

Staying On Track: The Forever Nutri-Lean™ Weight Loss Challenge



Who doesn't love a challenge? Celebrities are doing it, families are doing it, even friends are doing it. And now Forever Living Products is doing it too. Our Forever Nutri-Lean™ Weight Loss Challenge invites you to make 2009 the year the weight comes off. Whether it's 10 pounds or 30, we're encouraging weight loss and increased conditioning. Because we know how hard a challenge can be, we've assembled tools, recipes, and fitness tips for you at www.forevernutrilean.com. And here are even more tips to keep your nutrition and fitness on track:

Nutrition Tips - What can you do to make sure you eat right?

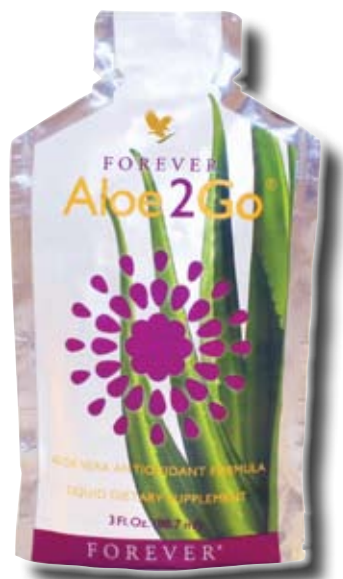
- Begin the day with a nutritious breakfast that includes **Forever Lite Ultra®** and **Aloe Vera Gel**. Don't allow sugary breakfasts to become a habit.
- Plan meals at the beginning of the week before your schedule gets too hectic.
- Eat a varied diet rich in fruits, vegetables, and whole grains.
- Encourage everyone in the family to eat more slowly. If one family member swallows their meal, the whole table is more likely to finish more quickly. Reward slow, careful eating habits.
- Drink plenty of water during the day. Limit beverages that are high in sugar or calories.
- Reward yourself with non-caloric incentives rather than with food. On a day when you eat and exercise well, give yourself a reward of time. An exceptional day might be rewarded with 30 minutes of relaxation.
- Serve food in small portions and do not feel the need to "clean the plate." Which is worse—wasting the food by throwing it away, or wasting the food by adding the unneeded calories to your waistline?
- Keep a variety of snacks in the house like fresh fruit, vegetables, whole grain cereals and crackers.
- Read nutrition labels and look for foods that are high in nutrients and low in sugars.
- As nutritional insurance, try **Forever Essentials®** (#269) Daily Dietary Supplement System. It combines five of Forever Living's best and most popular dietary supplements in individually wrapped packets, convenient for daily use. The combined supplements are rich in essential vitamins, minerals, phytonutrients and antioxidants to help your body function at its best.



Fitness Tips - What can you do to make fitness more fun?

- **Basketball:** Basketball is a perfect activity because it's so fun you won't even notice you're working out. Try a full court game, one-on-one, or a round of HORSE.
- **Bike riding:** Use your bike to run a few errands. You'll burn calories instead of gas.
- **Inline-skating:** Since skating has become more popular, many parks have level, smooth paved trails just for you.
- **Jumping rope:** This activity requires only one very inexpensive piece of equipment. You and your family can challenge each other to jump longer or higher.
- **Obstacle courses:** Use equipment like ropes, balls, and playground pieces.
- **Soccer:** Hit the local park and set up a one-on-one or two-on-two game.
- **Dog Walking:** Don't have a dog? Borrow one! Dog owners often don't have time to walk their dogs. But a regular stroll around the block can keep Fido happy and you healthy.
- **Dancing:** Let each family member choose a song, and clear some room for the whole group to dance. You'll learn a lot about each other while raising your heart rate and breaking a sweat.
- **Refueling:** If you are exercising for an hour or more, be sure to replenish calories during your workout with a convenient supplement. **Forever Aloe2Go® (#270)** is ready to drink anytime, anywhere. Just grab a pouch, and you'll be refreshed and ready to get on with your work-out. Aloe2Go tastes good and gives your body a antioxidant-rich boost.

And remember, the new **Forever Nutri-Lean™** program can give you the tools you need to jump-start your progress. The program will help you learn healthy eating practices and fitness routines. It's available in several combinations for a variety of palates and lifestyles. So now when someone asks you if you're up to the Challenge the answer will be yes, yes, yes! With a few easy changes, and the support of your friends, family, and Forever Living, you CAN shed those unwanted pounds this year!



The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.





Cross the Finish Line with Forever Lite Ultra®



How many of you shy away from challenges because they seem insurmountable? You don't want to set lofty goals because they seem just too difficult to attain. Or you think that challenges are for other people, not for you. So, what if you reframed your thinking and focused on the process instead of the outcome?

Don't let the finish line get in the way of you getting to the starting line! Start by noticing the smallest increments that lead to building and sustaining a new habit. Forever Living Products is offering the Forever Nutri-Lean® Weight Loss Challenge. Accept this challenge and create the healthy person you strive to help others become – there is no more powerful role model than yourself! So start small and start now, and appreciate your success along the way.

Take the Nutri-Lean Weight Loss Challenge and enjoy the benefits of **Forever Lite Ultra**®. This is not your store-bought variety meal replacement shake mix! Forever Lite Ultra has been designed to incorporate the latest weight loss research into its formula. Forever Lite Ultra is full of nutrients like Vitamins A, C, D, E and Calcium, along with 18 essential and non-essential amino acids known to help decrease muscle breakdown and support muscle strength. And most importantly, Forever Lite Ultra dissolves easily and tastes great!

You might also like to know that Forever Lite Ultra's protein-to-calorie ratio is 17g per serving. When searching for a meal replacement or supplemental shake mix, this ratio should be high. It is measured by multiplying the grams of protein per

serving by 10. The resulting number should be at least as large as the total calories per serving. Protein can help build and maintain muscle, especially when taken right after a workout. Forever Lite Ultra has 55% more protein and less than ½ the carbohydrates of regular Forever Lite powder. If your goal is to 'cut carbs' you will reap the benefits with Forever Lite Ultra!

According to the Tufts University Health & Nutrition Letter¹, the secret isn't just cutting out unhealthy carbohydrates, it's the added protein used to replace the carbs. These findings suggest choosing lean and low-fat sources for protein, not just increasing your intake of protein. And if that news isn't good enough, a new study suggests protein suppresses the appetite. Forever Lite Ultra derives its protein not just from one source but three: Whey, which is rapidly absorbed into the body; Soy, which is gradually absorbed; and Calcium Caseinate, which is absorbed over many hours to balance your body's immediate and longer-term energy demands.

Our Forever Lite Ultra Shake Recipes are a great way to create delicious and nutritiously charged drinks to support you during this Weight Loss Challenge and assist you in infusing healthful habits into your lifestyle. Check out our great-tasting recipes online at www.forevernutrilean.com or in our Shake Recipe Book. These drinks are not just healthy and nutritious – they are portable too. Just pour them into a reusable plastic bottle – or drink them straight from our Shaker (#9905) – and you've got your ready-made shake mix to go!

Join us now in the Forever Nutri-Lean Weight Loss Challenge, and let it be the first step in what is sure to become your journey toward health...one step at a time.

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¹Tufts University Health & Nutrition Letter, 01-Oct-05

