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.

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

Get started.
Wellness is waiting.

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.

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.

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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.

**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:

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

\[ 1.70 \times 1.70 = 2.89 \]

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)
- **> 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.

**BODY FAT PERCENTAGES**

<table>
<thead>
<tr>
<th>Description</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletic</td>
<td>&lt;25%</td>
<td>&lt;16%</td>
</tr>
<tr>
<td>Average</td>
<td>25%–31%</td>
<td>18%–24%</td>
</tr>
</tbody>
</table>

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

- **Normal**: <120/80
- **Hypertension**: >140/90

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

- **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.

- **CHOLESTEROL RATINGS**
  - **Normal**: <200 mg/dL
  - **Personal**

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

- **TRIGLYCERIDE LEVELS**
  - **Normal**: <150 mg/dL
  - **Personal**
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.

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

**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**

<table>
<thead>
<tr>
<th>Current Weight (kg)</th>
<th>Calories/Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>56</td>
<td>1 500</td>
</tr>
<tr>
<td>68</td>
<td>1 650</td>
</tr>
<tr>
<td>80</td>
<td>1 775</td>
</tr>
<tr>
<td>90</td>
<td>1 800</td>
</tr>
<tr>
<td>103</td>
<td>2 000</td>
</tr>
</tbody>
</table>

**MEN**

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

**Your healthy Weight Formula**

To determine how many calories you should eat each day, simply take your daily calorie limit and subtract or add 500 or 1 000 depending on your goal.

**MODERATE**

achieve results

your daily calorie limit

~ 500 calories/day

= 0.5 KG/WEEK

**SIGNIFICANT**

achieve results

your daily calorie limit

~ 1 000 calories/day

= 1.0 KG/WEEK

**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)

- **Add an extra 0.5 litre water** to your intake (recommended daily intake being 1.5 to 2 litres per day)

  Up to 3 kg body fat could be metabolised in a year.

**How do you maintain a healthy weight?**

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

<table>
<thead>
<tr>
<th>TAKE THE TIME TO ENJOY YOUR MEAL. IT SUPPORTS YOUR SATIETY FEELING.</th>
</tr>
</thead>
<tbody>
<tr>
<td>• bran cereals</td>
</tr>
<tr>
<td>• green vegetables</td>
</tr>
<tr>
<td>• fresh fruits</td>
</tr>
<tr>
<td>• whole grain breads</td>
</tr>
</tbody>
</table>

**Make Friends with Fibre**

<table>
<thead>
<tr>
<th>The Goodness of Whole Grains</th>
</tr>
</thead>
<tbody>
<tr>
<td>• more fibre, more minerals, more nutrients</td>
</tr>
<tr>
<td>• whole wheat flour</td>
</tr>
<tr>
<td>• whole oats/oatmeal</td>
</tr>
<tr>
<td>• popcorn</td>
</tr>
<tr>
<td>• brown rice</td>
</tr>
<tr>
<td>• buckwheat</td>
</tr>
<tr>
<td>• quinoa</td>
</tr>
<tr>
<td>• bulgur</td>
</tr>
</tbody>
</table>

**Proteins**

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

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

**Monounsaturated Fats**

<table>
<thead>
<tr>
<th>Change your relationship with food</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

For more information about nutrition, visit eu.melaleuca.com
**Eat around the clock**

Eating smaller meals more often can boost the rate at which you burn calories and help reduce your food intake. Your body will adapt to fewer big meals, but if you choose to eat larger meals, your body will adapt to them and help stabilise your blood sugar levels over the course of the day.

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

**IMPORTANT:** When the number of times you eat each day is too few, your body may remodel itself to store energy more efficiently.

**4 REASONS TO EAT OFTEN**

**LOSE WEIGHT**

Eat smaller meals more often.

1 or 2 meals a day means more time to overeat.

**HEALTHY SNACKS**

2 or 3 meals a day means more time to snack.

**SMALLER MEALS**

Less calories overall. The calorie intake should not.

**Weight Management Pack**

Eu.melaleuca.com

Vitality Coldwater Omega-3 delivers 750 mg of DHA and 300 mg EPA in three softgels.

**Omega-3 for the entire family**

• Supports cognitive, eye and heart health 1, 2, 3

**Omega-3 Informations-Broschüre.**

• For details on this essential nutrients, we invite you to read the Omega-3 information booklet.

**Omega-3 for daily health and more energy. Powered by Oligo-Technology**

• vitamins and minerals powered by Oligo-Technology

**Your choice of multivitamin men or women**

• Vitamins and minerals on basis of Oligo-Technology

**SIMPLE STEPS TO MAINTAINING A HEALTHY WEIGHT //  MELALEUCA eu.melaleuca.com**

**lose weight**

MELALEUCA

**Eat thin.**

| to eat often |

**4 REASONS**

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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.

• Take 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.
• Use what’s available – 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 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.

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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.

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.
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.

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

**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

代谢促进:

对于每公斤肌肉的重量，你每天将燃烧额外88卡路里！

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.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Running (5 km)</td>
<td>425</td>
</tr>
<tr>
<td>Cycling (10 km)</td>
<td>425</td>
</tr>
<tr>
<td>Walking (3 miles)</td>
<td>225</td>
</tr>
<tr>
<td>Swimming (1 mile)</td>
<td>175</td>
</tr>
</tbody>
</table>

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.
SIMPLE STEPS TO MAINTAINING A HEALTHY WEIGHT // MELALEUCA

Be Full of Life //

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. DPC 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. ProVexCV contains a U.S. patented blend of grape skin and seed extracts plus research recommended levels of red wine extract, onion extract, green tea extract, bromelain, and enzymes. It helps to reduce LDL oxidation, promotes a normal blood platelet activity and improves the endothelial function, all of this is ideal to support a normal blood pressure. Grape seed contributes to healthy blood pressure.

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.

Heart health.  
YOU SHOULD KNOW:  
Plant sterols contribute to the maintenance of normal cholesterol levels. EPA and DHA from omega-3 fatty acids contribute to the normal function of the heart. Powerful antioxidants C and E contribute to the protection of cells from oxidative stress. Phytoomega 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.
Be Accountable //

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 realise 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 a 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.

I will team up with:
1. ___________________________
2. ___________________________
3. ___________________________

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. ________________________________

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.
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.

Creating your daily personal wellness 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>
</tr>
</thead>
<tbody>
<tr>
<td>pre-workout</td>
<td>130 calories</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>breakfast</td>
<td>350 calories</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a.m. snack</td>
<td>200 calories</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>lunch</td>
<td>420 calories</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>p.m. snack</td>
<td>200 calories</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>dinner</td>
<td>500 calories</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

And don’t forget to…

**Drink FiberWise**
Drinks 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.

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

Concern Risk Factors Your Score Today Your Score in 6 Months

**Midsection**
- Midsection Danger Zone
  - Women: >89 cm
  - Men: >102 cm

**Blood Sugar**
- Normal Range: <99 mg/dL
- 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 snack with Attain GC Control
3. Take FiberWise daily
4. Eat or drink Access before exercise
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>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
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</tr>
<tr>
<td>Tuesday</td>
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### My Weekly Exercise Plan

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When you have a clear plan, you can follow that plan instead of your mood.
Your journey starts now.

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

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!
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.

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

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This Vitality Weight Management Guide can be purchased in a ten-pack in English, German and Dutch (#6703).