Letter From Dr. Peter

My name is Dr. Peter Matravers, and I’m the Senior Vice President of Product Development at Arbonne. Many people today are not sure if they are getting the nutrition they need because of busy, on-the-go lifestyles, and fast and processed foods. We created the 30-Day Feeling Fit Plan to take the guesswork out of getting fit and help give you the right combination of essential nutrients to set you on the road to success.

Arbonne Essentials can help you accomplish your goals and get you on the path to healthier living, which is why I’m so excited you took the first step with our Arbonne Essentials 30-Day Guide. Now, everybody has their own view of what being fit means — having more energy or incorporating healthier eating habits. Whatever your reason, this is a great starting point to work toward your fitness goals.

Use this guide to help you during your journey to a healthier, more fit, YOU!

In good health,

Peter Matravers, PharmD
Sr. VP, Product Development

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30 Days to Feeling Fit

The 30-Day Feeling Fit Plan includes everything you need to get started on the path to achieving your goals, whether they be getting in shape or simply living healthy every day. This Arbonne Essentials 30-Day Guide provides the framework to get started, stay on track, and help answer any questions you have along the way.

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Your 30-Day Feeling Fit Plan Includes:
- 2 Arbonne Essentials Vitamin/Mineral Shake Mixes — Vanilla or Chocolate, 30 servings each
- 2 Arbonne Essentials Energy Fizz Tabs — Citrus or Pomegranate, 20 tabs each
- 2 Arbonne Essentials Fit Chews — Chocolate or Caramel, 30 chews each
- 2 Arbonne Essentials Herbal Teas, 20 tea bags each
- 1 Arbonne Essentials Daily Fibre Boost, 30 servings

What's Your Goal?

Fitness
Your goal might be to train for a race, be more competitive in your favourite sport, or to simply fill out your physique. The Arbonne Essentials product line offers a variety of products to supplement your daily regimen and support your fitness goals.

Healthy Living
Healthy living means taking a healthy approach to your life every single day, for the long term. With vegan protein and formulas manufactured without gluten, Arbonne Essentials helps you make better choices for your body — today and every day.
Getting Started

1. Clean out
   Clean out your refrigerator, pantry, kitchen and office of all unhealthy foods (for example, potato chips, high-sodium soups, processed foods, sweets, sodas, high-fat or high-sodium frozen meals, etc.).
   Fast food and processed foods are lacking important vitamins, minerals, phytonutrients, and, worst of all, are full of unhealthy amounts of sodium, fats and other unessential ingredients. Healthy, nutrient-rich foods are essential to maintaining optimal body function.

2. Stock up
   Stock up on healthy foods and snacks from your local grocery store, growers market and/or health food store. A healthy selection of foods at home will encourage healthier eating and better health — you will feel a difference. (Refer to page 7 for healthy food options.)

3. Track your progress
   Use the 30-day feeling fit calendar to track your progress.

8 Helpful Tips

1. Stay hydrated!
   Water is vital to healthy living. Drinking plenty of water is essential for processing nutrients and maintaining a proper fluid balance. Ideally, you should have eight 250 mL glasses of water per day.

2. Slow down!
   When feeling very hungry, most people have a tendency to eat too much, too quickly. Be sure to understand portions of veggies, proteins and grains. Take your time when eating so you can properly digest your food.

3. Avoid bad sugars!
   Stay away from refined sugars found in sodas, sweetened teas, coffee creamers, and other sweet foods and drinks. Refined sugars, when over-consumed, can be converted to fat and stored in the body.

4. Give in to little cravings!
   If you’re feeling hungry between meals, reach for a Fit Chew or a healthy snack. (Refer to page 7 for healthy food options.)

5. Stay on track!
   The best way to be successful and reach your overall goal is to keep track of what you’re eating and doing each day.

6. Exercise!
   Whether you are trying to feel more fit or increase energy, it is important to exercise at least 30 minutes each day.

7. Get some rest!
   Being healthy is not only about what you are eating, but how you are treating your body. It’s always good to get at least 7–8 hours of sleep each night.

8. Stay strong!
   No matter what your goal is, don’t get caught up on your day-to-day progress, but look at your weekly progression. The first two weeks are going to be the hardest, but stick with it and stay strong. Keep track of what you are doing and how you feel.
Establish a goal and write it down: If you want to run a 10K, fill in how far you can run today, and how many kilometres you want to run in a month. If you just want to feel healthier or have more energy each day for work or recreation, write that down. The more specific you can be about your goals now will better enable you to track your progress during the next 30 days.

Your Profile

Contact Information
Name ___________________________ Arbonne ID ___________________________
Email ___________________________ Phone ___________________________

Starting Info
(Complete on Day 1)
What is/are your goal(s)? ____________________________________________________
What does being fit mean to you? _____________________________________________
How do you feel today? ______________________________________________________
How do you want to feel in 30 days? __________________________________________

Ending Info
(Complete on Day 30)
Did you accomplish your goal(s)? _____________________________________________
Do you feel more fit? _________________________________________________________
How do you feel overall? ____________________________________________________

Chest — Measure around largest part of your chest.
Bicep — Measure midway between the top of your shoulder and elbow.
Waist — Measure approximately 3-5 cm above your belly button.
Hips — Measure around the largest part of your buttocks with your heels together.
Thigh — Stand with your legs slightly apart. Measure your upper leg where the circumference is largest.
Suggested Meal Plan Options

Healthy Living

**Breakfast:** 1 Chocolate or Vanilla Vitamin/Mineral Shake + fruit or whole grain options for a balanced meal

**Morning Break:** 2 Chocolate or Caramel Fit Chews + Herbal Tea

**Lunch:** 1 Chocolate or Vanilla Vitamin/Mineral Shake + vegetable/fruit or whole grain options for a balanced meal

**Afternoon Break:** 2 Chocolate or Caramel Fit Chews + Herbal Tea

**Dinner:** A healthy, well-rounded meal with lean proteins, vegetables and fibre-rich foods + Herbal Tea

(See p. 7 for health food and snack options.)

Fitness

**Breakfast:** 1 Chocolate or Vanilla Vitamin/Mineral Shake + fruit + higher protein options for a balanced meal

**Morning Break:** 2 Chocolate or Caramel Fit Chews + 1 Pomegranate or Citrus Fizz Tab

**Lunch:** 1 Chocolate or Vanilla Vitamin/Mineral Shake + fruit or vegetable + higher protein options for a balanced meal

**Afternoon Break:** 2 Chocolate or Caramel Fit Chews + 1 Pomegranate or Citrus Fizz Tab

**Dinner:** A healthy, well-rounded meal with lean proteins, vegetables and fibre-rich foods + Herbal Tea

(See p. 7 for health food and snack options.)

**Note:** Individuals who have a high level of activity may need to include additional healthy options throughout the day, depending on the amount of energy expenditure.

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Healthy Food and Snack Options

Good Protein Sources

• Spirulina*
• Wild, cold water fish — salmon, cod, halibut, tuna
• Eggs — boiled or cooked (cage- and hormone-free with no salt or butter)
• Lean meat — sirloin steak, pork tenderloin, skinless chicken breast (grilled, not fried), turkey breast or ground turkey (ask your butcher for the better, leaner cut of meat)
• Legumes, artichokes, beets, broccoli, brussels sprouts, cauliflower, green peas, green pepper, kale, mushrooms, mustard greens, onions, potatoes, tomatoes, turnip greens, yams, zucchini*
• Arbonne Essentials Vitamin/Mineral Shakes*
• Nuts and Seeds — Almonds, cashews, filberts, hemp seeds, peanuts, pumpkin seeds, sesame seeds, sunflower seeds, walnuts (black)*

*Vegan source

Healthy Snack Options

• Arbonne Essentials Fit Chews
• Celery sticks with peanut/almond butter and raisins
• Baby carrots with low-fat dressing
• Trail mix (without chocolate or candy)
• Yogurt or non-dairy equivalent with fruit, berries
• Hummus with raw vegetables
• Steel cut oatmeal
• Raw fruits (apple, pear, blueberries, mango, pineapple, etc.)
• Vegetables (carrots, celery, broccoli, cauliflower, zucchini, spinach, beets, etc.)
• Low-sodium vegetable chips

Selecting Breads, Grains and Rice

• Whole grain, whole wheat breads (increases fibre and vitamin intake)
• Wheat or corn tortillas
• Whole wheat pasta
• Quinoa or couscous
• Brown rice or wild rice
• Whole grain cereals

Avoid white bread (refined flour)

When Cooking

• Use healthy cooking sprays
• Use olive, canola or grapeseed oil
• Use fresh herbs to add flavour to the meals instead of salt

Avoid margarine and rich, creamy sauces or salad dressings.

Did You Know?

Fibre is essential to the human diet. Adequate intake of fibre supports gastrointestinal health, cardiovascular health and other important functions. Whole grain breads, vegetables and brown rice are much better sources of fibre than white breads, rice and pasta.
Product Details
Arbonne Essentials 30-Day Feeling Fit Plan

Vitamin/Mineral Shakes
- Deliver 20 grams of vegan protein, plus 21 essential vitamins and minerals per serving
- Made with a Vegan Protein Blend, including pea protein, which is one of the most absorbable forms of protein available today

**Key Ingredients:** Vegan Protein Blend, Coenzyme Q10, ginseng, vitamins and minerals

Daily Fibre Boost
- Delivers 2 grams of fibre and 10 grams of maltodextrin
- A flavourless fibre blend that can be added to all hot or cold foods and beverages
- Perfect boost to the Chocolate or Vanilla Vitamin/Mineral Shakes

**Key Ingredients:** pea fibre, apple fibre, orange fibre, Fibersol-2®

Fit Chews
- An ideal snack for those on the go, these bite-size treats help give a great-tasting boost throughout the day
- Contain a proprietary blend of ingredients to help support the body

**Key Ingredients:** rhodiola, codonopsis, astragalus
Energy Fizz Tabs

• Helps increase alertness and performance
• Helps the body metabolize fats, carbohydrates and proteins

Key Ingredients: green tea, ginseng, guarana

Herbal Tea

• A delicious, mild, decaffeinated herbal tea with 6 botanicals
• Great way to start your morning without the caffeine or end your day without staying up all night

Key Ingredients: milk thistle, peppermint, dandelion, uva ursi

Vitamin/Mineral Shaker Cup

Accessory

• Perfect cup for mixing your shakes
• Wire whisk ball
• Dishwasher safe
• BPA-free; recyclable

Arbonne Essentials® Water Bottle

Accessory

• Stay hydrated throughout your day with this Essential companion.
• BPA-free
• 940 mL

Additional Products (not included in the Feeling Fit Plan)
Vitamin/Mineral Shake Recipes

Peanut Butter Shake
- 2 scoops Chocolate or Vanilla Vitamin/Mineral Shake Mix
- 250 mL water
- 4–6 ice cubes
- 15 mL natural peanut butter (or almond butter)
- 1 scoop non-fat frozen yogurt or non-dairy equivalent or ¼ frozen banana
Blend until smooth.

Very Berry Shake
- 2 scoops Chocolate or Vanilla Vitamin/Mineral Shake Mix
- 250 mL water
- 4–6 ice cubes
- 1 cup mixed frozen berries
  (or substitute with 1 cup of your favourite berry)
- 1 scoop non-fat frozen yogurt or low-sugar sorbet
Blend until smooth.

Banana & Berry Fruit Shake
- 2 scoops Chocolate or Vanilla Vitamin/Mineral Shake Mix
- 250 mL water
- 4–6 ice cubes
- 1 cup frozen berries
- ½ peeled banana
- 1 scoop non-fat frozen yogurt or low-sugar sorbet
Blend until smooth.

Orange Creamsicle Shake
- 2 scoops Vanilla Vitamin/Mineral Shake Mix
- 250 mL water
- 4–6 ice cubes
- 1 scoop low-sugar orange sorbet
Blend until smooth.

Coffee Shake
- 2 scoops Chocolate or Vanilla Vitamin/Mineral Shake Mix
- 150 mL water (or almond milk)
- 100 mL chilled coffee
- 4–6 ice cubes
- 15 mL natural peanut butter (or almond butter)
Blend until smooth.

Pumpkin Spice Shake
- 2 scoops Chocolate or Vanilla Vitamin/Mineral Shake Mix
- 250 mL water
- 4–6 ice cubes
- 1/4 cup pumpkin puree
- Tiny pinch of cinnamon, ginger and nutmeg
Blend until smooth.

Your Own Recipe!
Shake Name: ________________

Ingredients:
- __________________________
- __________________________
- __________________________
- __________________________
- __________________________
- __________________________

Recipe Tips:
- For a nutritional boost to any shake, add a scoop of Arbonne Essentials Daily Fibre Boost.
- Water is suggested in the above shakes, but depending on your dietary and caloric preferences you can substitute it for: fat-free milk, unsweetened almond or soy milk, or coconut water. Feel free to experiment.
- Remember, you can be creative with these shakes. Choose ingredients that support your goals.
Exercise Recommendations

To truly be healthy, exercise should be a daily part of everyone’s lifestyle. Exercise is an important factor in helping prevent cardiovascular disease, reducing the risk of some diseases, strengthening bones and muscles, improving vitality, and even living longer.

Low Exertion:
- Walking
- Tai chi
- Water exercises
- Stretching

Medium/High Exertion:
- Swimming
- Jogging
- Hiking
- Pilates or yoga

High Exertion:
- Running
- Spin
- Team sports — tennis, baseball, soccer, softball, basketball, volleyball
- Weight training

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Frequently Asked Questions

Q: Can I continue the 30-Day Feeling Fit Plan beyond 30 days?
A: Yes! The Arbonne Essentials 30-Day Feeling Fit Plan is a great way to get started toward your fitness or healthy living goals. Once you’ve completed the program, you can keep going for another 30 days until you reach your ultimate goals, or use the 30-Day Feeling Fit Plan as a jump-start to get you on track to better health whenever you need it.

Q: What are the benefits of pea protein?
A: Pea protein is highly absorbable and easily digestible, and when combined with rice protein and cranberry protein it provides a full amino acid score. Additionally, the arginine content of pea protein is one of the highest of all commercially available proteins. Arginine participates in the supply of nitric oxide (NO) to the body. Pea protein is a good source of glutamic acid and also of branched chain amino acids (leucine + valine + isoleucine).

Q: Why is getting fibre important?
A: Fibre is essential for maintaining optimal gastrointestinal health. It helps maintain proper blood glucose levels, helps increase satiety, and also supports cardiovascular health. It can be difficult to obtain adequate daily levels of fibre, as many foods consumed in the typical Canadian diet are generally low in fibre content. Considering the importance of fibre, this makes it all the more important to supplement the diet with a fibre product.

Q: Do I have to exercise to improve my health?
A: The best way to get healthy and feel great is to eat healthy and incorporate at least 30 minutes of exercise that increases your heart rate every day. Exercise does not have to be very strenuous. It can be simply a brisk walk through your neighbourhood.

Q: Can I have Vitamin/Mineral Shakes for all three meals?
A: No, the Vitamin/Mineral Shakes should not be considered a replacement for a healthy meal. We recommend a maximum of two Vitamin/Mineral Shakes per day.

Q: What are adaptogens?
A: Adaptogens are ingredients that contribute to overall health and often help to relieve symptoms of stress. Adaptogens are especially beneficial for individuals who are starting new fitness regimens and who have a high amount of physical activity in their day, as there is typically a higher level of physical stress on the body during activity.

Q: Why would I need to supplement my diet with vitamins and minerals?
A: Vitamins, minerals, omega-3s and many other dietary nutrients are needed for our bodies to function properly. These vital elements are used by our bodies in a variety of ways. For example, magnesium is needed for calcium absorption, calcium is needed for bones and muscle function, and so on. Unfortunately, many of us do not get the levels of these nutrients our bodies need to perform optimally; therefore, supplementing your diet with additional nutrients helps support the body’s biological functions, from transportation of oxygen throughout the body, to creation of new cells.
At the end of each day, check the box that most closely describes whether you followed your plan. Be sure to add comments on how you feel after each day or anything else you want to remember as you progress through the 30 days.

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<th>Day 1</th>
<th>Day 2</th>
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<td>❑ Had plenty of energy</td>
<td>❑ Resisted temptation</td>
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<tr>
<td>❑ Made healthy food choices</td>
<td>❑ Needed an energy boost</td>
<td>❑ Lacked motivation</td>
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<td>❑ Needed encouragement</td>
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<tr>
<td>❑ Walked away from the cookies</td>
<td>❑ Exercised an extra 10 minutes</td>
<td>❑ Followed my meal plan</td>
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<td>❑ Got plenty of sleep</td>
<td>❑ Had plenty of energy</td>
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<tr>
<td>❑ Felt great!</td>
<td>❑ Made healthy food choices</td>
<td>❑ Needed an energy boost</td>
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<td>Cheated</td>
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<tr>
<td>27</td>
<td>Making healthy habits</td>
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<td></td>
<td>Made healthy food choices</td>
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<tr>
<td></td>
<td>Exercised</td>
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<tr>
<td>28</td>
<td>Stayed true to my goal!</td>
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</tr>
<tr>
<td></td>
<td>Didn’t even want junk food</td>
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<tr>
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<td>Exercised</td>
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<tr>
<td>29</td>
<td>Feel rejuvenated</td>
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<td></td>
<td>Made healthy food choices</td>
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<tr>
<td>30</td>
<td>Feel AMAZING!</td>
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<tr>
<td></td>
<td>Exercised an extra 10 minutes</td>
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<td></td>
<td>Exercised</td>
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<td>Cheated</td>
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