; border: 1px solid #ccc;" type="checkbox"/> YES                 </div> <div style="text-align: center;"> <input style="width: 40px; height: 40px; border: 1px solid #ccc;" type="checkbox"/> NO                 </div> </div>
	Prediabetic Range: 100-125 mg/dL		
	Diabetic Range: >126 mg/dL		





**4 simple steps to follow the plan:**

1. Eat three small meals and two snacks
2. Replace one or two snacks with *GC Control*™
3. Take *FiberWise*® daily
4. Eat or drink *Access*® before exercise

**Eat Smart**

Eating the right foods at the right times is critical to the success of any weight loss or healthy living plan. Below is a sample day plan to show how many calories you should eat at each meal or snack. It even includes ideas on how to incorporate your favorite Melaleuca products into a healthy meal plan.

**Sample Daily Meal Plan**

Meal/Snack	Sample of Average Daily Calorie Goal of 1,800 calories	My Daily Calorie Goal	Melaleuca Solution Option 1	Melaleuca Solution Option 2
pre-workout	<b>130 calories</b>	_____ Calories		
breakfast	<b>350 calories</b>	_____ Calories		
a.m. snack	<b>200 calories</b>	_____ Calories		
lunch	<b>420 calories</b>	_____ Calories		
p.m. snack	<b>200 calories</b>	_____ Calories		
dinner	<b>500 calories</b>	_____ Calories		

**And don't forget to...**



**DRINK FIBERWISE**

Drink *FiberWise*® each evening with dinner.



**STAY HYDRATED**

*Splash*<sub>2</sub>*O*® makes getting the water you need delicious.



**TAKE VITALITY™**

Get maximum nutritional support with the *Vitality Pack*.®

For additional, downloadable worksheets, visit: [Melaleuca.com/Vitality](http://Melaleuca.com/Vitality)



# Your weekly schedule.



These worksheets let you schedule your activity plan to make it a priority and help you develop an eating schedule with specific foods or just calorie goals.

My Weekly Food Plan						
	pre-workout	breakfast	a.m. snack	lunch	p.m. snack	dinner
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						



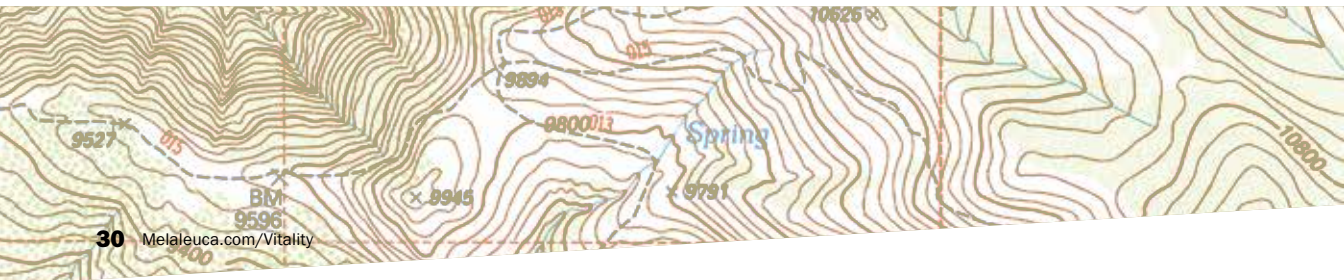
When you have a clear plan, you can follow that plan instead of your mood.


## My Weekly Exercise Plan

	week 1	week 2	week 3	week 4	week 5	week 6
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						



# Your journey starts now.





Starting on your path to wellness can feel overwhelming. It might seem like you're staring up at a mountain. You can see the top of that mountain, but you may feel that reaching the summit is impossible.

And it would be impossible if you were to try to scale a mountain in a single step. But everyone who has scaled a mountain—or reached a long-term goal—can tell you that success doesn't come from a single Herculean effort.

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It comes from consistent efforts, no matter how small, that keep you moving forward.

“Success is the sum of small efforts, repeated day in and day out.”

—ROBERT COLLIER



Get going.

The steps you take today will transform your body, add years to your life, and quality to your years.

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You can do it!  
You have the tools.  
You have the desire.

**Now discover an all-new you!**

# Vitality

SIMPLE STEPS TO YOUR IDEAL WEIGHT™

*GC Control™*



*FiberWise®*



*Access®*



**Put the principles you've learned into practice with the Melaleuca Vitality™ Weight Loss Packs.**

They give you the exclusive products that will help you make the most of your efforts and achieve your ideal weight even faster.

**SEE PAGE 13 FOR THE SIMPLE STEPS TO SUCCESS.**