

Forever Aloe2Go® & Fast Break® Bars for **ACTIVE FATHERS**

(and Families!)



This Father's Day, let's acknowledge the men in our lives who provide so much for our family. Does your special man run from the soccer field to the dance studio and also try to squeeze in a morning jog? Or maybe your hard-working Dad doesn't have the energy he used to have to comfortably maintain the busy family schedule. What do these active men have in common? Their energy reserves get depleted if they don't maintain proper nutrition before, during and after physical and mental exertion.

Show Dad you appreciate all he does to support the family with long-lasting and healthy alternatives to quick energy



fixes. This Father's Day, **Forever Living** has two products for you to share with that very special Dad in your life! And why not order for the entire family, because we all need nutritious and delicious foods to keep us going strong. **Forever Fast Break® Energy Bar** (#267) and **Forever Aloe2Go®** (#270) will help supply your favorite active Dad and all the members of his precious family with vitamins and minerals that support their high-energy demands!

Forever Fast Break is a great-tasting and convenient alternative to skipping meals. If your favorite Dad is hungry, depleted and en-route to a Cub Scout meeting, be sure he has Forever Fast Break bars at his fingertips. This Energy Bar offers a great-tasting alternative to fast food because it supplies fast, long-lasting energy without a bunch of empty, fattening calories. Forever Fast Break contains essential vitamins and minerals that our on-the-go bodies need, plus amino acids and enzymes to help speed the body's recovery during physical and mental exertion.

Forever Fast Break is the answer to replenishing and supporting Dad and his on-the-go family. Potassium and phosphorus are mineral salts (electrolytes) that are essential for maintaining balanced pH levels in our bodies. Potassium is also essential for proper cardiovascular system, nervous system and muscle function. For the active Dad this is ever more critical because increased physical activity taps into

those reserves. Phosphorus also plays an important role in transforming proteins, fats, and carbohydrates into fuel, thus helping the body recover more quickly. Don't let Dad leave home without them!

Forever Aloe2Go is your Dad's go-to resource for delicious liquid refreshment, combined with a powerful antioxidant punch. Aloe2Go stores within its portable 3-oz pouch the potential energy and nutrition your family needs to tackle all their daily tasks. Forever Aloe2Go is packed with the benefits of aloe vera and Vitamin C that Dad and his entire family need to stay active and healthy while on the move!

Forever Aloe2Go also offers a unique blend of antioxidant-rich fruits and berries such as pomegranate, mangosteen, raspberry, blackberry, and blueberry – making it the ultimate, rich antioxidant cocktail all in one, foiled-to-go pouch! Pomegranate fruit has more antioxidants than blueberries, green tea or wine. And the mangosteen fruit has the highest content of xanthones found in any fruit. Some studies have shown that xanthones are even better than vitamins C and E for boosting the body's immune system. What better way to meet the demands of active family life!

Armed with **Fast Break Energy Bars** in the glove compartment and **Aloe2Go** pouches in the workout bags, your busy family will be equipped to deal with whatever they face during their busy day. From taking care of items on the to-do list to hiking with the family dog and in between, Dad and his entire brood will have their energy needs satisfied and their taste buds will be happy. So this Father's Day, do not overlook the nutritional needs of your on-the-go Dad, because his entire family depends on it.





CONSISTENCY



Making Your Workouts Part of the Equation

If I told you there was something you could take that would help manage your weight, improve your mood, combat chronic illness, improve heart and lung function, and improve your sleep, would you want to take it? Well, according to the Mayo Foundation for Medical Education and Research, there IS something you can take that will provide all of these benefits: you can take a walk, a swim, a hike, or a bike ride. Studies show that regular exercise has so many merits and so few drawbacks that it is the obvious remedy to many of our most common complaints. How is it, then, that exercise is often the thing that we let drop first when we are short on time or energy?

One reason that exercise eludes many people is that we feel obligated to so many others besides ourselves. To exercise is to put our own bodies first. But what's so important to remember is that without healthy bodies, we're of no use at work, at home, or to our families. In fact, if we don't take care of our bodies, it becomes more and more likely that someone

else will end up taking care of our bodies for us when we suffer from a major illness. Think about it this way... your job may change, your family may move away, but you will always have your own body. So doesn't it make sense that you should be taking care of it first?

Here's another way to think of your dedication to exercise. There are 168 hours in a week. Even the most conservative guidelines for good health

state that we should exercise at least 30 minutes a day. But let's get a little crazy and call it an hour a day to fit in the 3 keys to fitness: aerobic exercise, strength training, and stretching. Seven hours a week out of 168 hours total equals 4% of our time. Think about all the other activities to which we donate 4% of our time. Shopping? Television? Housework?

If we work 40 hours a week, that means we're devoting 24% of our time to our jobs. While that is certainly reasonable, here is another thing to consider: according to the Nielsen Company, the average American watches TV for 28 hours a week. If we really watch 28 hours of television a week, then 17% of our time goes to television. Now think about what really deserves our attention. What about our bodies? Don't they deserve a measly 4% of our time?

So how do we integrate exercise into our lives with consistency? Here are four steps to making exercise a regular activity:

- 1. Get to know yourself.** Think about all the things that you do consistently. What is the common thread among those? What makes you devote your time to those activities, and how do you find the will to complete them day in and day out? Then think about ways you can treat exercise with the same respect and devotion.



WORK + FAMILY + FUN EXERCISE = BALANCE

2. **Make it fun.** Most people don't like to do things they are "supposed" to do. But activities that are perceived to be playtime are much more attractive. Instead of suddenly picking up an activity you don't enjoy, expecting that you might enjoy it some day, make a list of all of the things you actually *like* to do. Perhaps you don't like to run but you like to walk with two or three friends. Perhaps you like to swim. Choose activities that might not seem like a "work-out" but that get your heart going while you're having fun.

3. **Monitor your progress.** Before you devote your time to exercise, start a journal where you make a note of any physical conditions you wish you could improve. Perhaps you get out of breath from walking stairs. Perhaps you want to lose a few pounds. Keep track of your progress before and after you have made exercise a priority in your life.

4. **Plan for it.** Instead of scheduling your day around work, housework, or television, try planning your day around exercise. When will you get your body moving? How will you feel when you do it? What tools and food do you need to make the exercise go well?

And while you're making the change to keep your body strong through exercise, why not consider making an investment in

fueling your body carefully too? With the **Forever Nutri-Lean™ Program**, you will get everything you need to take control of your weight. The program offers simple, easy-to-follow steps to cleanse your body and set the stage for a life of healthy eating.



Have you ever taken a week or month off exercise? The first time back in the trenches feels horrible, emotionally and physically. Not only can we feel the weakness in our bodies, but it's easy to beat ourselves up over lost fitness and feel like we may never recover the strength we once had. That's why consistency is key. When we're working out regularly, we make tangible fitness gains that allow us to experience the benefits of exercise. So make the move to devote just a few hours of your week to the one thing that you know you will always need: your health.



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"Choose activities that might not seem like a "work-out" but that get your heart going while you're having fun!"