



FOREVER  
Nutri-Lean™  
and a  
Happier  
YOU!



**Forever Nutri-Lean™** is a 30-day maintenance program that follows the Clean 9 cleansing phase of Forever Living's comprehensive weight loss program. It's the design phase that teaches you how to eat properly, exercise efficiently, increase metabolism and live healthier. Who wouldn't want to sign up for that? What have you got to do instead... chores, errands, work?! What are you letting get in the way of a healthier YOU? Write down your weight loss related goals, and move over whatever you think will get in the way and let Forever Nutri-Lean™ pakdo the rest!

Forever Nutri-Lean™ includes **Aloe Vera Gel**, **Aloe Berry Nectar** or **Forever Aloe Bits n' Peaches®**, **Forever Lite® Ultra™ Meal Replacement Shake Mix** in Vanilla or Chocolate, **Forever Garcinia Plus®**, **Forever Active Probiotic®** and **Forever Lean™**. The Forever Nutri-Lean™ pak is more than just its products alone or the sum of its parts. It's the opportunity to redesign your lifestyle and infuse it with healthy eating habits, an exercise plan, and the support of exceedingly high quality nutritional weight loss products. You get to make the difference in your life starting NOW! You know you CAN.

Aloe Vera Gel, Aloe Berry Nectar and Aloe Bits n' Peaches are the backbone of the Forever Nutri-Lean™ pak. A healthy digestive tract ensures that nutrients from food are absorbed into the blood stream. Aloe vera naturally helps the body to detoxify the digestive system. Taken daily as part of the Forever Nutri-Lean™ program, aloe vera gently improves the body's ability to absorb the essential nutrients necessary for this maintenance phase. The aloe drinks also contain vitamin C and antioxidants. They will be a welcome part of your daily 30-day regimen, so follow the program and drink UP!

**Forever Lite® Ultra™** Meal Replacement Shake Mix, in delicious Vanilla and Chocolate flavors, will add to your stamina throughout the course of the Forever Nutri-Lean® program. The Forever Nutri-Lean® pak includes this meal replacement shake mix because it supplies your body with 100% of most of the vitamins and minerals your body needs, along with an added 18 important amino acids. Forever Lite® Ultra™ balances your body's immediate and long-term energy demands. The protein from the whey is rapidly absorbed, the soy protein is gradually absorbed, and the calcium caseinate is absorbed over several hours. These frothy, flavorful shakes will keep you energized and satisfied!

**Forever Garcinia Plus®** is an integral part of your weight loss success and the Forever Nutri-Lean® program. Garcinia's active ingredient is Hydroxycitric Acid (HCA). The beauty of HCA is that it is a naturally derived, fruit-based ingredient unlike many other dietary supplements. HCA supports the body's energy needs and works to improve the satiation signal the body uses to tell the brain when it has had enough to eat. Another key to Garcinia Plus' success is the ingredient Chromium

Picolinate. Chromium is a mineral often lacking in our diet, and chromium deficiency can cause fatigue and excess fat production. Take your one Forever Garcinia Plus® softgel before meals as part of the Forever Nutri-Lean™ program, and choose healthy foods to support your weight loss efforts!

**Forever Active Probiotic®** is that magic little beadlet within the Forever Nutri-Lean™ pak that will help support your gut flora. Certain strains of good bacteria can displace bad bacteria in the gut. As you work hard to promote your own weight loss, be sure you are not harboring any toxins that could cause a host of problems from lethargy to a compromised immune system. Forever Active Probiotic® contains live organisms that support immune function and allow for more efficient digestion, while optimizing the absorption of essential nutrients from the healthful foods you're ingesting. Why do all the hard work of eating healthy without the support your body needs to absorb all the nutrients?

**Forever Lean™** is the last - but as you'll see not least - of the effective components of the Forever Nutri-Lean™ program. Forever Lean™ is the pivotal and revolutionizing tool in your weight management belt. Taken before meals, Forever Lean™ provides two ingredients that help reduce the body's absorption of calories from fat and carbohydrates. The first ingredient, *Opuntia ficus-indica*, is high in soluble fiber; the *Phaseolus vulgaris* plant works by slowing the body's absorption of sugar. Forever Lean™ is the last step in providing you with what you need to support your weight loss goals!

The **Forever Nutri-Lean™** program provides you with the power to get results through the Clean 9 cleansing process - and the strength to maintain it with the Forever Nutri-Lean™ pak! Maintaining a healthy body weight is within your reach. Understand how important healthy eating is for your body, and use this momentum to get you through the rough patches. If you fall down, then get right back up and start anew. Take control of your health with the Forever Nutri-Lean™ program. Get ahead with the Forever Nutri-Lean™ pak this year, and discover that weight loss is about feeling strong and healthy!





# Act Fit: Lose Weight by Eating like a Fit Person

Any trip to a public place like a shopping mall or a movie theater is all it takes. Look around. We come in all shapes and sizes. Since we all have different body types, it helps when we accept the shape we are given, as long as we're healthy. But according to the Centers for Disease Control and Prevention, for most people, even a weight loss of 5 to 10 percent can produce health benefits such as lowered blood sugar, blood cholesterol and blood pressure. Moreover, studies show that people who lose weight report improvements in their physical health, their physical mobility, their mood, energy level, and self-confidence.

No matter whether the goal is to fit into a swimsuit by a spring vacation, or to lose 100 pounds to ward off serious health problems, we are all going to get there the same way. And that one way is to live like a fit person. How do they do it? We see some of them working out at all hours of the day, true, but others seem to put no effort into being healthy and physically fit. So what is going on behind the scenes? What can we learn from walking a day in a fit person's shoes?

## Fit people eat breakfast.

The most important habit of fit people is to eat breakfast. While it may seem counter-intuitive to think that eating more could lead to weighing less, studies have shown that people who eat breakfast avoid massive hunger attacks later in the day and are more able to control cravings and triggers to eat emotionally. According to Dr. James O. Hill, Director of the Center for Human Nutrition at the University of Colorado Health Sciences Center in Denver, "If you start out the day by eating something, you don't get this burning hunger later that causes you to overeat." Skipping breakfast can sabotage your ability to eat reasonably for the rest of the day. Don't have time for a full breakfast? Try a **Forever Fast Break® Energy Bar (#267)**. A great-tasting alternative to skipping meals, each Forever Fast Break® bar contains vitamins, minerals, and other nutrients your body needs.



## Fit people eat every five hours.

Along those same lines, doctors advise that we should never go more than five hours without eating. Believe it or not, fit people adhere to this rule without even thinking—they eat healthy snacks when they are hungry, and stop eating when they are full. To pick up this healthy habit even when your life is busy, try planning snacks like fruit, vegetables, and nuts for when you know you will be hungry but won't have access to healthy foods.



### Fit people move at least 30 minutes a day.

It's easy to grossly overestimate how much activity we actually get in a given day. Studies that ask participants to wear pedometers have pointed out that very few individuals, unless they have jobs that demand movement, actually get in the recommended 10,000 steps a day that indicate a healthy level of activity. For kicks, give yourself the pedometer test. How much are you really moving a day? Make yourself a promise to move, on purpose, for half an hour a day. Feeling too tired to exercise? Try **Forever Bee Pollen**® (#026) for an instant boost. Forever Bee Pollen® is readily digestible and easily absorbed. Recent research by scientists suggests that bee pollen may assist in maintaining a healthy circulatory, digestive, immune, and nervous system.

### Fit people drink water.

Sweetened beverages, alcohol, even sugared coffee and tea, not only add calories, they add empty calories—they do nothing to help our bodies nutritionally. But because we are not eating, we often don't think about calories as we swig. Since for most people what we drink is based on habit, start by simply changing your habits. Instead of coffee with lots of sugar in the morning, try **Aloe Blossom Herbal Tea**® (#200). It's naturally low in calories and caffeine-free. And instead of sugary soda, try a no-calorie seltzer water, or keep a bottle of **Forever® Natural Spring Water** (#265) on hand.



### Fit people eat fruits and veggies.

Since plant-based foods like fruits and vegetables are low in calories and chock full of vitamins, minerals and antioxidants, they are considered a staple for fit people. Not only will they fill you up so you don't crave other foods, they can make you feel like you're doing the right thing for your body, so that sweets and fat snacks will seem less appetizing. Some doctors suggest eating up to six cups of vegetables and fruits a day. Make eating your fruits and veggies a fun habit. Learn to enjoy the ritual of picking the freshest produce, cutting it, and enjoying it in your diet. Pack a variety of fruits and vegetables into a container, and feel good when you have eaten all of its contents by the end of the day. When that isn't practical, take four tablets of **Forever Nature's 18**® (#271) to supply the antioxidant equivalent of five servings of fruits or vegetables a day.

So jump-start your weight loss by “thinking fit.” It takes a little time to adjust to new habits, but once you are on the fit track, you'll feel so good you'll never want to go back.