



PREP WEEK

Goals for Healthy Living Program

- 1.Help you tune into the messages that your body is sending so that you can eat and drink more intuitively, giving your body the nutrients that it needs to function optimally.
- 2.Support a balanced and healthy gut. So much of the body’s overall well-being is controlled by our gut, so supporting this area of our body will help optimize how we feel.
- 3.Help us feel more confident in ourselves. When we are rested and working to reduce feelings of stress, then better able to care fo rourselves. A positive mindset can also impact our confidence because when we feel good, physically and mentally, all aspects of health improve!!
- 4.Health is a spectrum that includes more than how you eat – we will be offering ways to incorporate these aspects of health into this journey as well.

Avoid List

- ARTIFICIAL SWEETNERS
- ALCOHOL
- COFFEE
- DAIRY
- WHEAT/GLUTEN FOOD
- SOY

LET’S GET PREPARED!

- Step 1:** Take some time over the weekend to clean out your fridge and pantry of items on the avoid list (these aren’t good or bad, we are just focusing on foods that are anti-inflammatory!
- Step 2:** Look at the different recipes and choose your meal plan for the week, including shakes and snacks!

- Step 3:** Create a grocery list and only get items on that list. Pick a day to cook and prep snacks ahead of time!
- Step 4:** Find a place for your Arbonne products for easy access. Put some fizz sticks in your purse, office and car. Preperation is KEY!
- Step 5:** Write your goals down where you can see them – and send them to your coach! We want to help you reach them!

Typical Day

GREENSYNERGY OR GGG SHOT (FIRST THING)

7AM – TIZZY (DETOX TEA+FIZZ)

7:30AM – *PROTEIN SHAKE

10AM – SNACK

12PM – *PROTEIN SHAKE OR WHOLE FOOD MEAL

3PM – SNACK & FIZZ

6PM – WHOLE FOOD MEAL

8PM – DETOX TEA

*EssentialMeal protein with water is considered a complete meal.
Simply1 and FeelFit must include all macronutrients for meal replacement.
You can use shake as a snack as well – just add water or nut milk.

Our typical day is just that – typical! You can work with your coach to customize your day – just remember routine will help you stay on track! Listen to your body and have quick snacks available for when you need a quick bite. If you are feeling overwhelmed – reach out! This is simple, but is change!

****SET THE GENTLE CLEANSE ASIDE UNTIL WEEK 3!****



TAKE A BEFORE PICTURE & MEASUREMENTS!

Health is SO much more than a number on a scale, but seeing is believing! We promise you will love seeing your progress! Best pictures of full body of front, side and back. If you want, take measurements on thighs, waist, chest and anywhere else you want to track!

We are NOT restricting or counting calories or starving ourselves – when you are HUNGRY – make sure to EAT! One of the best ways to stay full and get a full nutrient profile is to include all the macronutrients (fats, protein and carbs) in your shakes.

WEEK ONE

30-DAY LIFE HACKS



Portion out your meal to the healthy meal guidelines and have your products prepped the night before.



Keep a glass of water with you throughout the day to avoid dehydration.



If you are ordering out, find something on the menu ahead of time so you don't get off track.



Prepare 3 healthy snack options to keep on hand and place them in a convenient location.



Get a buddy – or 2! You will all keep each other accountable and workouts are always more fun with friends!



Food prep, having snacks on hand, lots of water, 7–8 hours of sleep and listening to your body will help you achieve whatever goals you have for yourself. Establish a routine! This is about progress, NOT perfection! The first week is the hardest – so be patient with your body!

Best HACK – write out your day. When you will eat (and what), when you will exercise, when you will go to bed – and all your commitments in between. This way your mind is already prepared!

IMPORTANCE OF GUT HEALTH



DIGESTION & MICROBIOME SUPPORT

One of the main ways we support your health with this program is by getting our gut microbiome back in balance. This product contains prebiotics, probiotics and digestive enzymes to help support digestive health and gut microflora. Our prebiotics are botanically derived from chicory root, to support a healthy gastrointestinal tract while creating an ideal environment for probiotics to colonize, along with enzymes to support the digestion of carbs, fats, protein, fiber, and lactose – helping support nutrient uptake of foods. A healthy digestive system helps ensure you are absorbing nutrients effectively, which helps nourish the skin from the inside out.

GREENSYNERGY

If you got our GreenSynergy – you have 3 of our products in 1! This product has our Digestion & Microbiome Support, 12 Greens & Collagen Builder – IN ONE PRODUCT! This has all the functions as above, with more Digestive Enzymes!



DAYS 3-5

ARE THE HARDEST! STAY STRONG! YOU MAY BE STRUGGLING WITH SOME HEADACHES AND MAYBE EVEN BRAIN FOG AND NAUSEA – IT IS NORMAL! YOU ARE DETOXING AND THOSE SYMPTOMS WILL TAPER OFF! GET READY FOR MORE ENERGY AND BETTER SLEEP.

DRINK LOTS OF WATER AND USE YOUR FIZZ TO HELP WITH HEADACHES!

BALANCING BLOOD SUGAR

To maintain normal physiology and overall health, balancing blood sugar is key! Your body needs balance to keep energy steady! Our protein and fiber will help you achieve that.



PROPORTIONAL EATING

Proportional eating is a CORE principle of this program. Whether it is prepared meal or replacement shake. Balance is why there is no point system and we DO NOT count calories. We rely on balance in our meals, the anti-inflammatory nature of the food, the lack of added sugar and highly processed ingredients, and the timing of our meals to DO ALL THE WORK! Add color and variety – and PLAN AHEAD! Being prepared is key to being successful!

Recommendations

- EAT AT REGULAR INTERVALS, EVERY 4-6 HOURS
- AVOID SKIPPING MEALS AND EATING REFINED CARBS
- EAT BALANCED MEALS OR SNACKS THAT INCLUDE WHOLE FOODS
- FOCUS ON PROTEIN, LEAFY GREENS, COMPLEX CARBS, HEALTHY FATS
- DON'T FORGET FIBER

WHOLE HEALTH

PHYSICAL

Physical wellness is achieved through optimal nutrition and exercise, building flexibility, strength, and endurance, while accessing necessary education and services to prevent and treat illness.

EMOTIONAL

Emotional wellness is achieved through the ability to manage one's negative and positive feelings, to cope with stress, and to check limitations with assistance from friends and family.

SPIRITUAL

Spiritual wellness is achieved through understanding the meaning and purpose of one's existence through appreciation of life and discovery of spiritual self.

ENVIRONMENTAL

Environmental wellness is achieved through proactive engagement in and contribution toward a healthier environment by the protection of resources and enhancement of safety.

INTELLECTUAL

Intellectual wellness is achieved through ongoing attainment of knowledge and utilizing knowledge for the betterment of oneself, others, and the environment.

OCCUPATIONAL

Occupational wellness is achieved through a balance of work and leisure, by contributing one's knowledge, skills, and characteristics toward roles and responsibilities.

SOCIAL

Social wellness is achieved through communication and healthy relationships, creating a balance of interdependency among self, family, and friends while realizing that there is a legitimate need for fun and leisure time to reconnect with people and refresh the mind.

CWUWONLINE.ORG

Although we are focused mostly on how we eat as a portion of our physical wellness, there is SO MUCH MORE to our wellness than what we eat. Read through each dimension of wellness and use the journal prompts below to boost mental health!

SOCIAL

Social Wellness: How do you connect with others? Who are the people in your life that you feel closest to? How can you deepen those relationships?

PHYSICAL

Physical Wellness: How do you feel physically? What are some areas of your physical health that you would like to improve? What are some steps you can take to improve your physical wellness?

EMOTIONAL

Emotional Wellness: How do you feel emotionally? What are some emotions that you've been experiencing lately? How can you manage any negative emotions in a healthy way?

OCCUPATIONAL

Occupational Wellness: How do you feel about your work or career? Are you satisfied with your current job or do you desire a change? What steps can you take to improve your job satisfaction?

INTELLECTUAL

Intellectual Wellness: How do you stimulate your mind? What are some ways you can challenge yourself intellectually? Are there any new skills or knowledge you would like to acquire?

SPIRITUAL

Spiritual Wellness: How do you connect with your spirituality? What are your spiritual beliefs and practices? How do they bring meaning to your life?

ENVIRONMENTAL

Environmental Wellness: How do you connect with your environment? What are some ways you can be more environmentally conscious? Are there any changes you can make to your environment to promote your well-being?

7 DIMENSIONS OF WELLNESS

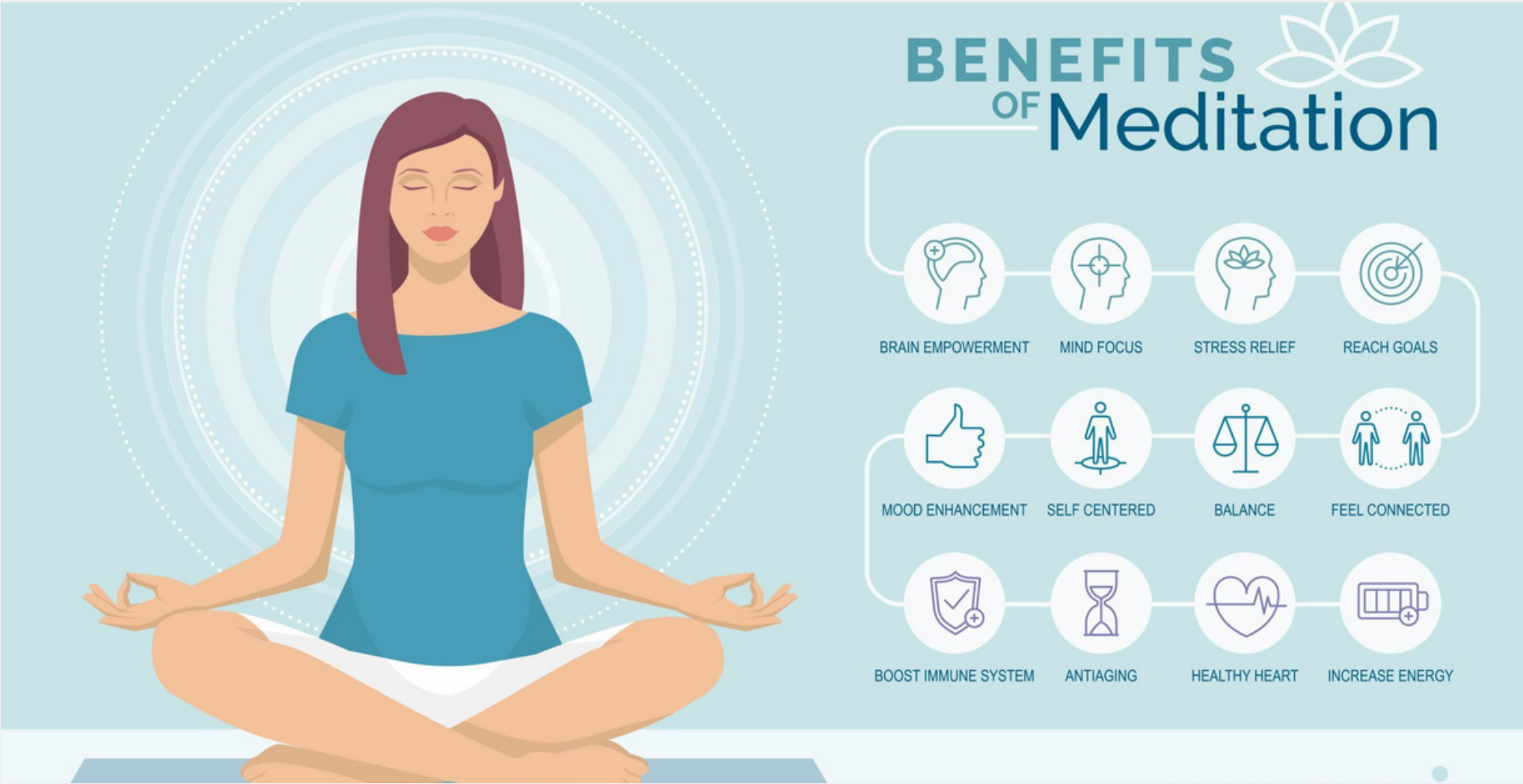
JOURNAL PROMPTS

to boost mental health

cwuonline.org

WEEK TWO

Welcome to Week 2 – how are you feeling? Let’s kick off your week with some meditation, gratitude and positive affirmations – if that’s something that interests you! Check out the benefits of meditation below – even 5–10 minutes can make a huge difference!



GRATITUDE

Grab a pen and paper and write down 10 things you are grateful for related to friends and family – who are you grateful for (maybe send them a message telling them so!



Click on pic for a guided meditation!

POSITIVE AFFIRMATIONS

Write down, say out loud or in your head the following affirmations:

- I AM BRAVE
- I AM BOLD
- I AM STRONG
- I AM COURAGEOUS
- I AM INFLUENTIAL
- I AM WORTHY OF THE WIN
- I AM FRICKIN’ AWESOME
- I AM OWNING THIS
- BRING IT ON!!

Repeat 5–10 times!

IT’S TIME TO MOVE!



PHYSICAL EXERCISE

Moving and being active are very important for a healthy lifestyle. It also makes you sweat, which is a way your body helps itself to naturally remove toxins. But exercise doesn’t have to be overly strenuous – it’s just a matter of getting your heart rate up for 30 minutes at a time. Even 15 minutes of increased heart rate can be extremely beneficial! Try something new: walking, yoga, hiking, strength training, running...so many options!

BENEFITS OF PHYSICAL ACTIVITY

- *IMPROVES CARDIOVASCULAR HEALTH
- *INCREASES ENERGY LEVELS
- *IMPROVES MOOD/BEHAVIOR
- *STRESS REDUCER
- *INCREASES BALANCE
- *IMPROVES BONE HEALTH
- *REDUCES BLOOD PRESSURE
- *IMPROVES SLEEP QUALITY
- *REDUCES ANXIETY
- *HEALTHY WEIGHT MANAGEMENT
- *LOWERS RISK FOR CANCER
- *IMPROVES BRAIN HEALTH
- *REDUCES RISK FOR DEPRESSION
- *IMPROVES FOCUS LEVELS

ARTIFICIAL SWEETENERS/DYES

Why do we recommend avoiding Artificial Sweeteners and Colors / Food Dyes????

Artificial Sweeteners – While refined sugar is no friend to your body, artificial sweeteners are worse. The chemicals to create artificial sweeteners are more intense than the ones used in refining sugar. Aspartame, the most common sweetener, contains methanol which converts to formaldehyde, a known toxin.

“What many people don’t realize is that artificial sweeteners also can cause a dangerous addiction — an addiction to overly sweet foods. They retrain the taste buds to need more and more, sweeter and sweeter foods. This leads to even greater incidences of obesity, type 2 diabetes, kidney damage and so much more. There is additional evidence that links artificial sweeteners to the development of glucose intolerance and other metabolic conditions that result in higher than normal blood glucose levels. If you are diabetic or pre-diabetic, you need to avoid both sugar and sugar substitutes as much as possible.”

Artificial sweeteners are hidden in lots of foods you may not think of sweet. To learn more, see a comprehensive list, and the common foods that contain them, check out this article from Dr. Josh Axe.

<https://draxe.com/artificial-sweeteners/>

Artificial Colors / Food Dyes – Food companies add more than 15 million pounds of artificial food dyes to foods each year, which is over five times the amount added to the food supply when our parents were children. Artificial food colors are mainly petroleum derived. The European Union requires foods with food dyes to come with a warning label and has banned many of the dyes still used in the US. Artificial food dyes have been linked to behavioral problems, various types of cancers and other problems because food dyes are excitotoxins – toxins that trigger parts of the brain that cause hyperactivity. Many people come in contact with food dyes without even realizing it in toothpastes, crackers, pickles, yogurt, potato chips, pastas and other foods that would not be obvious sources of dyes.

“Because the only purpose of artificial food dyes is cosmetic, health advocates say removing them should be a no-brainer. Governments have been reluctant to get involved, however, especially in the United States, where the FDA has approved nine artificial food colors, mostly derived from petroleum. In Europe, a warning label has been required since July 2010 on foods that contain certain artificial colors, prompted by the 2007 landmark Southampton Study, in the U.K., which found a link between food dyes and behavioral problems in children.

...While McDonald’s strawberry sundaes in England are tinted with real strawberries, the American version gets its hue from Red No. 40.

In Europe, the precautionary principle — limiting exposure to possible harm when scientific evidence is inconclusive — is often the law. The FDA, however, operates from an “innocent until proven guilty” standpoint”

To learn more about artificial colors / food dyes, check out this article!

<https://experiencelife.com/.../the-truth-about.../>

WEEK THREE

DAY 14 – IT IS CLEANSE WEEK! Today you will start adding one packet of the Gentle Cleanse to your daily routine. You will mix one packet with 8oz of hot water and shake well. The warm water will help it dissolve. Once it is dissolved, pour the mixture into a 32oz reusable water bottle and fill it up with water and ice if desired. You will drink this GRADUALLY throughout the day (4–8 hours). Make sure you are taking in another 32oz of liquid alongside your cleanse (drink at same time) to avoid cramping. You will need lots of water to properly flush everything out – shoot for 1/2 your body weight in oz of water each day.

As we are heading into week 3, your body’s pH should be heading toward neutral, so this will help. YOU WILL STILL EAT AND FOLLOW THE RECIPES LIKE NORMAL, JUST ADD THIS IN. Don’t be surprised if you experience some fatigue, headache, nausea, dizziness or even some acne. This is your body purging itself through natural elimination.

FEW REMINDERS AND TRICKS:

- 1.**IF YOU DON’T LOVE THE FLAVOR OF THE CLEANSE, ADD A FIZZ STICK TO IT FOR ADDED FLAVOR.**
- 2.**PACE YOURSELF THROUGHOUT THE DAY SO YOU DON’T HAVE TO CHUG IT.**
- 3.**THIS IS A GENTLE CLEANSE – SO YOU WON’T BE RUNNING TO THE TOILET, SO DO NOT FEAR THAT.**
- 4.**BE IN CONSTANT CONTACT WITH YOUR COACH THIS WEEK – EVERYONE REACTS DIFFERENTLY TO THE CLEANSE. YOU WILL BE FEELING GREAT AFTER DAY 3 OR 4.**





SLEEP



Sleeping is a part of our physical wellness in the 7 dimensions of wellness. Sleep helps us feel better but it is more important than we realize. Sleep can help support your mood and it is a fundamental pillar of a healthy lifestyle. When we sleep, we get to recharge our mind and body. It is a chance to rejuvenate our skin so we can wake up feeling and looking our best. You should be noticing a difference in your sleep quality. If you haven't, talk to your coach so we can make some tweaks!

SELF-CARE TIP

SLEEP

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.

The way you feel while you're awake depends in part on what happens while you're sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health. In children and teens, sleep also helps support growth and development.

WEEK FOUR

YOU ARE ALMOST DONE!! Can you believe it? You have one week to go! So lets start out this week talking about Habit Stacking! Over the past 3 weeks, we have helped you form a routine OR HABIT! This new routine has given you some amazing results – so it is important to continue positive habits – which will help you to continue to have success.

Options to Continue Success

1

Continue Another 30 Days



THIS IS COMMON PATH! Most people feel and look their best after 60 or 90 days of consistency! Plus, don’t you love how you feel? Talk with your coach and get new supplies on the way so you don’t run out!

2

Continue With Core Products



These **CORE** products are Essential to maintaining good gut health, weight management and clean caffeine! These are the non-negotiables daily! We encourage an 80/20 lifestyle on this plan.

3

Build Your Own Cart



SKINCARE + NUTRITION

Health is more than what we put IN our bodies, it is also what we put ON our bodies. We want to show you the INSIDE & OUT approach to Healthy Living! I am sure you have noticed a change in your skin, hair and/or nails over the past few weeks! We encourage you to take a look at your skincare and look for key ingredients that could have an impact on your health.

What if I told you, everything that touches your skin, will reach every main organ within 26 seconds? Talk to your coach on how you can try, risk free for 90 days, our exclusive, award winning skincare!

YOU DID IT!!!

YOU ARE AWESOME – AND YOU OFFICIALLY COMPLETED YOUR 30 DAYS TO HEALTHY LIVING PROGRAM! You said YES and committed and YOU DID IT! Thank you for trusting us with your health and being apart of OUR WELLNESS COMMUNITY! You are officially a member for life!

Who do you know that would love this program? The gift of health is the ultimate gift!

