

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

Vitality

SIMPLE STEPS TO MAINTAINING A HEALTHY WEIGHT //



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.

Get started.

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.

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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 straight forward and simple: eat smart, stay active, take Vitality, and be accountable.

- 4**
Guiding Principals
- Eat Smart
- Be Active
- Be Full of Life
- 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.

guiding principals //



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.



eat smart //



be active //



be full of life //



be accountable //

Start your journey today.

Self assessment.

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 Management

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 kilograms) 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:

$$1.70 \times 1.70 = 2.89$$

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)
- > 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.

BODY FAT PERCENTAGES

Description	Women	Men
Athletic	<25%	<18%
Average	25%–31%	18%–24%



Cardiovascular Health

BLOOD PRESSURE

The blood pressure is easy to monitor.

BLOOD PRESSURE LEVELS

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	



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.

WOMEN	
Current Weight (kg)	Calories/Day
56	1 500
68	1 650
80	1 775
90	1 900
103	2 050

MEN	
Current Weight (kg)	Calories/Day
68	1 900
80	2 050
90	2 200
103	2 350
113	2 500

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 1000 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:

Go on a brisk walk
for 45 minutes
(220 calories)



Trade in 2 cans
of soda
for water
(280 calories)



500
calories

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.

Food 101

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

TAKE THE TIME TO ENJOY YOUR MEAL. IT SUPPORTS YOUR SATIETY FEELING.



- 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

more fibre, more minerals, more nutrients



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

PROTEINS

The essential building blocks

to build, repair, and maintain your body



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

MONOUNSATURATED FATS



- healthy oils
- fish
- nuts

DRINK LOTS OF



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



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.



Eating smaller meals and healthy snacks throughout the day is an **effective way to lose weight!**

SMALLER MEALS
300-400 calories

HEALTHY SNACKS
2 or 3, about 150 calories each

LOSE WEIGHT

4 REASONS to eat often

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 3 large meals will be unappetising. To calm your grumbling tummy in the meantime, keep plenty of water on hand.



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

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





Exercise essentials.

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.

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.

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.

- **Make 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.
- **Pick something you like**– 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.

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.

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.



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.

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

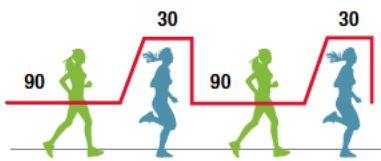
LOSE BODY FAT AND INCREASE VISIBLE MUSCLE DEFINITION

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



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.



Metabolism boost:

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



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

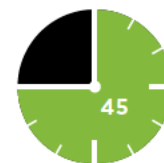
The collage features several hexagonal images with calorie burn statistics:

- 550 calories:** A man running on a dirt path.
- 425 calories:** A woman riding a bicycle on a forest path.
- 425 calories:** A man swimming underwater.
- 225 calories:** A group of people doing a group exercise or yoga.
- 175 calories:** A man and a woman walking on a beach.

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.



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.

ALL-ROUND PROTECTION

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 carotinoides 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 flavonols. 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.

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. *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.

5 keys of accountability.

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

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.



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

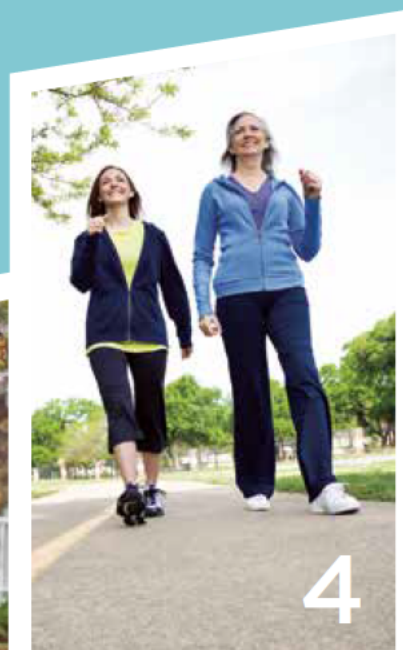
Many calorie-tracking websites work hand-in-hand with food diaries because getting in shape is not just about what you eat, it's also about how much you exercise. Get in the habit of writing down things like vacuuming, mowing the lawn, or painting a room in addition to hitting the treadmill to get a 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. _____



Celebrate Your Success 5

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. _____

Your plan for success.

Creating your daily personal wellness plan.

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

Weight BMI Body Fat % Calorie Limit

Cardiovascular Health

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		

Metabolic Syndrome

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		






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.

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

Sample Daily Meal Plan

Meal/Snack	Sample of Average Daily Calorie Goal of 1.800 calories	My Daily Calorie Goal	Melaleuca Solution Option 1	Melaleuca Solution Option 2
pre-workout	130 calories	_____ Calories		
breakfast	350 calories	_____ Calories		
a.m. snack	200 calories	_____ Calories		
lunch	420 calories	_____ Calories		
p.m. snack	200 calories	_____ Calories		
dinner	500 calories	_____ Calories		

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

	pre-workout	breakfast	a.m. snack	lunch	p.m. snack	dinner
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

When you have a clear plan, you can follow that plan instead of your mood.

My Weekly Exercise Plan

	week 1	week 2	week 3	week 4	week 5	week 6
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

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.

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

Get going.

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!

Vitality

SIMPLE STEPS TO MAINTAINING A HEALTHY WEIGHT //

Attain GC Control



FiberWise



Access



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.



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

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