



30 Days to Healthy Living Program Success Checklist



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

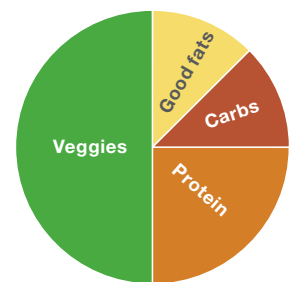
Before Getting Started

- 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 and vegan/lean protein.

Throughout Your 30-Day Program and Beyond

- Eat in proper portions:** 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® Protein Snack 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.

The Healthy Plate



Healthy Living Arbonne Essentials® Products

These products are included in your Arbonne Essentials Special Value Pack:

- Protein Shake Mix:** Enjoy twice per day to supplement a healthy breakfast, lunch or snack.
- Daily Fiber Boost:** Add a scoop to your Protein Shake, favorite foods or beverages once per day.
- Energy Fizz Sticks:** Use once per day when you are feeling low on energy.
- Digestion Plus:** Use once per day.
- Herbal Detox Tea:** Enjoy a cup each day.

CHOOSE:

- Body Cleanse:** Use once per day.
- or
- Greens Balance:** Add a scoop to your Protein Shake or enjoy in your favorite beverage.

Reordering your Arbonne Essentials Special Value Pack? Put it on Autoship! You can get your products shipped to your door without the worry of having to remember to reorder again in the future. Plus, you’ll receive exclusive special offers!

For more tips, shake recipes and inspiration, refer to your 30 Days to Healthy Living Guide.