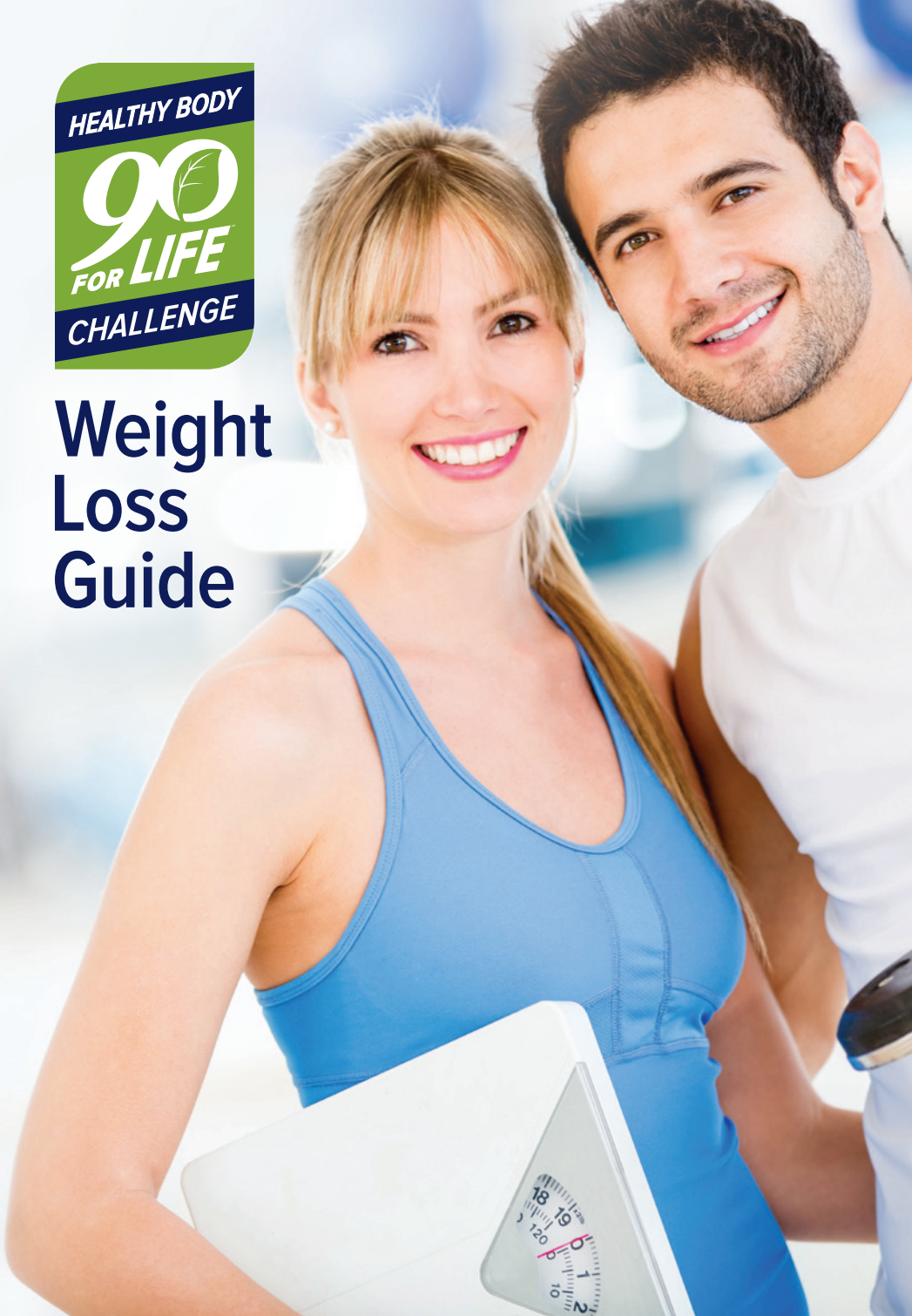




# Weight Loss Guide





## Youngevity is dedicated to helping people

achieve radiant good health and a fulfilling lifestyle. Founder Dr. Joel Wallach is a world renowned pioneer in nutritional research. He's also the man behind the landmark lecture "Dead Doctors Don't Lie." His research established the importance of 90 essential nutrients, which allow the body to avoid, and even reverse, many of today's pressing health concerns.

### Vitality

### 90 For Life!

You've heard it, "If you don't have your health, you don't have anything." And in today's fast-paced, poorly nourished lives; it's more true than ever.

Your body depends on a core group of nutrients; including essential minerals, vitamins, amino acids, and essential fatty acids. These are known as the "90 Essential Nutrients" and serve as the foundation of Dr. Wallach's 90 For Life™ health campaign.

Youngevity offers 7 different Healthy Body Paks to support specific health concerns, and each provides the full 90 essential nutrients your body needs to achieve and maintain optimal health.



#10253  
HEALTHY BODY  
WEIGHT LOSS PAK 2.0

## Abundance **Products that enrich your life**

Today, Youngevity has expanded to include a broad array of brands to help create an abundant, vibrant life. Customers enjoy high-quality, health-conscious products that help promote and expand Dr. Wallach's core messages of health and wellness.

PRODUCT SPOTLIGHT:

### **Healthy Body Weight Loss Pak**

Youngevity's Healthy Body Weight Loss Pak provides the full 90 essential nutrients along with products that support healthy weight management and our exclusive Weight Loss Guide.



#### **A Healthy Body Transformation**

Maintaining a healthy body weight has dramatic effects in preventing and even reversing chronic illness and psychological trauma. For many, participating in Youngevity's Healthy Body 90 For Life Contest (a 90 day weight management and health improvement program) is the beginning step towards a transformed life of vitality and wellness.

# Congratulations on being part of the Healthy Body Weight Loss Challenge!

**You are now among tens of thousands of action-oriented people who are enjoying a transformational experience by shedding unwanted fat, gaining energy, getting fit, and getting healthy!**

This simple guide contains the essentials of the Youngevity Weight Loss Program featuring the Healthy Body Weight Loss Pak™. For more information, refer to the resources available at the official website: [www.healthybodychallenge.com](http://www.healthybodychallenge.com).

To achieve the best possible results, we encourage you to follow these guidelines carefully. Doing so will help you lose significant amounts of fat and change the way you look, feel, and live. Use the plan, grocery list, accountability tracker, weekly calls and online tools to get and stay committed to your weight loss goals.

**Start your 30 to 90 day program now! Here's how:**

**STEP 1:**  
Get your  
Healthy Body  
Pak™

**STEP 2:**  
Take your  
“before”  
photos.

**STEP 3:**  
Set and  
share your  
goals.



**STEP 4:**  
Stick  
to the  
plan.

**STEP 5:**  
Keep  
track and  
plug in.

# STEP 1: Get your Healthy Body Pak.

The Healthy Body Weight Loss Pak 2.0 provides you all the 90 essential nutrients you need to reduce cravings for unhealthy foods, enhance your metabolism, release stored toxins, and reduce the body's fat stores.†

## Beyond Tangy Tangerine® 2.0 Citrus Peach Fusion

The most advanced multi-vitamin product to date! Beyond Tangy Tangerine 2.0 is a blend of organic plant-derived minerals, vitamins, amino acids, synergizing nutrient co-factors, and prebiotics/probiotics to promote maximum intestinal absorption.†

## Beyond Osteo-fx™

A powerful formula targeted to support the body's physical framework and restore bone and joint health. Contains antioxidants that help to eradicate free radicals and other nutrients to enhance calcium absorption.†

## Ultimate™ EFA Plus™

Essential fatty acids, also known as "healthy fats," are the nutrients critical to many important body processes including heart and brain function. This balanced formula includes Omega 3, Omega 6, and Omega 9 fatty acids. It also includes a blend of DHA and Vitamin E to help activate and further enhance the benefits of fatty acids.

## As Slim as Possible™ (ASAP)

ASAP is a safe, effective, and targeted weight loss enhancer that supports significant weight loss, especially for those that have had difficulty doing so in the past. Formulated with vitamins, minerals, amino acids, purified plant extracts, and other ingredients naturally found in wholesome foods, ASAP is the safest way to help your body shed unwanted pounds.†



† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## TRANSFORMATION COMPANION KIT

Complement your Healthy Body Pak to enhance your weight loss experience:

- Meal Replacement Shake (dietary protein supplement)
- Body Trim™ (appetite suppressant drink)
- Sweet Eze™ (support blood sugar levels)
- Food Fiber™ (dietary fiber supplement)
- Cleanse Fx™ (natural digestive tract cleanser)

Visit [www.healthybodychallenge.com](http://www.healthybodychallenge.com) for details.



### Simplify and get FREE shipping!

Avoid worry and waiting when you see the bottom of your Healthy Body Weight Loss Pak box. Sign up for Autoship and you'll receive your next Pak conveniently shipped for FREE each month!

**STEP 2:**  
**Take your**  
**“before”**  
**photos.**

Be sure you take “Before” photos and record your starting measurements so you can track your progress. Remember, this will be the last time you can!

**Before**  
**FRONT VIEW**  
photo here

**Before**  
**SIDE VIEW**  
photo here

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Weight: \_\_\_\_\_

Waist: \_\_\_\_\_

Waist: \_\_\_\_\_

**Join the**  
**Healthy Body**  
**90 For Life**  
**Contest!**

Losing pounds is certainly rewarding when it comes to your health, but Youngevity wants to improve your wealth as well!

Youngevity is providing thousands of dollars in prizes, cash and awards for those that choose to let us know about their results.

Learn more at [www.90forlifecontest.com](http://www.90forlifecontest.com)



## STEP 3: Set and share your goals.

If after 30 days you still desire to lose more weight, continue the program for an additional 30 to 60 days.

Goal weight after 30 Days: \_\_\_\_\_

Goal weight after 90 Days: \_\_\_\_\_

Goal statement: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Share your goal!

A vital part of your success will be gained from the support, encouragement, and accountability from those you love. Share your goal with at least three friends and/or family. They may even want to join in! You may also want to post about your experience on Facebook or Twitter for additional support.

**80**  
Pounds  
Lost!



The food guidelines are super easy, its like the easiest thing I've done! I'm enjoying better health, nutrition and a better life!

**Sonya Aebischer**

HEALTHY BODY  
90 FOR LIFE  
CONTEST  
RUNNER-UP

## STEP 4: Stick to the plan.

The plan provides the nutrition you need while triggering you to increase your metabolism, eliminate toxins, lose fat, and reshape your body and health!

The approved foods listed in this guide are the only foods you should eat during your weight loss program. This program has been specifically designed so that each calorie is nutrient-dense and limits the body's tendency to store body fat.

### Daily nutrition plan

#### BREAKFAST

##### SUPPLEMENTS

- Beyond Tangy Tangerine® Original or 2.0\*
- Beyond Osteo-fx™
- Ultimate™ EFA Plus™\*
- ASAP\*

##### HEALTHY NUTRITION

- 1 Protein
- 1 Vegetable
- 1 Fruit
- 1 Healthy Fat
- 1 Morning Drink

#### LUNCH

##### SUPPLEMENTS

- ASAP\*

##### HEALTHY NUTRITION

- 1 Protein
- 1 Vegetable
- 1 Healthy Fat
- 1 Fruit (optional)
- 1 Drink

#### MID-AFTERNOON SNACK

##### HEALTHY NUTRITION

- 1 Protein or 1 Fruit
- 1 Healthy Fat

#### DINNER

##### SUPPLEMENTS

- ASAP\*

##### HEALTHY NUTRITION

- 1 Protein
- 1 Vegetable

*\*Use as directed.*

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#### SERVING SIZE FOR EACH FOOD GROUP:

Protein = 6 oz.

Vegetables = 2 cups

Fruits = ½ Cup

Drinks = 10 -20 oz. (except coffee)

Healthy Fats = Various (see Approved Foods)

# Approved foods

## PROTEIN (6 ounces)

### Best

- Chicken (*free-range, raised without hormones is best*)
- Turkey (*fresh, not preserved lunch meat*)
- Slender Fx Meal Replacement Shake
- White Fish (*wild-caught*)
- Eggs (*free-range*)
- Lean Veal
- Venison
- Crab
- Halibut
- Shrimp
- Flounder
- Pork

### Better

- Salmon (*wild-caught*)
- Tuna
- Lobster
- Beef (*grass fed—steaks, tips, roast*)

### Good

- Quinoa
- Organic Tofu
- Lean Red Meat (*rare or medium rare*)

*Note: Don't mix beans with fruits or other meats during consumption.*

## HEALTHY FATS (various)

### Best

- Flaxseed (tbsp.)
- Avocado (½)
- Walnuts (15)
- Real Butter (tbsp.)
- Chia Seeds
- Pumpkin Seeds (¼)
- Almonds (15)
- Ultimate™ EFA™
- Almond Butter (tbsp.)

## DRINKS (10 - 20 oz.)

### Best (Morning)

- Filtered Water
- True Cleanse & H2O
- Macha Green Tea
- Body Trim & H2O
- BTT & H2O
- Black Coffee (1 cup)

### Best (Day)

- Filtered Water
- True Cleanse & H2O
- BTT & H2O
- Body Trim & H2O

### Best (Night)

- Filtered Water
- Macha Green Tea

## SPICES/HERBS (any)

### Best

- Ms. Dash (no salt)
- Sea Salt
- Basil
- Cilantro
- Chives
- Rosemary
- Oregano
- Ginger
- Garlic
- Black Pepper
- Parsley
- Sage
- Mint
- Thyme
- Turmeric
- Lemon
- Cayenne
- Lime
- Cinnamon
- Cloves
- Anise
- Chili Peppers
- Cumin

## VEGETABLES (2 cups)

### Best

- Asparagus
- Cucumber
- Bean Sprouts
- Watercress
- Beet Greens
- Mustard Greens
- Broccoli
- Radishes
- Cabbage
- Spinach
- Cauliflower
- Swiss Chard
- Celery
- Endive Lettuce

### Better

- Aubergine
- Okra
- Beets
- Onions
- Leeks
- Parsley
- Chives
- Peppers
- Collards
- Pimento
- Green Beans
- Rutabagas
- Kale
- String Beans
- Kohlrabi
- Turnips
- Brussels Sprouts

### Good

- Artichokes
- Squash
- Oyster Plant
- Sweet Potato (no skin)
- Parsnips
- Yam (no skin)

## FRUITS (½ cup)

### Best

- Blackberries
- Cherries
- Blueberries
- Papayas
- Cantaloupe
- Rhubarb

### Better

- Apples
- Limes
- Fresh Apricots
- Oranges
- Bananas
- Peaches
- Cranberries
- Plums
- Grapefruit
- Raspberries
- Guava
- Strawberries
- Kiwis
- Tangerines
- Lemons
- Tomatoes

### Good

- Watermelon
- Mulberries
- Figs
- Pears
- Grapes
- Pineapple
- Kumquats
- Pomegranates
- Mangoes
- Loganberries
- Prunes

## SWEETENERS (limited)

### Good:

Stevia (drops or powder)

### Always Avoid:

- Wheat
- Cooking & Salad Oils
- Barley
- Well-done Meats
- Rye
- Deli Meats
- Oats
- Fried Foods
- Skins of Potatoes, Yams, Sweet Potatoes

## STEP 5: Keep track and plug in.

Are you sticking to the plan? Record your progress (0% to 100%) for each meal as well as time spent exercising and water you've had to drink. If you are doing the 90 day program, use the guide book found in your monthly Healthy Body Weight Loss Pak to track that month's success.

**START OF WEEK 1:** Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Waist: \_\_\_\_\_

	Morning	Lunch	Snack	Dinner	Exercise	Water
<b>MON</b>						
<b>TUE</b>						
<b>WED</b>						
<b>THUR</b>						
<b>FRI</b>						
<b>SAT</b>						
<b>SUN</b>						

**START OF WEEK 2:** Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Waist: \_\_\_\_\_

	Morning	Lunch	Snack	Dinner	Exercise	Water
<b>MON</b>						
<b>TUE</b>						
<b>WED</b>						
<b>THUR</b>						
<b>FRI</b>						
<b>SAT</b>						
<b>SUN</b>						

**Plug in  
and get  
support**

**Weekly Healthy Body Challenge Call**

Wednesdays @ 5:00 pm PT (8:00 pm ET)

212-990-8000 PIN: 75555#

[www.facebook.com/yougevity](http://www.facebook.com/yougevity)



**START OF WEEK 3:** Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Waist: \_\_\_\_\_

	Morning	Lunch	Snack	Dinner	Exercise	Water
<b>MON</b>						
<b>TUE</b>						
<b>WED</b>						
<b>THUR</b>						
<b>FRI</b>						
<b>SAT</b>						
<b>SUN</b>						

**START OF WEEK 4:** Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Waist: \_\_\_\_\_

	Morning	Lunch	Snack	Dinner	Exercise	Water
<b>MON</b>						
<b>TUE</b>						
<b>WED</b>						
<b>THUR</b>						
<b>FRI</b>						
<b>SAT</b>						
<b>SUN</b>						

**END OF WEEK 4:** Date: \_\_\_\_\_ Weight: \_\_\_\_\_ Waist: \_\_\_\_\_

## Tips for optimal weight loss



### Light dinners

Encouraging the body to use excess fat as the primary energy source during periods of sleep is an effective weight loss strategy. Do this by having a light dinner, such as a Slender Fx™ Meal Replacement Shake, or preparing smaller meals.

### Adequate sleep

Getting a proper, undisturbed night's sleep is critical. If possible, try to get 7-8 hours of sleep each night. Taking the Beyond Osteo fx™ product before bedtime can support deeper sleep.

## Breaking plateaus

### Protein and vegetables

The slow burning nutrients of protein and fiber in vegetables can reset your metabolism. Jumpstart your fat burning by consuming 2 cups (ONLY) of vegetables at each meal with 6oz of protein (preferably turkey or chicken). Try to choose highly fibrous vegetables like spinach, broccoli, and asparagus.

### Liquid nutrition

Significantly reducing the amount calories you eat while still getting the basic nutrients from Beyond Tangy Tangerine® can assist in breaking plateaus. Drink 1 serving (ONLY) of Beyond Tangy Tangerine for breakfast, lunch, and dinner with 16oz to 20oz of water per serving. You can drink as much water during the day as you like.



## Proper hydration

When the body begins to lose fat and release it into the blood stream, it is critical that it is sufficiently hydrated to help support the flushing of toxins. Drink plenty of water with each meal throughout the day.



## Exercise

Exercise is very important, not so much for burning calories as it is for creating “calorie engines” (muscle). Emphasize resistance, or strength training. It’s not about cardio for fat burning!



**54**  
Pounds  
Lost!

## High protein

Protein provides immediate sources of energy and can also help to release fat stores that are typically unavailable. Consuming just the protein servings at each meal, 6oz of meat sourced protein, can help to overcome plateaus.

**Cheryl Simone**

HEALTHY BODY  
90 FOR LIFE  
CONTEST  
RUNNER-UP

## Q & A

### Can I exercise when I'm on the program?

Yes, you can definitely exercise and it's critical for your program. Resistance, or weight bearing exercises are key to developing muscle tissue, which is vital for long-term metabolic function. You don't have to go to the gym—you can do body weight exercises. Check the internet for exercise options you can safely do at home.

### What can I expect when I'm on the program?

Depending on your previous eating habits, you may crave certain foods that are sugary or filled with carbohydrates such as breads. Eating healthy fats will help your sugar cravings and the desire for carbohydrates will lessen over time as you eat more vegetables. Resist overeating at night. A routine of late night snacks needs to be broken, so keep busy and remember that breakfast is coming soon!

### Do I have to be "perfect" all the time?

This depends on you. One meal, one day, or even a weekend of less than perfect eating rarely puts a dent in a week's worth of following the plan, so don't worry. If you are really committed, you'll do the best you can, when you can.



## Top 3 success tips

### 1. Preparation

Make sure you have healthy foods and your supplements available at all times. It's a good idea to pre-package meals and snacks in containers/resealable bags in the appropriate amounts to make them more convenient. You can choose healthy recipes at: [healthybodychallenge.com/recipes.php](http://healthybodychallenge.com/recipes.php)

### 2. Keep busy

Meal times can be challenging when you are with family members, friends, and co-workers. Make healthy choices, and then after you finish your meal, go back to work, do some reading, or take a light walk.



## How long will it take? How long should I prepare for?

Everyone is different. Many factors come into play when your body starts releasing fat stores. The simple answer is that it took some time for you accumulate extra weight and it can't be eliminated overnight. Most people see significant changes in 60-90 days. This is not a quick weight loss program. Unfortunately, diets that promise rapid results usually end up with a person regaining lost pounds, plus a few more, over the long run.

## How do I join the Healthy Body 90 For Life Contest?

The Healthy Body 90 For Life Contest is a 90 day weight loss contest that provides training, prizes and recognition for participants. These contests are held multiple times each year and are recognized at our annual Conventions and Leadership Summits. You can find more information about the current contest at [www.90forlifecontest.com](http://www.90forlifecontest.com)



### 3. Remember your why

Keep coming back to "why" you are on this journey and how important it is to you. Tell your friends and family you are on this journey and need their support in order to be successful. Plug into Youngevity Healthy Body Challenge calls, social media, and other support systems. You are not alone!

**Ervin Soto**  
HEALTHY BODY  
90 FOR LIFE  
CONTEST  
GRAND CHAMPION

**72**  
Pounds  
Lost!



# Your healthy transformation begins today!



Weight loss doesn't have to be complicated and Youngevity's weight loss products makes it simple to get started. Choose to get started as a Preferred Customer or Independent Distributor. Then select the Healthy Body Weight Loss Start Pak and add any additional companion products. Your order will be conveniently shipped right to your door.

## STEP 1: Choose your account

**Preferred Customer**  
**FREE**  
*Save 30% on all your orders*

**Independent Distributor \$25**  
*Allows you to earn referral cash and free products when you share your success. \$25 fee waived with purchase of a CEO Mega Pak.*

## STEP 2: Choose your products

Enjoy FREE shipping on products added to a monthly Autoship!

**PURCHASE** or **AUTOSHIP**

**Healthy Body Weight Loss Start Pak 2.0 \$182**  
*Support the body's natural cleansing and detoxification system.*

### GET YOURS FREE!

By inviting three other people to join you in your healthy transformation, you can receive your next month's Healthy Body Pak for FREE!

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

**SueroViv Bronze 3-Day Cleanse \$67.50**  
*Support the body's natural cleansing and detoxification system*

**Slender FX Meal Replacement Shake \$48.50**  
*Available in Chocolate Fudge or French Vanilla.*

**Transformation Kit – Supplemental products \$160**  
*Additional products for enhanced weight management.*

**Weight Management CEO Mega Pak \$499.99 BEST VALUE!**  
*Includes Youngevity's most popular weight management products and an autoship of a Healthy Body Weight Loss Pak.*

## Prosperity

### Are You Next?

As you attain success with your weight loss goals, it's natural to want to share your excitement and enthusiasm with others who may also be looking for ways to become healthier and live life to its fullest. Why not earn an additional income as you help others achieve their goals?

There's nothing quite like feeling confident about your financial future. Youngevity's business opportunity helps people everywhere create additional income streams while embracing natural health care and enhanced lifestyles. No other company offers a more comprehensive or exciting compensation.



**Get more information:**

[www.healthybodychallenge.com](http://www.healthybodychallenge.com)

**Attend weekly calls:**

Wednesdays @ 5:00 pm PT (8:00 pm ET)

212-990-8000 PIN: 75555#

**Share your results:**

[www.facebook.com/youngevity](http://www.facebook.com/youngevity)

Youngevity