



30 Days to Healthy Living and Beyond Program Success Checklist



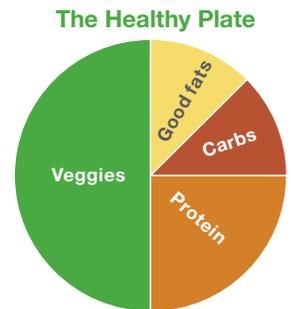
Follow these tips to help you successfully prepare for and complete your 30 Days to Healthy Living Program.

Before Getting Started

- Clean out your cupboard and your refrigerator:** Eliminate processed foods (frozen dinners and other prepackaged food items), dairy, high fat foods, high sugar foods and beverages
- Stock up on healthy foods:** Fresh fruits, veggies, nuts, lean protein

Throughout Your 30-Day Program and Beyond

- Follow the healthy plate:** Plan meals based on the “healthy plate.”
- Stay hydrated:** Water is critical for optimal physiologic function and healthy living. A good rule of thumb is to take half your body weight in fluid ounces. For example, if you weigh 100 pounds, try to drink at least 50 fluid ounces of water per day.
- Avoid refined sugar:** Sodas and sweetened beverages can have anywhere from 17–50+ grams of sugar per serving. This can have a negative impact on blood sugar levels and can promote weight gain.
- Snack Healthy:** We all get hungry in between meals, so when we do it’s important to make a healthy decision. Avoid snacks high in sugar, sodium and saturated fats and choose things like nuts, fruits, veggies or healthier options like Arbonne Essentials® Nutritional Supplement Bars.
- Exercise:** This can often be one of the things that people find the most difficult to do, but can also be one of the most important. Motivate yourself to get even light exercise for 30 minutes a day and, once it becomes a habit, it will be easier to keep it up.



Healthy Living Arbonne Essentials® Products

These Arbonne Essentials® products are included in your 30-Day Nutrition Starter ASVP (Meal Replacement Shake Mix or Protein Shake Mix):

- Meal Replacement:** Substitute one or two daily meal(s) of an energy-restricted diet with a meal replacement.
- Protein Shake Mix:** Enjoy once or twice per day to supplement a healthy breakfast, lunch or snack.
- Daily Fibre Boost:** Add a scoop to your Protein Shake, favourite foods or beverages once per day.
- Energy Fizz Sticks:** Use once per day as a replacement for your morning coffee or when you experience an afternoon slump.
- Herbal Tea:** Enjoy a cup each day.
- 7-Day Body Cleanse:** Use 2–3 times per week or up to once per day, following the packaging directions.
- Omega-3 Plus:** Take 2 per day with a meal.

Reordering your 30-Day Nutrition Starter? The 30-Day Nutrition Maintenance Set features Greens Balance in place of the 7-Day Body Cleanse so that you can maintain your healthy lifestyle every day

For more tips, shake recipes and inspiration, visit our Arbonne Nutrition page at arbonne.ca.

