Vitality

SIMPLE STEPS TO MAINTAINING A HEALTHY WEIGHT

Eat Smart
Be Active
Be Full of Life
Be Accountable

An easy-to-follow plan to maintaining a healthy weight for a better, more fulfilling life. Visit eu.melaleuca.com
Why do you need this guide?

AND WHY SUCH AN EMPHASIS ON MAINTAINING WEIGHT?

In short, when you maintain a healthy weight, you control one of the key factors of overall health. Maintaining a healthy body weight has been shown to have incredible health benefits.
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.

Along life’s journey, it’s easy to look around and feel like you haven’t made much progress, but that’s not true. Every step you take brings you closer to your goals, but remember that it may take a while. Pay attention to the progress you are making. Don’t judge yourself by numbers, but by behaviours. 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.

Your weight impacts more than just your waistband – productivity, mobility, health and self-confidence are all affected. Luckily, the path to great health is straightforward and simple: eat smart, stay active, take Vitality, and be accountable.

Wellness is waiting.

Start your journey today.

guiding principals

Eat Smart
Be Active
Be Full of Life
Be Accountable

Maintaining good health 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.
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 maintaining 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.

**KNOW YOUR NUMBERS!**
You’ll find a worksheet on page 22-23 that will allow you to record your current health assessment numbers, as well as space to track your progress over time.

**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 kilogrammes) by your height (in metres) squared. There are dozens of free BMI calculators online.

**BMI RATINGS**
The BMI is measured with a simple formula: the individual’s body mass (kg) divided by the square of their height (m).

Example: You are 1.70 m tall and weigh 80 kg. Here is how you calculate your BMI:

\[ \text{BMI} = \frac{\text{weight} (\text{kg})}{\text{height}^2 (\text{m})} \]

1.70 x 1.70 = 2.89
Now divide your weight through this number:
80 / 2.89 = 27.7
27.7 rounded up to 28 is your Body Mass Index (BMI).

BMI categories according to the WHO (World Health Organisation):
- 18.5 - 24: Normal (healthy weight)
- 25 - 29: Overweight
- 30 - 34: Obese Class I (Moderately obese)
- 35 - 39: Obese Class II (Severely obese)
- > or = 40: Obese Class III (Very severely obese)

The normal weight can also depend on age and gender.

**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.

**BLOOD PRESSURE LEVELS**
The blood pressure is easy to monitor.

<table>
<thead>
<tr>
<th>Health Status</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt;120/80</td>
</tr>
<tr>
<td>Hypertension</td>
<td>&gt;140/90</td>
</tr>
</tbody>
</table>

**HDL CHOLESTEROL**
HDL or high-density lipoprotein cholesterol is the “good” cholesterol.

**IDEAL HDL LEVELS**

<table>
<thead>
<tr>
<th>Description</th>
<th>Normal Women</th>
<th>Normal Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDL</td>
<td>&gt;40 mg/dL</td>
<td>&gt;50 mg/dL</td>
</tr>
</tbody>
</table>

**TOTAL CHOLESTEROL**
A combination of all LDL, VLDL, and HDL circulating in your blood.

**CHOLESTEROL RATINGS**

<table>
<thead>
<tr>
<th>Description</th>
<th>Normal</th>
<th>Personal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td>&lt;200 mg/dL</td>
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</tbody>
</table>

**TRIGLYCERIDES**
A type of fat (lipid) found in your blood.

**TRIGLYCERIDE LEVELS**

<table>
<thead>
<tr>
<th>Description</th>
<th>Normal</th>
<th>Personal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triglycerides</td>
<td>&lt;150 mg/dL</td>
<td></td>
</tr>
</tbody>
</table>
DID YOU KNOW THAT?

If you add an extra 0.5 litre water every day to your regular intake (recommended daily intake being 1.5 to 2 litres per day), up to 3 kg body fat could be metabolised in a year. With just two additional glasses of water each day, you burn 50 calories per day or 17 400 per year. Tip: Look for water with a high calcium content (500 mg/l). Calcium contributes to normal energy-yielding metabolism.

Small Changes, Big Benefits

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

- Trade in 2 cans of soda for water (280 calories)
- Go on a brisk walk for 45 minutes (220 calories)

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

How do you maintain a healthy weight?

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

When it comes to maintaining a healthy weight, there is one universal truth – you have to take in only the amount of calories you can burn. This can be achieved by eating less, exercising more, or both. So do you know how many calories you need to maintain a healthy 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 recognise that the rate of healthy weight loss is 0.5 to 1 kilogramme a week. Weight loss is a process, and steady, moderate progress is the best way to achieve lasting results.

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.

<table>
<thead>
<tr>
<th>WOMEN</th>
<th>Current Weight (kg)</th>
<th>Calories/Day</th>
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</thead>
<tbody>
<tr>
<td>56</td>
<td>1 500</td>
<td></td>
</tr>
<tr>
<td>68</td>
<td>1 650</td>
<td></td>
</tr>
<tr>
<td>80</td>
<td>1 775</td>
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</tr>
<tr>
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<td>1 900</td>
<td></td>
</tr>
<tr>
<td>103</td>
<td>2 050</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MEN</th>
<th>Current Weight (kg)</th>
<th>Calories/Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>68</td>
<td>1 900</td>
<td></td>
</tr>
<tr>
<td>80</td>
<td>2 050</td>
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<tr>
<td>90</td>
<td>2 200</td>
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<td>103</td>
<td>2 350</td>
<td></td>
</tr>
<tr>
<td>113</td>
<td>2 500</td>
<td></td>
</tr>
</tbody>
</table>

Understanding your calorie limit is crucial for controlling your weight. Do you know yours?
Every food you eat has an effect on your body and your weight. Understanding which foods your body needs to function optimally will help you maintain a healthy weight.

### Make a Healthy Choice of Food

- bran cereals
- green vegetables
- fresh fruits
- whole grain breads

### Make Friends with Fibre

- fruits
- vegetables
- wheat bran
- rice

**Full-Body Benefits:**
- feel full longer
- slow glucose absorption
- stabilise blood sugar

### The Goodness of Whole Grains

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

- more fibre,
- more minerals,
- more nutrients

### Proteins

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

**The essential building blocks** to build, repair, and maintain your body

### Monounsaturated Fats

- healthy oils
- fish
- nuts

### 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 realise that everything we put into our body has a direct effect on our health – for good or bad – making smart choices becomes easier.

For more information about nutrition, visit eu.melaleuca.com
Eating smaller meals and healthy snacks throughout the day is an effective way to lose weight!

4 REASONS to eat often

1. Optimised 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 three large meals will be unappealing. To calm your grumbling tummyn in the meantime, keep plenty of water on hand.

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 eating far more than you planned at night.

Eating three smaller meals and two substantial snacks throughout the day works better for many people.

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 stabilise your blood sugar levels over the course of the day.

Melaleuca’s nutritional products combined with balanced and varied eating habits, getting active, and staying accountable create simple steps that lead to healthy weight management.

Find your personal Weight Management Pack eu.melaleuca.com

Eat Smart //
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.

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.

• **Start small 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.

• **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 programme you can and want to maintain for life.

• **Scheduling 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.

• **Use community** – 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 programme you can and want to maintain for life.

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.

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.

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.

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 behaviour issues.

Be Active

Be Active

Be Active
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.

**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.

**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

**Metabolism boost:**

For every kilogramme of muscle you build, you’ll burn an extra 88 calories per day!

**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.

**Interval training:**

Seven 30-second sprints interspersed with 90 seconds of walking a couple of 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.

**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 24-25.
Enjoy every day.

More Mobility.

**YOU SHOULD KNOW:**
Glucosamine is a natural agent of bones (amino sugar). Due to its high solubility in water, glucosamine can be quickly absorbed by the intestinal mucosa, which guarantees a great bioavailability. Each dose of Replenex delivers 1,500 mg of research-recommended glucosamine HCL and 36 mg of ginger root extract. Additionally the exclusive and protected Replenex’s proprietary formula contains a blend of enzymes and Green Tea. Ginger helps maintain joint mobility.

Antioxidant protection.

**YOU SHOULD KNOW:**
Every minute of every day, your cells are affected by free radicals caused by sunlight, pollution, and even the cell’s normal use of oxygen. Free radicals can cause oxidative stress which can affect normal cell activity. Vitamins C and E provide antioxidants to help protect your cells from oxidative stress. CellWise contains a proprietary blend of vitamins A, C and E, plus lycopene, olive, and grape seed extracts. Powerful antioxidants, vitamins C and E contribute to the protection of cells from oxidative stress.

For your vision.

**YOU SHOULD KNOW:**
Lutein and zeaxanthin are orange, plant-derived carotenoids that are accumulated in the yellow spot of the retina. NutraView combines lutein and zeaxanthin plus a proprietary blend of research proven ingredients including vitamin A and zinc. Vitamin A and zinc contribute to the maintenance of normal vision. All it takes is just two NutraView softgels a day to help maintain your eyes healthy.

Blood pressure.

**YOU SHOULD KNOW:**
The skin and seed extract used come from select varieties of grapes, was gently processed and contains natural heart-healthy OPC (Oligomere Procyanidine). These are polyphenols that belong to the group of flavonoids. OPC help plants to protect from UV radiation, fungi and viruses, and damage caused by climatic conditions. In the human body, grape seed extract and its polyphenols support the endothelial function, is vasodilative and therewith decreases the blood pressure.

**Phytomega** is a U.S. patent-pending formula containing phytosterols, omega-3 fatty acids, coenzyme Q10, and antioxidant vitamins C and E. This formula naturally contributes to a healthy cholesterol level. Beneficial effects are obtained with a daily intake of 0.8 g of plant sterols and 250 mg EPA and DHA.

Brain Booster.

**YOU SHOULD KNOW:**
Omega-3s: When you consider that DHA accounts for over 90% of the omega-3s in the brain, it’s no wonder that research has shown that omega-3s are essential in promoting brain health. In fact, omega-3s have been shown to help in almost every area of brain function and development for people of all ages, including supporting brain function. The beneficial effect is obtained with a daily intake of 250 mg of DHA.

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5 keys of accountability.

It takes more than just desire to keep you on track.

1. Small and Simple Steps
   It took more than a couple of days to get to where you are now, so be realistic about the time frame. 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.
   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.
   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.

5. Celebrate Your Success
   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 colour 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. ___________________________

I will team up with:
1. ___________________________
2. ___________________________
3. ___________________________
Your plan for success.

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

<table>
<thead>
<tr>
<th>Weight</th>
<th>BMI</th>
<th>Body Fat %</th>
<th>Calorie Limit</th>
</tr>
</thead>
</table>

### Cardiovascular Health

<table>
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<th>Concern</th>
<th>Ideal Score</th>
<th>Your Score Today</th>
<th>Your Score in 6 Months</th>
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<tbody>
<tr>
<td>HDL Cholesterol</td>
<td>Women: &gt;50 mg/dL</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Men: &gt;40 mg/dL</td>
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<tr>
<td>Total Cholesterol</td>
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<tr>
<td>Triglycerides</td>
<td>&lt;150 mg/dL</td>
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</tr>
<tr>
<td>Blood Pressure</td>
<td>&lt;120/80</td>
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</table>

### Metabolic Syndrome

<table>
<thead>
<tr>
<th>Concern</th>
<th>Risk Factors</th>
<th>Your Score Today</th>
<th>Your Score in 6 Months</th>
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<tbody>
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<tr>
<td></td>
<td>Women: &gt;89 cm</td>
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<tr>
<td></td>
<td>Men: &gt;102 cm</td>
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<td>Normal Range: &lt;99 mg/dL</td>
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<tr>
<td></td>
<td>Prediabetic Range: 100–125 mg/dL</td>
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</tr>
<tr>
<td></td>
<td>Diabetic Range: &gt;126 mg/dL</td>
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</tbody>
</table>

### Eat Smart

Eating the right foods at the right times is critical to the success of any weight management 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 favourite Melaleuca products into a healthy meal plan.

#### Sample Daily Meal Plan

<table>
<thead>
<tr>
<th>Meal/Snack</th>
<th>Sample of Average Daily Calorie Goal of 1,800 calories</th>
<th>My Daily Calorie Goal</th>
<th>Melaleuca Solution Option 1</th>
<th>Melaleuca Solution Option 2</th>
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<td>p.m. snack</td>
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<tr>
<td>dinner</td>
<td>500 calories</td>
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</table>

#### And don’t forget to…

- **DRINK FIBERWISE**
  - Drink FiberWise each evening with dinner.
- **SUSTAIN**
  - Contributes to the maintenance of endurance during endurance exercise.
- **TAKE VITALITY**
  - Get maximum nutritional support with the Vitality Pack.
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

<table>
<thead>
<tr>
<th></th>
<th>pre-workout</th>
<th>breakfast</th>
<th>a.m. snack</th>
<th>lunch</th>
<th>p.m. snack</th>
<th>dinner</th>
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<tbody>
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</table>

### My Weekly Exercise Plan

<table>
<thead>
<tr>
<th>week 1</th>
<th>week 2</th>
<th>week 3</th>
<th>week 4</th>
<th>week 5</th>
<th>week 6</th>
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</table>
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. 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

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.

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

You can do it! You have the tools. You have the desire. Now discover an all-new you!

Get going.
Put the principles you’ve learned into practice with the Melaleuca Vitality Weight Management Packs. They give you products that will help you make the most of your efforts to maintain a healthy weight.

Order online at: eu.melaleuca.com

FREEPHONE SERVICE-HOTLINE: UK 0800 032 0562* | IE 1800 558 502*

*Monday through Friday from 08:00 am until 01:00 pm freephone number for landline users. For calls from mobile phones, costs may occur.