Fitness
TAKE IT TO THE NEXT LEVEL //

HOW TO
Get More Active
Fuel Your Performance
Maximize Results
Elevate Your Fitness

Recommit yourself to your goals, follow an action plan, and get the results you want with the right exercise and nutrition.
If you’re not working to get fit, you’re not living life to its fullest potential.

You’re not simply getting active as you strive to get fit. You’re improving your body’s ability to function properly. You’re ensuring better ongoing health, lowering your risk of disease, and adding life to your years.

Wherever you are—working toward your initial fitness goals or ready to elevate your fitness to the next level—you need strong motivation, a clear plan, and plenty of knowledge and support to be able to move forward and make the permanent, healthy changes you want.

**EXERCISE IS INTEGRAL TO FITNESS—AND TO YOUR ONGOING HEALTH.**

According to a longitudinal Harvard study, the greatest indicator of vitality and longevity is regular exercise. Not family history. Not environmental exposure. Not even whether you smoke.

Simply put, nothing can replace the benefits of exercise.
The truth about fitness.

Science has shown that physical fitness pays rich dividends throughout your life—better health, more vitality, and an outlook that opens doors to happiness, confidence, and success.

As Melaleuca: The Wellness Company, our goal isn’t to give you a “magic” substitute for exercise. Our goal is to help you get more active—and get the best results you can from that activity.

1. **Fitness is critical to health in every area of your life.**
   What you do to get fit doesn’t just enhance how you look; it enhances your long-term physical, emotional, personal, and mental health.

2. **There is no magic pill.**
   Only regular, sustained effort can enable you to create the quality of life, vitality, and longevity you desire.

3. **Nutrition + exercise = fitness.**
   To produce the results you want, exercise must be fueled by the right nutrition.

4. **Getting fit requires a paradigm shift.**
   Only a strong “why” and a willingness to permanently change can produce real, long-lasting results.

5. **Getting fit must be enjoyable.**
   Getting fit shouldn’t be drudgery. In fact, doing the activities you enjoy may be the only way to sustain your fitness efforts for the long term.

6. **The right tools amplify fitness efforts.**
   Having the right knowledge, resources, support, and products will help you maximize your benefits, stay committed, and consistently achieve your goals.
Establish your action plan.

Stepping up your exercise level can take as much motivation and dedication as getting active in the first place. Even if you’re already enjoying regular exercise, it’s vital to set out with a strong “why” and a solid plan.

**WHY?**

As your life changes, so might your “why.” If your old “why” isn’t motivating you like it used to, it’s time to reevaluate!

**EVERYBODY NEEDS THEIR OWN REASON “WHY.”**

What gets you moving each day? You might say it’s to look better in a swimsuit. But ask yourself—why does that matter to you? Answer that question, and then ask why again. You’ll quickly get to your core motivation: your “why.”

Chances are, your “why” is a deeply personal, poignant reason. That’s great, because the more it means to you, the stronger it will drive you.

**SET SPECIFIC GOALS**

- **Specific:** Make each goal clear and measurable—and focused on something you want to work on.
- **Short term:** Keep the goal’s timeline within the near future, knowing you’ll set the next goal when you reach this one.
- **Attainable:** Be realistic. Set goals in smaller steps toward your ultimate goal and you won’t feel overwhelmed.

**CELEBRATE SUCCESS**

Whenever you reach one of your goals, don’t miss the chance to reward yourself. Your reward should reinforce your efforts to improve your self-image. Make it something you look forward to—something that motivates you to work hard.

**STAY ACCOUNTABLE**

Find the right person to team up with. Share your goals, exercise together, keep each other on track, and celebrate your successes together. When your willpower breaks down, as it will from time to time, your partner can keep you focused and moving toward your goals.

**DEFINE YOUR NUTRITION PLAN**

Getting the right nutrition each day is as important to fitness as the right exercise routine. Remember: plan foods and supplements that support energy, strength, endurance, and recovery. And eat each food or supplement at the right time of day for optimal results.

**DESIGN YOUR REGIMEN**

- **How often?** Shoot for 3–5 workouts a week.
- **What time?** Set aside time each day when exercise is your top priority.
- **What activity?** Switch up activities day to day to allow for recovery and to keep it fresh and enjoyable.
- **How will I stay accountable?** Decide now! Aim for daily follow-up and plenty of encouragement.

**EVALUATE YOUR PROGRESS**

Accurately measure results. It’s not just your number of reps or split time. Track your heart rate, average intensity level, waist size, and other measurements to know what’s working and what needs more work. Adjust if necessary. Has your routine peaked, well, routine? Step it up! Set new speed or intensity goals so you are always pushing yourself.

**WHY?**

As your life changes, so might your “why.” If your old “why” isn’t motivating you like it used to, it’s time to reevaluate!

**EVERYBODY NEEDS THEIR OWN REASON “WHY.”**

“I want to have a great retirement with my husband.”

“I want to be able to play with my son and enjoy our time together.”

“I want to dance with my granddaughter at her wedding.”

“I’m tired of worrying about myself. I want to focus my energy on helping others.”

**SET YOUR PLAN IN MOTION.**

Use these six steps to stay on track and succeed time and time again.
Take the time and make the effort.

You won’t reach your fitness goals overnight. And you’ll only reach them by putting time and effort into your exercise routine. You have your action plan; here’s where you put it into action.

THE RULE OF 45
Research has shown that getting just 45 minutes of moderate-intensity exercise daily can deliver a host of healthy benefits. Try maximizing your 45 minutes with interval training and a wider variety of activities.

INTERVAL TRAINING: GET MORE DONE IN LESS TIME.

Seven 30-second sprints interspersed with 90 seconds of walking can have the same heart-health benefit as longer, more moderate activities. Why? The variety pushes your body to work harder, increasing endurance gains.

WHAT CAN 45 MINUTES OF EXERCISE DO FOR YOU?

DIMINISH FOOD CRAVINGS
A recent study found that 45 minutes of moderate exercise in the morning can decrease your motivation for food.

BURN CALORIES ALL DAY
Studies show a vigorous 45 minute workout can raise your body’s metabolic rate for hours—meaning you’ll be burning calories well after your workout.

HOW MANY CALORIES CAN YOU BURN IN 45 MINUTES?

| 30 seconds sprint | 425 calories |
| 90 seconds walk | 225 calories |

45 min.

Running, walking, swimming, biking, rowing are all super aerobic exercises with critical health benefits when done correctly and in moderation. Research has shown many areas where aerobic training can benefit you, including:

• Reduced risk of heart disease
• Improved blood cholesterol and triglyceride levels
• Manage stress and anxiety
• Memory and cognition as you age

New research suggests that all healthy adults should do some form of strength training. Here are some of the many benefits of strength training, according to the Centers for Disease Control:

• Reduced risk of osteoporosis
• Proper weight maintenance
• Healthy state of mind
• Healthy heart tissue

Tip: Vary these aspects of your training every 4–6 weeks.

• Number of sets and reps
• Intensity and rest time
• Frequency
• Exercise selection
• Duration

AEROBIC TRAINING
LOSE BODY FAT AND INCREASE VISIBLE MUSCLE DEFINITION
Include aerobic training to assist in burning more calories than you consume.

• Do enough to achieve 45 minutes of moderate to intense physical activity.
• The goal of aerobic training should be to use as much energy (calories) as possible. You can accomplish this by incorporating interval training.

Example: 30-second sprint followed by a 90-second walk, then repeat

STRENGTH TRAINING
GAIN LEAN BODY MASS
Incorporate weight training: 2–4 sets of 8–12 repetitions per exercise.

• Execute a slow, controlled tempo with each repetition to focus on overall time under tension during each exercise.
• Keep rest between sets to 30–60 seconds.
• Include at least 48 hours of rest before training the same body part again.

GET MORE ACTIVE //

You won’t reach your fitness goals overnight. And you’ll only reach them by putting time and effort into your exercise routine. You have your action plan; here’s where you put it into action.

MIX IT UP FOR BEST RESULTS.
Complete fitness requires a balance of both aerobic and strength training.
Eat for results.

What should your “get fit” diet look like? Pay attention to protein. Get lots of fiber and fluids, and be careful with fats and carbs. Put an emphasis on getting your calories from foods that will give you more energy, strength, and the ability to rebuild and recover.

As you work toward your fitness goals, remember—you are eating for results. Want some great tips for refining your eating plan? They’re in the Vitality: Simple Steps to Your Ideal Weight™ guide.

**PROTEIN**
The average adult needs 0.38 grams of protein per day for every pound they weigh.

**FIND YOUR DAILY PROTEIN TARGET**
Calculate:

\[
\text{GRAMS OF PROTEIN YOU NEED DAILY} \times 0.38 = \text{CURRENT WEIGHT (in pounds)}
\]

For example, a person who weighs:

- 200 lbs (90 kg) Needs around 76 g of protein a day
- 150 lbs (68 kg) Needs around 57 g of protein a day

**FACTORS ALTERING PROTEIN NEEDS**

1. **Strength training** 0.54 to 0.77 grams per pound of weight per day
2. **Endurance training** 0.59 to 0.82 grams per pound of weight per day
3. **65+ if you are over 65** Extra protein can help you maintain and improve muscle mass, strength, and function. The American Journal of Clinical Nutrition suggests consuming 0.68 grams of protein per pound of weight per day.

**CARBS**
Remember: complex is best. Eat a moderate amount of carbs, and get them from bran cereals, green veggies, fresh fruits, and whole grain breads.

**FIBER**
How much fiber do you need? On average, women need 25 grams per day and men should get 38 grams per day.

**FATS**
Get fats—at least mono- and polyunsaturated fats. You’ll find them in foods like olive oil, fish, and nuts, which are great for your plate any day of the week in moderate amounts.

**FLUIDS**
Each day, aim to drink ½ fl. oz. of water for every 1 lb. of body weight. For example, if you’re 140 lbs., aim for 70 fl. oz. daily.

**ANTIOXIDANTS**
One drawback of exercise is that it produces extra free radicals in your body. Counter those free radicals by getting plenty of antioxidants.

**YOUR WEIGHT LOSS FORMULA**

**Moderate Weight Loss**

\[
\text{CALORIE LIMIT} - 500 \text{ calories/day} = 1 \text{ LB/WEIGHT}
\]

**Significant Weight Loss**

\[
\text{CALORIE LIMIT} - 1,000 \text{ calories/day} = 2 \text{ LB/WEIGHT}
\]

**Fuel Your Performance**

**FREE APP AND WEBSITE TO TRACK DIET AND EXERCISE**

- **Myfitnesspal.com**
  - Calculate how many calories you should get each day to lose weight.
  - FREE app and website to track diet and exercise.

**DOWNLOAD THE VITALITY: SIMPLE STEPS TO YOUR IDEAL WEIGHT™ GUIDE**

Visit Melaleuca.com/SimpleSteps to download the guide.
Supplement for performance.

Your body has different needs at different stages in your exercise routine. Choosing the right nutrition at the right time will help maximize your results.

While exercise is absolutely essential, it takes a toll on your body. The most obvious strain is on your muscles and joints. Internally, the increased metabolism generated by exercise can flood your body with an influx of free radicals that can stress your cells, organs, and systems. So how do you overcome these potentially negative effects of exercise?

Two keys:

Recovery. Once a muscle or system is stressed, it needs time to recover and repair. Taking an occasional day off or working different muscle groups on consecutive days helps your body recover and rebuild.

Proper nutrition. Your body is amazing. It will come back better and stronger—if it has the right nutrition to rebuild your body better. Your body’s recovery efforts are highly dependent on what you feed it.

OPTIMAL NUTRITION AND RECOVERY ARE CRITICAL TO GREAT RESULTS

If you’re not getting the right nutrition, exercise won’t be as enjoyable—and will likely be more difficult. Worse, the exercise you engage in may just end up damaging your body instead of making it stronger.

Fuel your nutrition and achieve optimal results with healthy food choices and supplements made to give you specific benefits focused on energy, endurance, strength, and recovery.

THE RIGHT SUPPORT AT EVERY STAGE

Melaleuca’s world-class fitness products were developed specifically to fuel exercise recovery.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Power Up Your Systems

Peak Performance Pack

Optimize your training efforts with a potent blend of proven supplements that fuel activity, support optimal oxygen delivery, fight oxidative stress, and enhance full-body recovery.

**Vitality Multivitamin & Mineral™**
Up to 24 essential nutrients to enhance well-being, with patented *Oligo*® to deliver superior mineral absorption and antioxidant protection.*

**Vitality CardiOmega EPA™**
Specifically formulated with 1,000 mg omega-3 EPA to promote a normal response to activity-induced inflammation and support cardiovascular health—all while helping promote rapid recovery.*

**CellWise®**
Helps prevent the damage created by exercise-induced free radicals. Delivers full-spectrum antioxidant support for those who push their bodies to the limit.*

**ProvexCV®**
Increases your body’s nitric oxide release for optimal cardiovascular support.*

**Recover AI™**
Promotes healthy inflammatory response associated with activity-induced inflammation to promote normal muscle and joint function.*

**Florify®**
Enhances your immune function and supports balanced digestive health, while helping boost nutrient uptake from food and supplements.*

**How It Works**
The Peak Performance Pack delivers targeted nutritional support to elevate your fitness and your life so you get the most from your exercise.*

- High-potency nutritional support to fuel intense activity
- Improves the conversion of fat and sugar into energy*
- Safeguard against free radical damage*
- Improved blood flow for cardio support*
- Enhanced nutrient absorption*
- Aids muscle and joint recovery after exercise*
- Enhances full-body recovery after exercise*

**WHO SHOULD USE IT**
The pack is specially designed for those who are engaging in physical activity on a regular and ongoing basis.

**Usage Tip**
Can be taken 1-2 hours before exercise for maximum benefit. Always take with food.

**When to Use It**
Can be taken at any time. Take twice daily.

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Energize + Burn
Access®

Access delivers advanced fat-conversion technology for enhanced workouts and reduced body fat.

WHO SHOULD USE IT
Access should be a staple of everyone’s pre-workout routine. Regardless of age or activity level, everyone can benefit from its fat-burning, endurance-boosting, body-toning benefits.

WHEN TO USE IT
Consume Access on an empty stomach† 15 minutes before your workout. Access will continue to work for up to two hours.

1 hour 2 hours
Start Your Workout
Take Access

† 2 or more hours after your last meal.

“When consuming Access and Melaleuca Energy Shots in sequence can help achieve an all-out, exhaustive workout.”
— Dr. Larry Wang, inventor of Access technology

WHEN CAN YOU USE OTHER SUPPLEMENTS WITH ACCESS?

<table>
<thead>
<tr>
<th>PERMITTED WITH ACCESS</th>
<th>30 MINUTES INTO WORKOUT</th>
<th>POST-WORKOUT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy Shots</td>
<td>Sustain® Sport</td>
<td>Ultra-Performance Protein</td>
</tr>
<tr>
<td>Pure Creatine</td>
<td></td>
<td>ProFlex20®</td>
</tr>
<tr>
<td>Amino Boost</td>
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</table>

For more in-depth information about Access, visit Melaleuca.com/Access.
Energize + Burn

Energy Shots

With power-packed antioxidant energy blends and B vitamins inside, Melaleuca Energy Shots give you quick, long-lasting energy.*

**HOW IT WORKS**

Energy Kick quickly switches your body into workout mode, giving you the vital intensity and energy you need to help increase your exercise capacity.*

Energy Kick is loaded with a specialized antioxidant energy blend of guarana, yerba mate, L-carnitine, ginseng, and 5 fruit extracts. Each shot contains 150 mg of caffeine.

**QUICK, LONG-LASTING ENERGY**

**IMPROVE FOCUS AND ALERTNESS**

**BOOST YOUR ENDURANCE**

**WHO SHOULD USE IT**

Energy Shots are ideal for those who want extra energy to push hard with no calories and no added sugar.*

For more in-depth information about Energy Shots, visit Melaleuca.com/EnergyShots.

**Hydrate + Boost Performance**

Sustain® Sport

Sustain Sport helps replenish the fluids and electrolytes your body needs to keep moving.

**HOW IT WORKS**

Sustain Sport provides a strategic 4-electrolyte blend of calcium, magnesium, sodium, and potassium. During or after your exercise, they help your body:

- Rehydrate cells
- Convert carbohydrates into energy
- Maximize muscle performance
- Minimize muscle tissue breakdown

**WHO SHOULD USE IT**

Sustain Sport is ideal for those needing to restore lost electrolytes and prevent dehydration.

**WHEN TO USE IT**

Take Sustain Sport at any of these times:
- AM
- Pre Workout
- MID
- Post Workout
- PM

[For more in-depth information about Sustain Sport, visit Melaleuca.com/SustainSport.]

**PRODUCT COMPARISON**

<table>
<thead>
<tr>
<th>Sustain® Sport Lemon Blast</th>
<th>Gatorade® Original Lemon Lime†</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Calories</td>
<td>120</td>
</tr>
<tr>
<td>8 Carbs (g)</td>
<td>29</td>
</tr>
<tr>
<td>6 Sugars (g)</td>
<td>29</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Potassium</td>
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<tr>
<td>Calcium</td>
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<tr>
<td>Magnesium</td>
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<tr>
<td>Vitamin C</td>
<td>✔</td>
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<tr>
<td>Vitamin E</td>
<td>✔</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>✔</td>
</tr>
<tr>
<td>Riboflavin (B2)</td>
<td>✔</td>
</tr>
</tbody>
</table>

**ELECTROLYTES**

**VITAMINS**

75% fewer calories
80% less sugar
Less plastic waste

†Product names are registered trademarks of their respective owners.

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Fight for your muscles.

Why should you be building muscle? Because maintaining healthy muscle mass can give you critical health and wellness benefits for decades to come.

**Fight for your muscles.**

**YOU LOSE MUSCLE AS YOU AGE**
Your ongoing health is riding on your muscles. As you age, you face a condition called sarcopenia, or age-related loss of muscle mass. After age 35, most people lose an average of 1% of their muscle mass per year. That’s 30% of their muscle mass by the time they turn 70!

Simply put, if you’re not building muscle, you’re losing it. Strength training is one of the best ways to slow and even reverse the effects of sarcopenia.

**MORE MUSCLE BURNS MORE FAT**
The more lean muscle you have, the more fat you’re burning even when you’re not exercising. When it comes to weight management, building muscle is a win-win: you stay stronger, better toned, and less prone to injury—and your body is better at keeping the fat off.

**Metabolism boost:**
For every three pounds of muscle you build, you’ll burn an extra 120 calories per day!

**WITH MORE MUSCLE, YOU’RE MORE ABLE TO DO WHAT YOU LOVE**
Building muscle gives you more strength, control, agility, energy, and endurance. So whether your favorite activity is yoga, mountain biking, or rock climbing, more muscle will make better performance easier to achieve.
The building blocks of muscle.

Getting the right amino acids is crucial for your body to function properly.

Amino acids serve a wide variety of critical functions, including:
- Building lean muscle
- Growing properly
- Repairing body tissue
- Maintaining healthy hair and nails
- Producing insulin

Your body generates some “nonessential” amino acids on its own. But the rest—the essential amino acids—must come from foods and supplements. Eggs, salmon, dairy, soybeans, and turkey are all natural sources of essential amino acids.

BCAAs—THE MUSCLE-BUILDING AMINO ACIDS

BCAAs, or branched-chain amino acids, are used by your body to stimulate protein synthesis, or muscle growth. Unlike other amino acids, BCAA supplements are metabolized directly in the muscles. And BCAAs stimulate protein synthesis to a greater extent than normal protein on its own.

WHY SUPPLEMENT WITH BCAAS?

Because when you’re exercising at a higher intensity, you can deplete your BCAA reserves quickly. Bringing more BCAAs to your muscles can make a big difference in your body’s ability to build lean muscle, improve performance, and speed recovery.

6g BCAAS
Refuel, preserve, and rebuild muscle fibers with L-leucine, L-isoleucine, and L-valine.*

3g GLUTAMINE
Helps protect leucine and extend the benefits from BCAAs.*

WHO SHOULD USE IT

The harder you push yourself, the greater you’ll benefit from using Amino Boost. No matter your age, Amino Boost can help increase muscle retention, support fat loss, and improve fitness performance and recovery.*

4:1:1 BCAA RATIO
Supercharged ratio of BCAAs activates protein synthesis for muscle support and recovery.*

WHEN TO USE IT

For more in-depth information about Amino Boost, visit Melaleuca.com/AminoBoost.

Amino acids make up more of your muscles, cells, and other tissues than any substance but water.

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**Tone + Build**

Protein is the key to boosting metabolism, building muscle, and speeding recovery. Melaleuca offers two protein supplements to meet your needs, tailored to your lifestyle and fitness goals.

### Ultra-Performance Protein

**HOW IT WORKS**

Vitality Elevate™ Ultra-Performance Protein delivers 30 grams of fast-absorbing whey protein isolate and whey protein concentrate coupled with micellar casein to help extend the benefits of whey by as much as 15 times.

**Protein Powerhouses**

**Whey protein** works quickly to rebuild muscle tissue and speed recovery.

**Casein protein** provides a steady flow of amino acids over time, helping minimize protein breakdown.

**USAGE TIP**

For maximum benefit, take protein within 30 minutes of completion of exercise.

**WHEN TO USE IT**

**TAKE ULTRA-PERFORMANCE PROTEIN AT THIS TIME**

**AM**

**PRE**

**MID**

**POST**

**PM**

**For more in-depth information about Ultra-Performance Protein, visit Melaleuca.com/ultraProtein.**

### Protein TO FIT Your LIFESTYLE

<table>
<thead>
<tr>
<th>COMPARISON</th>
<th>PROFLEX20</th>
<th>ULTRA-PERFORMANCE PROTEIN</th>
</tr>
</thead>
</table>
| **Protein sources** | • Whey protein concentrate  
• Calcium caseinate | • Whey protein isolate  
• Whey protein concentrate  
• Micellar casein |
| **Nutritional comparison (per serving of vanilla)** | Protein—20 g  
Calories—150  
Total Fat—5 g  
Sugar—2 g  
Carbohydrates—11 g | Protein—30 g  
Calories—135  
Total Fat—1.5 g  
Sugar—0 g  
Carbohydrates—2 g |
| **Who should use it** | • Light to moderate exercise  
• Those looking to substantially increase their dietary protein intake  
• Those on a calorie-restricted diet who need a quality protein shake to support muscle health | • More strenuous workouts and frequent resistance training  
• Supporting a demanding athlete’s protein needs |

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**Proflex20®**

Protein is the key to boosting metabolism, building muscle, and speeding recovery. Melaleuca offers two protein supplements to meet your needs, tailored to your lifestyle and fitness goals.

**USAGE TIP**

Enjoy Proflex20 by itself or mixed into your favorite recipes any time of day.

**WHEN TO USE IT**

**TAKE PROFLEX20 AT ANY OF THESE TIMES**

**AM**

**PRE**

**MID**

**POST**

**PM**

**For more in-depth information about Proflex20, visit Melaleuca.com/ProFlex.**

**PROTEIN TO FIT YOUR LIFESTYLE**

- **Whey protein** works quickly to rebuild muscle tissue and speed recovery.
- **Casein protein** provides a steady flow of amino acids over time, helping minimize protein breakdown.

When combined with whey, micellar casein helps extend the benefits of whey by as much as 15 times.
Strengthen
Pure Creatine

Give your muscles more energy for explosive power with Pure Creatine.*

HOW IT WORKS
Pure Creatine puts more creatine into your muscles, where it can help generate more energy when you need it.

ATP IS THE ENERGY SOURCE
Your muscles use ATP (adenosine triphosphate), the most basic source of energy in your cells, to get the energy they need for explosive power. ATP generates energy by explosively releasing one of its three phosphate molecules.

ATP IS DEPLETED QUICKLY
Problem is, once that phosphate is released, the ATP is spent. And you often only have enough ATP to fuel a few seconds of intense activity.

CREATINE RECHARGES ATP
Fortunately, your body has a way to generate more ATP quickly—with creatine. Creatine picks up a phosphate molecule, becoming phosphocreatine, and then donates that molecule to ADP, or adenosine diphosphate, which creates ATP.

With extra ATP available, you can do more high-intensity exercise at a time, resulting in greater strength gains.

WHO SHOULD USE IT
Pure Creatine helps power explosive activities like resistance or weight training, CrossFit, and sprinting. It helps people doing these activities at high intensity to increase strength, power, and muscle gains.*

WHY SUPPLEMENT WITH CREATINE?
Your body produces it. It’s even available in some foods. But that small amount is depleted quickly during intense exercise. As the most-studied sports supplement, creatine is recognized as a safe product that delivers enhanced muscle strength and power.*

HOW TO USE IT
Pure Creatine is flavorless and can be taken on an empty stomach, with food, with protein, and even with Access®.

Creatine hydrates muscle cells to do their job. Drink more than 64 fl. oz. of water daily when using Pure Creatine.

FOR MORE INFORMATION
Visit Melaleuca.com/PureCreatine.

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For more in-depth information about Pure Creatine, visit Melaleuca.com/PureCreatine.
Can you identify?

Wants to lose weight //

**LIFESTYLE PROFILE:**
- Exercises infrequently
- Has more than 15 pounds to lose
- Has sedentary habits to overcome
- Plenty of junk food around the house—but not as many healthier foods

**KEYS TO SUCCESS:**
1. Establish better eating habits. Eat 3 smaller meals and 2 healthy snacks each day. Choose healthier, lower-calorie foods that keep her energy and endurance up while helping her stay satisfied.
2. Make a plan to get more active, with regular exercise at higher intensity levels.

Wants to get toned //

**LIFESTYLE PROFILE:**
- Exercises 3–5 times a week
- Trying to lose that last 15 pounds
- Still struggles with food cravings, especially for high-carb snack foods
- Has a harder time sticking to eating plan when dining out

**KEYS TO SUCCESS:**
1. Fine-tune nutrition to get more strength and endurance out of every workout.
2. Carefully set goals, track progress, and keep a system of accountability to continue to move forward.

Wants to increase endurance //

**LIFESTYLE PROFILE:**
- Works out 5 times a week
- Has prioritized life to accommodate the exercise she loves
- Enjoys a variety of exercises, like running, rowing, and swimming
- Focuses diet on nutrient- and energy-rich foods

**KEYS TO SUCCESS:**
1. Get the nutrition that will support the best muscle growth, power, and recovery results from workouts.
2. Regularly review goals, closely measure progress and plan upcoming workouts for maximum results every time.

Wants to build muscle //

**LIFESTYLE PROFILE:**
- Hits it hard at least 5 times a week
- Trains to improve both looks and athletic ability
- Focused on power and performance
- Eats plenty of protein and focuses on energy- and muscle-building foods

**KEYS TO SUCCESS:**
1. Commit to choosing healthy foods at all times.
2. Identify nutrition that helps get more out of exercise.
3. Step it up by identifying core motivation, setting goals, tracking progress, and trying new forms of exercise.

These four people represent different points on the path to fitness. The person whose goals are most similar to your own will help you identify the keys to your success.
Ready, set, go!

Find your stack.

How do you decide if a Melaleuca fitness product will be beneficial to you? It depends on your goals and how intense you keep your exercise. Most of these products will benefit you no matter how active and fit you consider yourself, but three products—Ultra-Performance Protein, Amino Boost, and Pure Creatine—will benefit you the most if you work out frequently and keep your exercise at higher intensity levels.

Get moving.

Every step you take toward getting fit is a step forward for your health, wellness, and longevity. The road ahead may look daunting now, but with proper motivation, planning, know-how, and nutrition, you’ll quickly build momentum and put goals you once thought were barely attainable within reach.

Remember, you’re doing so much more than just creating a stronger body. You’re creating a lifetime of wellness.
The key to happiness and health? EXERCISE. Inside this guide, find out how to get the most out of your exercise with the exclusive products and support Melaleuca provides—and take your fitness to the next level.

Discover:
- The truth about fitness
- The secrets of every successful fitness plan
- What foods will fuel optimal results
- How Melaleuca’s advanced sports nutrition amplifies your workout at every stage
- Which combination of products will elevate your commitment, your capacity, and your performance