



# 2011 Healthy for Life

## New Year RESET Challenge

Reset your Body, Reset your Life ...

Make 2011 your best year yet

### Do you ever wish your body had a RESET button?

Fortunately, there's an easy way to get your body back on track through balanced nutrition. Imagine doing a cleanse, healthily and without starving. Join us for the **Healthy for Life New Year RESET Challenge!**

### Top 6 Reasons to do the Healthy for Life New Year RESET Challenge?

1. **Drop the extra holiday pounds and inches - Lose 4-5lbs\* in 5 Days!** And up to 10 – 15 lbs by the end of the 5th week.
2. Finally **lose cravings** for sugar and refined carbohydrates. Learn how to keep your blood sugar balanced and get rid of your cravings.
3. **Increase energy/immune system** & have a cold/flu-less winter! **Sleep** like a baby while your body healthfully detoxes.
4. Achieve your health goals through a balanced program – **start the New Year off to make 2011 your BEST health, weight and energy year yet!**
5. **SAVE MONEY** on your grocery/food bills with our healthy and inexpensive Meal Replacement Shakes and Snack Bars.
6. **Receive lots of support, education, coaching and fun using a system that's backed by published clinical research** – everything from nutrition to fitness, stress reduction to overcoming emotional eating, and making your health a priority and a lifestyle!

**\*\*\*Register today! Space is limited ~ Registration closes January 16, 2011 \*\*\***

\*RESET results vary depending on weight and metabolism. Typical weight loss during the 5 Day RESET is 4-5 lbs.

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# RESET CHALLENGE

## How it Works

**1. The RESET CHALLENGE Group will meet every week for 6 weeks.**

The 5 WEEK Challenge runs Wednesday, January 19<sup>th</sup> – Tuesday, February 22<sup>th</sup>

You will receive your 5 Day RESET kit at the first meeting, Tuesday January 18<sup>th</sup> and start the RESET CHALLENGE on Wednesday, January 19<sup>th</sup>.

We will meet weekly for coaching and education – 60 minutes of health, nutrition, and Q&A training and guided health & fitness activities with health and fitness coaches.

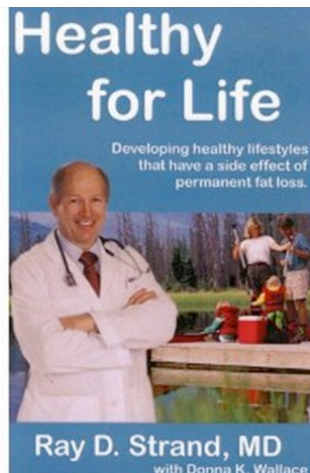
**2. The First 5 days of the RESET CHALLENGE will consist of cleansing, or "RESETTING" the body with the 5 Day RESET Kit. Your \$179 fee for the 5 Day REST includes:**

The 5-Day RESET Kit - shakes, bars and supplements for 5 days! a Blender Bottle, an educational DVD covering the health benefits of a low-glycemic lifestyle and a simple, 30-minute exercise program,

A participant pack with your Progress Tracking Sheet and Food/Exercise Journal, tips, articles and daily email coaching and support,

and

A **FREE Healthy for Life book by Dr. Ray Strand**, to support your lifestyle change journey.



**3. From there, you will choose which program is best for you to continue on for the next 4 WEEKS, Phase I or Phase II, depending on your health goals and how much weight you would like to lose.**

We will continue with our 60 minute health and nutrition training meetings

Provide you with suggested meal plans and a grocery lists for Phases I and II

Continue ongoing email coaching and support

**Phase I Transformation & Weight Loss** is perfect if you have additional weight to lose. Continue using the meal-replacement shakes and bars for two meals and one snack per day, and eat one additional low-glycemic meal and snack each day. The cost of Phase I is approximately **\$348\*** (includes shipping and tax) for 4 ENTIRE WEEKS of foods and supplements - that's less than \$12.50/day after tax and shipping, a **HUGE value at 10% off wholesale prices!**

**Phase II - The Healthy for Life Maintenance Program**, will help you stay lean with one meal-replacement shake and one bar per day, plus two other healthy, low-glycemic meals and one additional snack. The cost of Phase II is approximately **\$272\*** (includes shipping and tax) for 4 ENTIRE WEEKS of one meal and one snack/day and supplements. That's less than \$10/day after tax and shipping - again, at 10% off wholesale prices, a fantastic value!

**During the 5 weeks, you receive over a \$500 value of free services & resources!**

*\*Approximate Price - will vary depending on your specific needs. Replaces 30% - 67% of your grocery/food bill for 4 weeks!*

January 2011

# RESET CHALLENGE

## Our Schedule

### **WEEK 1 - Tuesday, January 18, 6:30 - 7:30 PM**

Kick-Off Meeting. We will discuss your motivations & goals, and set intentions for a healthy, fabulous 2011. We will guide you in getting started with the 5-Day RESET and mild exercise program as well as provide tips, strategies, and ideas to jumpstart your RESET Challenge. You will also be choosing Phase I or Phase II - depending on your personal health & weight loss goals.

### **WEEK 2 Tuesday, January 25, 6:30 - 7:30 PM**

Transitioning to Phase I or II. Eating Out, Parties and Traveling - Our Nutrition Coaching session will guide you in choosing the best options keep your healthy lifestyle in these situations. And you'll get some exciting new recipes to try!

### **WEEK 3 - Tuesday, February 1, 6:30 - 8:00 PM**

We will discuss the positive changes you've made and learn more about improving our skin & hair, immune system and energy. You will also be pampered with a luxurious mini spa facial with Sensé Beautiful Science, clinically proven, toxin-free skin and body care.

### **WEEK 4 - Tuesday, February 8, 6:30 - 7:30 PM**

The Importance of Exercise! Learn why moderate exercise is one of the keys to unlocking your best self. You don't have to be a gym-rat to look and feel fabulous, just follow a few easy guidelines to keep your body in check. We will also have a Fitness Expert available to take us through a basic core workout.

### **WEEK 5 - Tuesday, February 15, 6:30 - 7:30 PM**

Stress - the good the bad and the ugly! Stress is a normal and inevitable part of life. It can motivate us to take action and perform at our best. But chronic stress has serious negative health effects. We will discuss and learn positive strategies for living well with stress! And we will also be treated to a Laughing Yoga session - a fun and fantastic stress reduction strategy!

### **CELEBRATION - Tuesday, February 22, 5:30 - 7:00 PM**

Healthy and Lean for Life! What's working, challenges and how to make this a lifestyle. And we will celebrate with a Low Glycemic Pot Luck - a chance to show off your favourite low glycemic recipe!

**LOCATION: eco Design Gallery, 17 ½ Fan Tan Alley, Victoria**

# RESET CHALLENGE

## 5 DAY RESET —

The **5-Day RESET** is the ideal jumpstart to healthy living and achieving your ideal weight. It restores your body's balance and reduces inflammation. It gets you off the high glycemic roller coaster by stabilizing your blood sugar and eliminating your cravings for unhealthy foods. And best of all, the typical weight loss during the RESET is 4-5 pounds!\*

Your **5-Day RESET** kit comes with everything you need, including:

- 15 Low-glycemic meal-replacement shakes and 10 nutrition bars (enough for 5 days). These foods contain a balanced array of high-quality proteins, carbohydrates, fats and fibre that give you all the nourishment you need and do not spike your blood sugar. And they taste good, too!
- A 5-day supply of our recommended, pharmaceutical grade nutritional\* in convenient AM & PM packets. These daily supplements provide you with optimal levels of the minerals, vitamins, and antioxidants your cells need to maintain your health and energy.

- A DVD that explains the RESET program and provides additional information on the health benefits of a low-glycemic lifestyle. It also includes a simple, 30-minute exercise video hosted by two U.S. Olympic athletes.
- A handy written guide for your first five days, plus directions for continuing a safe and healthy weight loss program.



*\*The top-rate Nutritional Supplements from USANA Health Sciences - as rated in NutriSearch's Comparative Guide to Nutritional Supplements.*

**Here's how the 5 Day RESET program works:** Each day for 5 days you drink 3 shakes at mealtime, eat a nutrition bar for both your morning and afternoon snacks, plus one serving of fruit and one serving of vegetables anytime during the day. While on the RESET, you also drink eight to ten glasses of water and exercise moderately for 20-30 minutes per day. Those who want to lose weight may lose as much as 4-5 pounds on the RESET, and the fat comes off the waist first. The biggest benefit - the most important result of the 5 Day RESET - is that it stabilizes your blood sugar, reduces cravings, and puts your body into a balanced state so that it is easier to make healthy food choices.

January 2011

# RESET CHALLENGE

## Phase I and Phase II...

### A Typical Day on Phase I

- ★ **Breakfast:** USANA Nutrimeal™ Smoothie, Essentials™ multivitamin/mineral and BiOmega™ fish oil supplement
- ★ **AM Snack:** USANA Nutrition Bar
- ★ **Lunch:** USANA Nutrimeal™ Smoothie, Essentials™ multivitamin/mineral and BiOmega™ fish oil supplement
- ★ **PM Snack:** Low glycemic snack of your choice or USANA Nutrition Bar
- ★ **Dinner:** Healthy low glycemic meal of your choice
- ★ **Optional:** As many raw veggies as you want

Once you reach your ideal weight...

### A Typical Day on Phase II

- ★ **Breakfast:** USANA Nutrimeal™ Smoothie, Essentials™ multivitamin/mineral and BiOmega™ fish oil supplement
- ★ **AM Snack:** USANA Nutrition Bar
- ★ **Lunch:** USANA Healthy low glycemic meal of your choice
- ★ **PM Snack:** Low glycemic snack of your choice or USANA Nutrition Bar
- ★ **Dinner:** Healthy low glycemic meal of your choice
- ★ **Optional:** As many raw veggies as you want

The above are just examples of a daily meal plans, you can choose what meals and snacks you will replace with USANA Nutrimeal Smoothies and Nutrition Bars. You also choose the flavours you like best.

**It's simple and it works – RESET, Transform, and Maintenance take all the guesswork out of proper nutrition!**

Read About the 12 WEEK CLINICAL TRIAL RESEARCH at <http://www.releasingfat.com/>

**Make 2011 your BEST Health, Weight and Energy year yet with the Healthy for Life RESET Challenge**

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I will be delighted to answer any questions you may have.

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## Other interesting tips

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