



30 Days to Healthy Living and Beyond Program Success Checklist



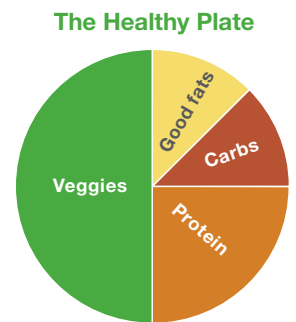
Follow these tips to help you successfully prepare for and complete your 30 Days to Healthy Living Program.

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:** Soft drinks 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® Nutrition 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 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 ASVP:

- Meal Replacement Shake:** Enjoy twice per day to supplement a healthy breakfast, lunch or snack.
- Daily Fibre Boost:** Add a scoop to your Meal Replacement Shake, favourite foods or beverages once per day.
- Energy Fizz Sticks:** Use once per day when you are feeling low on energy.
- Herbal Tea:** Enjoy a cup each day.

For more tips, shake recipes and inspiration, visit our 30 Days to Healthy Living and Beyond page at arbonne.com.

