

æ
arbonne®



30-DAY GUIDE
to Healthy Living

CONTENTS

Letter from Arbonne	3
The Arbonne Difference	5
What's in the Guide	6
Remember Your WHY	7
How to Do the 30 Days	8
Sample Recipes	10
Your Core 30 Days to Healthy Living Products	12
Supplementing Your 30 Days	14
Meal Planning	16
Healthy Snacks	20
Stress	22
Cravings	24
Physical Activity	26
Sleep and Sleep Quality	28
Establishing a Healthy Lifestyle Every Day	33
FAQs	34



LETTER FROM ARBONNE

Arbonne products support a holistic approach to wellbeing, with a focus on your mind, your body, and your skin. This is important because they're all connected! You can't maximise your results if you don't focus on self-care from the inside out and the outside in. The Arbonne team is continually looking for ways to provide new and improved products with innovative ingredients to support your body's. We know every person is different and should be celebrated.

In addition, Arbonne is proud to be a Certified B Corporation™. Certified B Corporations are businesses that meet the highest standards of verified social and environmental performance, public transparency, and legal accountability to balance profit and purpose. You can be proud to purchase products from a company that is independently certified to use the power of our business for good. We are accelerating a global culture shift to redefine success in business and build a more inclusive, sustainable economy. We don't strive to be the best company in the world. Our goal has always been to be the best company FOR the world.

Wishing you wellness,



Dr. Jen
Jennifer Martin-Biggers, PhD, MS, RD

This 30 Day Guide to Healthy Living is based on Arbonne products. For information on the Arbonne Opportunity, please visit earnings.arbonne.com.





THE ARBONNE DIFFERENCE

Healthy Living to Improve MIND. BODY. SKIN.™

The way we see it, it's all connected. The health of one affects the health of another, and that's what we call the MIND. BODY. SKIN.™ connection.

THE ARBONNE DIFFERENCE

We take an integrative approach that focuses on the whole person to help them flourish inside and out.

OUR PRODUCT PHILOSOPHY

Our holistic approach is comprised of the four key factors listed below and rooted in clinical science. These pillars set us apart from the competition.



FORMULATED WITH PLANT-BASED INGREDIENTS

All of our formulations start by picking the right botanical that provides functional benefits. We blend these ingredients with the best of science and seek third-party verification of our research.



CO-DEVELOPED WITH EXPERTS

We collaborate with leading experts in integrative medicine and holistic health. Our Scientific Advisory Board brings their guidance and expertise to our portfolio and education.



CLEAN STANDARDS

Our products are formulated vegan, cruelty-free, and without gluten. We abide by a stringent Ingredient Policy that prohibits over 2,000 ingredients.



SCIENTIFIC RIGOR

We evaluate our product formulations for safety and efficacy. We continually work to leverage the latest innovations in science and research.



Certifications may vary by product

*Arbonne nutrition products are formulated without gluten-containing ingredients. Cross-contamination may occur during harvesting and/or the manufacturing process. For the gluten-free certification status of your product, check the product label.

WHAT'S IN THE GUIDE

Time to get started!

THIS PROGRAM IS ABOUT RESETTING!

These 30 days will act as a reset to establishing healthy habits. First, you will work to identify foods and products that may not make you feel great. Arbonne nutrition products serve to support the body's nutrient needs during this phase. Prior to getting started, you might be experiencing some periods of digestive discomfort, low energy, and generally not feeling your best. As you go through the month, pay attention to how your body is feeling and how your overall sense of wellbeing is changing. These are the signs that your body is starting to return to more normal functioning, and those are the changes you want to be able to note and celebrate!

30 Days to Healthy Living is designed to help each person identify how they can choose to use food as fuel for their bodies to optimise how they look and feel, inside and out. It will help you to identify any foods that you are eating that might not be serving your body well. Our goal is to help you tune in to 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. The program will also help support a balanced gut. So much of the body's overall wellbeing is controlled by our gut, so supporting this area of our body will help optimise how we feel as well as how we look. The program is also designed to help us feel more confident in ourselves. When we are rested and working to reduce feelings of stress, then we are better able to care for ourselves. A positive mindset can also impact our confidence because when you feel good physically and mentally, you look good too!

It is important to be aware that while on this plan, some foods and beverages will be limited or avoided. The Arbonne nutrition products paired with the plan help to provide nutrients for health and energy. At the end of your 30-day reset, you will begin to reintroduce more foods to help support the benefits you have achieved.

In these pages you'll find the information you need to get started and tips for making the process as easy as possible. We will also provide recommendations for supplements and products from Arbonne to help your choices. We're so excited to be joining you on this healthy living journey!



NOTE:

- If anyone is experiencing any health concerns, they should consult with their medical professional for guidance prior to using these products or this program.
- Arbonne cannot advise or recommend for individual circumstances; only a licensed healthcare provider can provide this guidance.
- If you have any questions/concerns, ask your licensed healthcare provider. If you are taking medication, pregnant, or nursing, ask your licensed healthcare provider before using dietary supplements. It is also advisable to continue to check in with your physician throughout the program to help them determine any adjustments that you might need to make as your program is progressing.
- Arbonne formulates without most of the common allergens identified by the regulatory administrations in the countries in which it operates. However, some products are made in a facility with allergens present. Please check each label for a list of allergens that are present in the facility where the product is manufactured. And, as always, check with your doctor to help ensure each product is right for you.
- If you experience undesirable or unintended side effects, discontinue use and contact Arbonne Customer Service at 1800 650 760 (AU) / 0800 995 021 (NZ).

HOW TO DO THE 30 DAYS

STEP 1

Avoid the following as these are foods that in many cases are not beneficial to overall wellbeing:

- Artificial sweeteners (e.g., sucralose and aspartame)
- Alcohol
- Coffee
- Dairy
- Wheat- and gluten-containing foods
- Soy (fermented soy such as organic, non-GMO tempeh is an acceptable vegan protein option)



STEP 2

- Eat every 4 hours
- Choose a shake for one or two meal occasions when made into a meal as described below (a shake made on its own with just water and no additional foods is a supplement and is not a substitute for a full meal)
 - > 236 – 473 mL liquid, like water or non-dairy milk (based on preference)
 - > 2 scoops FeelFit Pea Protein Shake
 - > 1/3 cup veggies, like spinach, kale or pumpkin or use one scoop of Greens Balance
 - > 1/4 cup fruit, like berries or apple
 - > 1 tbsp. healthy fat, like nut butter or half an avocado
- Eat a balanced plate of vegetables, lean protein, nutrient-rich carbs, and healthy fats for one meal
- Include healthy snacks as needed to help maintain energy
- Drink plenty of water to help keep hydrated and support normal bodily functions, including digestion (try to drink at least half of your body weight each day in ounces of water)
- Add additional vegetables, healthy fats, and/or carbohydrates to your shakes or meals if you are feeling hungry

STEP 3

GET MOVING!

(SEE PAGE 26 FOR TIPS, ETC)



STEP 4

BE MINDFUL

(SEE PAGE 22 FOR TIPS, ETC)

STEP 5

REST WELL BY GETTING ENOUGH GOOD QUALITY SLEEP, IDEALLY FOR AT LEAST 8 HOURS

(SEE PAGE 28 FOR TIPS, ETC)

STEP 6

TRACK YOUR GOALS/ PROGRESS WITH YOUR SUCCESSPLAN

STEP 7

GET READY FOR BEYOND THE 30 DAYS

(SEE PAGE 33 FOR TIPS, ETC)

DID YOU KNOW?

We recommend and provide suggested recipes that limit some foods high in fibre. This is because our Arbonne Protein Shakes contains 6 g of fibre. Consuming too much fibre can lead to digestive discomfort if you are not used to consuming a diet high in fibre. If your body is accustomed to this, then you are free to add more high-fibre foods (e.g., whole grains, legumes, etc.).

Recommendations from the National Academy of Medicine:
Fibre: Daily recommendations for adults

	Age 50 or younger	Age 51 or older
Men	38 grams	30 grams
Women	25 grams	21 grams



SAMPLE RECIPES

BASIC SHAKE

236 – 473 mL liquid, like water or non-dairy milk

2 scoops FeelFit Pea Protein Shake

1/3 cup veggies, like spinach, kale or pumpkin

1/4 cup fruit, like berries or apple

1 tbsp. healthy fat, like nut butter or half an avocado

Be sure to add fruits, veggies and healthy fats to boost your shakes and make them into a complete meal.

PRETTY PUMPKIN SMOOTHIE BOWL

266 mL non-dairy milk or water

2 scoops FeelFit Pea Protein Shake, Vanilla Flavour

1/2 cup pumpkin purée

1/2 frozen banana

1/2 cup frozen cauliflower

1 tsp. pumpkin pie spice

Cinnamon to taste

Choose one healthy fat as a topping: Chia seeds, almond butter, or coconut flakes.



GREEN GODDESS SMOOTHIE

502 mL water

2 scoops FeelFit Pea Protein Shake,
Vanilla Flavour

1–2 cups spinach

1 stalk celery

1/2 cucumber

1/4 cup fresh lemon juice

1/2 avocado or 1 tbsp. sunflower butter

Pinch of fresh basil



Ice to thicken

SUPPLE SKIN SMOOTHIE

440 mL non-dairy milk or coconut water

2 scoops FeelFit Pea Protein Shake,
Vanilla Flavour

1 stick pack SkinElixir Collagen Builder

75 g frozen berries

½ fresh avocado

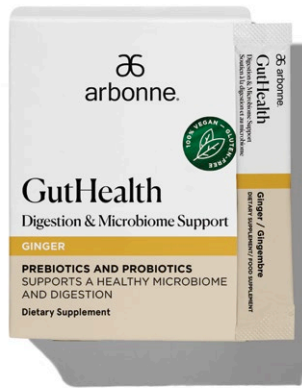


NOTE: Some of the recipes shown contain ingredients that are known to be allergens for some people, such as almond butter and coconut. Please exercise your own judgment if you have a known allergy to any ingredient. If there are any health concerns, please consult with your physician.



YOUR CORE 30 DAYS TO HEALTHY LIVING PRODUCTS

The 30 Days to Healthy Living Set provides items to support your 30 Days to Healthy Living Plan.



GUTHEALTH GUT & MICROBIOME SUPPORT

Support your gut health every day. This mild powder has soothing notes of ginger and chamomile, prebiotics, and 3 billion CFU of the probiotic *Bacillus coagulans* to help support normal digestive function. Enjoy once per day, with or without food. For maximum product efficacy, do not use with hot water.

CLEANTOX HERBAL TEA

Take care of yourself and focus on healthy living with a refreshing, caffeine-free herbal tea containing 6 botanicals.



FEELFIT PEA PROTEIN SHAKE

Enjoy 20 g of clean vegan protein to help you feel full, especially when blended with your favourite non-dairy milk, healthy fats, and even berries. Available in Chocolate or Vanilla flavour.



ENERGYFIZZ GINSENG FIZZ STICKS

A blend of ginseng, guarana and green tea supports energy. Available in Strawberry, Pomegranate or Citrus flavour. Enjoy one stick pack each day.

YOUR CUSTOMISABLE OPTIONS

Choose two of the three options to customise your 30 Days to Healthy Living Set.



CLEANTOX GENTLE CLEANSE

Reset with a cleanse to assist with the gentle elimination of toxins. Gentle enough to use daily at any point in your 30-day program.

BEWELL SUPERFOOD GREENS

Balance your diet with a whole serving of vegetables in every scoop. Enjoy at least one scoop per day.

Drink your veggies!



GUTHEALTH FIBRE SUPPORT

Boost your fibre intake with 12 g in each scoop to help keep things moving. For best results: Remember everyone's body is different. Initially, you may find a gradual increase helps your digestive system adjust more comfortably. Start with 1/4-1/2 scoop per day and slowly increase to a full serving as your body adjust.

Consult with your Independent Consultant on the best way to use each of the products throughout your day.



SUPPLEMENTING YOUR 30 DAYS

Supplementing your basic routine with the right products can optimise your results. Here are some options to consider:



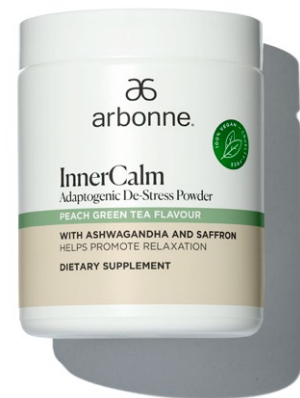
BEWELL DAILY MULTIVITAMIN & MINERAL

Easily take your daily vitamins with each tiny scoop of this comprehensive powder formula that contains 22 vitamins and minerals, plus antioxidant vitamins A, C and E, along with nutrients from whole food sources.

Medication in a box →

INNERCALM ADAPTOGENIC DE-STRESS POWDER

This innovative product contains sustainably sourced adaptogens like ashwagandha and saffron to help achieve a “meditative” state of mind and L-theanine to help temporarily promote a sense of calm and relaxation without feeling drowsy.



BEWELL VEGAN OMEGA 3

Boost your daily omega intake with vegan DHA from algae and AHA from flaxseed oil to promote health and wellness. Omega-3 fatty acids are known to help support cognitive health, brain function, and eye health.

TRUESPORT

TrueSport This 3-step sports system helps you stay hydrated, while replenishing electrolytes and supporting post-exercise recovery. Each product features the Arbonne TrueSport Blend with Cayenne, Ginseng, and Turmeric.





SKINELIXER COLLAGEN BUILDER

Help build your collagen for healthy-looking skin, hair and nails with this vegan formula containing a skin-boosting botanical blend with sea buckthorn extract, vitamin C, and biotin combined with hyaluronic acid.

MINDHEALTH FOCUS SUPER POWDER

Support your neurological performance, including concentration and focus, with vitamin B12 and phosphatidylserine, derived from sunflower seeds. This key ingredient is a building block for brain cells. When coupled with super-star ingredient CoQ10, this cherry-lime flavoured formula is a daily dose of support for cognitive health.



Stay focused!



FEELFIT PEA PROTEIN SNACK BARS

Satisfy snack cravings with 10 g of plant-based protein from peas, rice and seeds, plus daily fibre. Available in Chocolate or Lemon flavour.



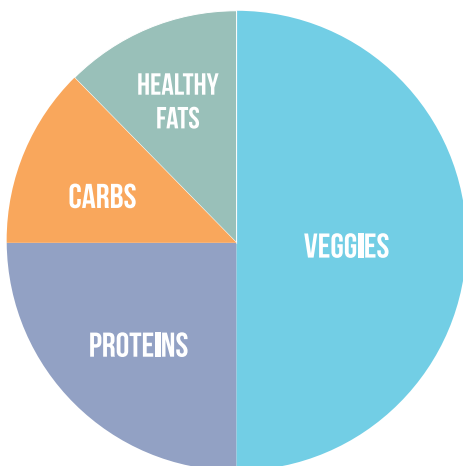


MEAL PLANNING

HERE'S WHAT THE SCIENCE TELLS US

When people meal plan, research shows us that they consume more fruits and vegetables, have better overall diet quality, and are more likely to consume a healthy variety of foods. ⁽¹⁻²⁾ Time scarcity and fatigue are frequent barriers to meal planning and preparation. ⁽³⁻⁵⁾

ARBONNE HEALTHY MEAL COMPONENTS:



VEGETABLES

1/2 of your plate – choose non-starchy options like greens, broccoli, asparagus

LEAN PROTEINS

1/4 of your plate – choose options like beans and lentils or non-vegan, lean protein choices such as wild fish, chicken, turkey, or beef

NUTRIENT-RICH CARBS

1/8 of your plate – choose options like brown rice, quinoa, sweet potatoes

HEALTHY FATS

1/8 of your plate – choose options like seeds and nuts, nut butters or oils, olive oil, avocado

HERE'S HOW OTHERS MANAGE MEAL PLANNING:

- I plan at least five meals for the week and make a grocery list that includes things I need for those meals. It helps me shop faster and also know what we will be having to eat.
- I like to prepare raw vegetables ahead of time and put into storage containers in the fridge. It makes meal preparation easier if I'm in a hurry.
- I use an app to keep track of my favourite recipes online and to find inspiration.
- I have a few quick and easy meals that I can make with minimal ingredients in case we don't have much food in the house.
- If I have a dinner or lunch outing with friends, I like to look at the menu online ahead of time to make it easier for a healthy meal choice. Then I can spend more time catching up instead of perusing a menu.

GOAL SETTING

HOW DO YOU INTEND ON MEAL PLANNING THIS WEEK?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?





CHOOSE WHOLE FOODS INCLUDING LOTS OF FRUITS AND VEGETABLES

Whenever possible choose whole foods. Whole-plant foods are more nutrient dense than processed or fast foods, which are typically high in saturated fat, calories, sugar, and sodium, while they are low in beneficial nutrients like vitamins, minerals, protein, fibre, and unsaturated fat.

Some of the most important nutrients our bodies require can be found in fruits and vegetables. They are a source of vitamins, minerals, protein, fibre, water, and many other powerful nutrients that support a broad range of bodily functions.

VEGAN PROTEINS

Many plant foods and fruits such as brown rice, cranberries, and even algae such as chlorella, or seeds like chia, flax and hemp, contain protein. Some of the best sources of plant-based protein are legumes like peas, kidney beans, chickpeas, and snow peas.

COLOURFUL VEGETABLES

The bright colours you see in vegetables like tomatoes, carrots, and red, yellow and green peppers are due to beneficial antioxidant compounds called carotenoids. Specific carotenoids, like beta-carotene, lutein, zeaxanthin, and astaxanthin, can have a variety of benefits like supporting vision and also helping fight free radical damage.

CRUCIFEROUS VEGETABLES

Cruciferous vegetables include cabbage, brussels sprouts, broccoli, and cauliflower. These types of vegetables contain vitamins, minerals and unique phytonutrients like sulforaphane, a powerful antioxidant.

DARK LEAFY GREENS

Deep green leafy vegetables include kale, spinach and collard greens. These are rich in vitamins and minerals including vitamin K, which supports bone health, and iron to help support blood production.

BERRIES

Berries of all colours and kinds are typically rich sources of antioxidants such as vitamin C, which is why you may hear about some of them being referred to as superfruits. It's this ability to fight oxidising free radicals that makes them super. Antioxidants called anthocyanins can be found in raspberries, blueberries, cranberries, cherries, and grapes. Anthocyanins are responsible for giving berries (and other fruit) their red, blue and purple colours. Antioxidants are important to promote a healthy-looking glow!

BENEFICIAL CARBOHYDRATES

Carbohydrates help give your brain and body energy. It is important you choose complex carbohydrates that provide additional nutritional benefits. Examples of beneficial carbs include sweet potatoes, legumes, quinoa, amaranth, and millet.

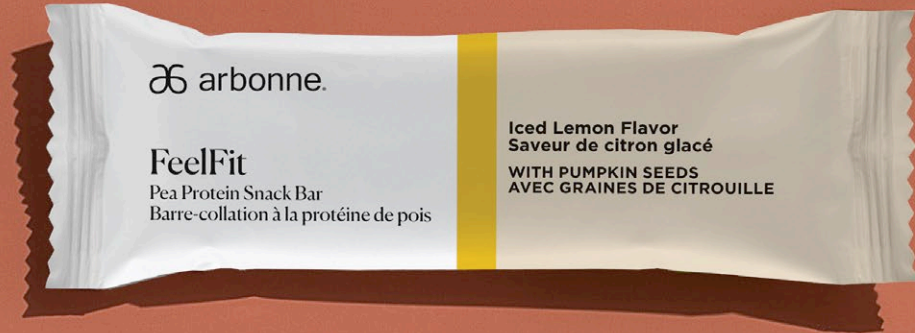


BENEFICIAL FATS

You need fat to help you absorb certain nutrients, such as fat-soluble vitamins (vitamins A, D, E, and K), and antioxidants like lycopene and beta-carotene. Fat is important in giving your cells structure. Omega-3, a type of poly-unsaturated fat, is important for nerve, brain and heart function. Examples of choices to consider for sources of unsaturated fat include:

- Avocado
- Nuts and seeds
- Olives or olive oil
- Nut butters





HEALTHY SNACKS

HERE'S WHAT THE SCIENCE TELLS US

The health-promoting qualities of foods and beverages consumed as snacks have been debated because many of these items contain high calories, fat, and added sugars.⁽⁶⁾ In addition, it has been suggested that individuals do not compensate for their increased energy intake from snacking by decreasing their intake at other eating occasions.⁽⁷⁾ Consequently, consuming snacks may lead to weight gain.

However, when healthy snacks are consumed – ones balanced with nutrients the body needs and without providing too many calories – they may help to achieve and sustain a healthy weight.⁽⁸⁾

Most people have difficulty in achieving their nutrient recommendations, so making healthy snack choices can be a positive way to do this.

ARBONNE SNACK SUGGESTIONS:

- FeelFit Pea Protein Snack Bars
- Celery sticks with nut or seed butter
- Hummus with veggies
- Fruits like apples or berries with unsalted nuts

HERE'S HOW OTHERS MANAGE HEALTHY SNACKING:

- If I'm feeling hungry between meals, I'll have a cup of tea or water and wait to see if I was just thirsty instead of hungry.
- I like to go for a short walk when I hit the afternoon slump instead of a sugary snack.
- I think of snacks as a way to get even more good nutrients, so I try to reach for things like baby carrots or a piece of fruit to meet my goal for the day.
- I keep small reusable containers of snacks in my pantry and grab if I am heading out of the house. That way I know I have a good option if I get hungry while I'm out.

GOAL SETTING

HOW DO YOU PLAN TO INCORPORATE OR CHOOSE HEALTHY SNACKS THIS WEEK?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?





STRESS

HERE'S WHAT THE SCIENCE TELLS US

Research has shown that there are negative weight-related outcomes of chronic stress. When stressed, a neural-stress response network is activated in the brain, causing previous automatic habits to be used instead of a more thoughtful approach and response to the situation.⁽⁹⁾ Chronic life stress is associated with a greater preference for high-calorie and nutrient-deficient foods, and it may be linked to weight gain.⁽¹⁰⁻¹¹⁾ This occurs due to elevated stress hormones creating feedback signals in the brain that reduce perceived stress when palatable (e.g., sweet, high-fat) foods are eaten, which can in turn reinforce stress-induced eating of these unhealthy foods.^(9, 12) Stress-induced eating can also happen in normal-weight women who desire to remain slim using “dietary restraint,” if the mental effort required to restrain eating serves as a stressor.⁽¹³⁾

ARBONNE IDEAS TO HELP MANAGE STRESS:

- Spend time in nature (go for a walk, hike, or even just sit in a garden)
- Try meditation
- Ask for help if you need it from friends, family or others
- InnerCalm

HERE'S WHAT OTHERS ARE SAYING ABOUT HOW THEY MANAGE STRESS:

- I set aside a couple of minutes every morning to write three things I am grateful for in my gratitude journal. It helps to start the day in a positive way and gives me something to remember if I get stressed out later.
- I downloaded an app that does meditations. It helps to calm me down and feel more centered.
- I like to go for a walk with my dog every day. Even if it's bad weather. Being out in nature and getting my blood pumping makes me feel great.

GOAL SETTING

WHAT WOULD YOU LIKE TO DO THIS WEEK TO MINIMISE STRESS?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?



DID YOU KNOW?

InnerCalm is formulated with a blend of adaptogen ashwagandha, along with saffron and L-theanine, to help temporarily reduce feelings of stress and support a more "meditative" state of mind.



CRAVINGS

HERE'S WHAT THE SCIENCE TELLS US

Food cravings are an intense desire to consume a specific food or food type that is difficult to resist. Cravings are common, with most people having experienced a food craving at some point. The more you crave a food, the more likely you are to eat it (and to gain weight).⁽¹⁴⁻¹⁵⁾

It's widely believed that cravings are our body's way of signaling to us that we're deficient in a certain nutrient, but there are other cues that tell our body we may want something to eat.

INTERNAL CUES

While the associations between stress, hormones, and food cravings are unclear,⁽¹⁶⁾ research indicates that acute and chronic stress are associated with food craving, typically for foods high in fats and sugars.⁽¹⁷⁾

EXTERNAL CUES

Our culture can affect our cravings. For example, women born outside of the United States don't crave the same things as U.S.-born women.⁽¹⁸⁾ Only 64% of 25 world languages have a word that is the same as "craving."⁽¹⁹⁾

ARBONNE IDEAS TO MANAGE CRAVINGS:

- Drink a glass of water with citrus essence since thirst can sometimes masquerade as hunger.
- Enjoy a cup of hot or iced CleanTox Herbal Tea
- Ride the craving wave mindfully (think about how it starts small, like a wave, then begins to grow, and eventually breaks on shore and is gone)

HERE'S WHAT OTHERS ARE SAYING ABOUT HOW THEY MANAGE CRAVINGS:

- I tend to crave junk food when I'm stressed out. I use stress management techniques to help calm myself down.
- I keep foods that I tend to crave out of the house. For me, it's ice cream. If I even have ice cream in the freezer, I crave it all the time.
- I make a point to eat mindfully so that I know I'm filling myself on good foods. That has cut down on my cravings.
- I change my setting when I feel a craving hit. If I'm watching TV, I'll get up and go do a small task to get my mind off of it. Usually when I go back, the craving has passed.

GOAL SETTING

WHAT WOULD YOU LIKE TO DO THIS WEEK TO MINIMISE CRAVINGS?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?



DID YOU KNOW?

Herbal teas are a great way to hydrate and enjoy the flavour of tea without the caffeine.



PHYSICAL ACTIVITY

HERE'S WHAT THE SCIENCE TELLS US

Physical activity, independent of sedentary behaviors, contributes to healthier body weights as well as healthier blood pressure, better motor skills, and greater self-confidence.⁽²⁰⁻²⁷⁾

It's also important to note that there are multiple ways that environmental attributes in the home can affect behaviors related to physical activity and sedentary behaviors, including providing opportunities for physical activity; providing cues to (not) engage in activity; and signaling values, support, and modeling of activity by parents or other household members.⁽²⁸⁾

Among adults, numerous environmental factors predict activity. These included having exercise equipment at home; access to recreation facilities; satisfaction with recreational facilities; and community-level influences, such as neighborhood safety, hilly terrain, frequently observing others engaged in physical activity, and having enjoyable scenery.⁽²⁹⁾

ARBONNE IDEAS TO MOVE MORE:

- Consider moving more today than you did yesterday (and more again tomorrow)
- Take up a new activity (like running, tennis, hula-hooping)
- Join a group (it could be at a gym, your local recreation group, or with friends)

HERE'S WHAT OTHERS SAY ABOUT HOW THEY GET MOVING:

- I don't like working out, so I make a point to move throughout the day. I turn on music and dance while doing chores around the house or do squats while I'm brushing my teeth.
- I love to try new fitness classes in my town. There are lots of great options, and it helps me choose ones I like the most.
- I rely on my friends to keep me motivated. We have a group text and get together often to go for hikes or check out a yoga class together.
- I keep my sneakers and socks by the front door so it's easy to get outside and go for a jog or walk.

GOAL SETTING

WHAT WOULD YOU LIKE TO DO THIS WEEK TO GET MOVING MORE?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?



DID YOU KNOW?

The energy we need for life, as well as for exercise, comes from what we eat and drink. To perform at your body's peak level, sports nutrition experts recommend specific nutrients before and after a workout, along with plenty of fluids. The Arbonne TrueSport collection has been designed to deliver a competitive edge to athletes and amateur activity enthusiasts. The products can improve performance, enhance results, increase endurance, and build confidence in the body's natural abilities.

Start with Workout Fuel, then quench thirst with Hydration, and support Muscle Recovery with the branched chain amino acids in After Workout post-activity. The products do not contain ingredients typically found in competitive lines, such as whey, caffeine and soy that some have sensitivity to, yet they offer professional level results.



SLEEP AND SLEEP QUALITY

HERE'S WHAT THE SCIENCE TELLS US

The studies evaluating the effects of sleep deficiency or deprivation on health indicate that sleep impacts emotional wellbeing, cognitive function, daytime performance, and physical health.⁽³⁰⁾ Short sleep duration (<7 hours per night) is associated with higher risk and incidence of cardiovascular disease and poor cardiovascular health outcomes.⁽³¹⁾ Inadequate sleep also is associated with increased inflammation, which overwhelms the immune and antioxidant systems within the body. Evidence suggests that these effects can be reversed by attaining adequate sleep.⁽³²⁾

Inadequate sleep has also been associated with heightened emotional reactivity and reduced attention, memory, and executive cognitive function. ⁽³³⁾ The reduction in psychomotor and cognitive speed that accompanies sleep deprivation increases risk of accidents and injuries. ⁽³⁴⁾ Mainly due to daytime fatigue and sleepiness, the impaired cognitive function that results from inadequate sleep is comparable to impairments caused by excessive alcohol consumption.⁽³⁵⁻³⁶⁾

Numerous reviews and meta-analyses reporting an inverse relationship between sleep duration and weight status have been published. ⁽³⁷⁻⁵²⁾ A lack of sleep and corresponding feelings of fatigue may lead to reduced physical activity, ⁽⁵³⁻⁵⁴⁾ as well as hormonal consequences that increase calorie intake.⁽⁵⁵⁻⁵⁷⁾

ARBONNE IDEAS FOR QUALITY SLEEP:

- Essential oils like lavender help soothe and relax
- Keep electronic devices away for a bit before bedtime to unwind
- Enjoy a bedtime ritual (put on smooth hand lotion for a gentle massage, read a good book, play some soft music, and then turn down the lights)

LIFE STAGE	AGE	RECOMMENDED SLEEP DURATION IN HOURS	MEAN SLEEP DURATION IN U.S. ADULTS IN HOURS ^(58,59)
Adults	18+ years	7-9	6.5

HERE'S WHAT OTHERS ARE SAYING ABOUT HOW THEY GET ENOUGH QUALITY SLEEP:

- I have a little pre-bed ritual I started. I dim the lights half an hour before I want to sleep and turn on soft music.
- I love a good warm herbal tea before bed. It helps me unwind and relax.
- We turn off electronics an hour before bedtime. That way there are no distractions as we get ready.
- I have a machine that makes white noise. It helps cancel out the sound of cars passing, which easily wakes me up during the night.

GOAL SETTING

HOW CAN YOU IMPROVE YOUR SLEEP QUALITY OR TIME THIS WEEK?

HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?
(On a scale of 0-10, 10 being very confident)

WHY DID YOU CHOOSE THAT NUMBER?

WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?



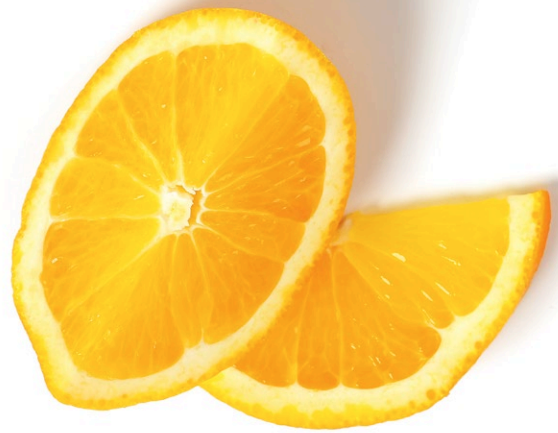


SKINCARE

SKINCARE + NUTRITION: IT'S ALL CONNECTED

Healthy-looking skin isn't an accident – it's a result of understanding your skin type and creating a skincare and nutrition regimen to meet your needs.

- Your body works as a system where every function is connected
- Diet and nutrition play a huge role in how you feel and look
- The skin is the body's largest organ and needs to be nourished from the inside-out with a balanced diet, which supplements can help support



THE SOLUTION

- **Follow a daily skincare regimen:** Consistently use products with clean ingredients that nurture skin and meet its needs
- **Boost good bacteria with probiotics:** Probiotics deliver beneficial bacteria to help support your digestive tract
- **Support probiotics with prebiotics:** Prebiotics help feed probiotics to keep them active so they can function at their best





ESTABLISHING A HEALTHY LIFESTYLE EVERY DAY

Congratulations on completing 30 Days to Healthy Living!

Now it's time to find ways to keep up all the great habits you have started to help ensure your mind, body and skin stay in top shape!

The foods you eat are one of the most important aspects of maintaining a healthy lifestyle. You should continue to use the Protein Shakes along with all the other products that you have been enjoying. Work with your Independent Consultant to get tips on how to reintroduce foods that you may not have eaten during your 30 days to see how they make you feel. If you continue to feel good, then you can include them in moderation in your meal plans. If you notice a change in your feelings of wellbeing, then your body might be telling you to keep that permanently out of your diet. If you have any concerns that you might have a food allergy or sensitivity, please check with your doctor.

Here's to your wellbeing!

MIND. BODY. SKIN.™

FAQS

WHY DOES ARBONNE INCLUDE CANE SUGAR IN THEIR INGREDIENTS?

There is much misinformation about sugar in the diet. All foods are ultimately converted into glucose, whether they are fats, proteins or carbohydrates – including complex carbohydrates or simple sugars. Glucose is a simple sugar that all cells use for energy and is the main source of fuel for cells and tissues of the body, including the brain and muscles. Because the brain is so rich in nerve cells, it is the most energy-demanding organ, using one-half of all the sugar energy in the body. Brain functions such as thinking, memory and learning are closely linked to glucose levels and how efficiently the brain uses this fuel source. Keep in mind that one apple can have about 15 g of sugar. Arbonne does not utilise artificial sweeteners like sucralose or aspartame, and instead uses natural sweeteners, such as cane sugar, in our nutritional products. Of course, we do suggest that you consult with your healthcare practitioner prior to taking any supplement if you are being monitored for any health condition.

I'M STILL SUPER HUNGRY AFTER MY DINNER. DO I HAVE TO STICK TO THE MEAL PLAN, OR CAN I HAVE SOME SNACKS?

We recommend you monitor everything that you're eating and drinking throughout the day to make sure you aren't missing your snacks or meals, as this will lead to evening hunger. Many times, people can confuse thirst for hunger, particularly if you're dehydrated, so it's important to drink plenty of water. If you're doing all this and you are still feeling like your dinner portion is not filling, you can try adding extra non-starchy vegetables or a bigger salad to your meal. If you're extremely active, you might need additional calories and can try adding an additional half of a protein shake as an after-dinner snack to help fill and fuel you up. Beyond this, Arbonne offers a great product called Full Control, which is designed to be taken before meals to support satiety without the extra calories and food consumption.

I AM AWAY FOR WORK A LOT AND AM UNSURE HOW I WILL STICK TO THE PLAN. CAN YOU SUGGEST HOW TO NAVIGATE THIS?

We recommend that you follow the plan, adjusting the timing of your snacks and meals to best fit your schedule. This will allow you to best manage your daily nutritional intake. The products are all easy to travel with as they don't require any refrigeration, and many come in single-serving stick packs making it easy to take your program on the go. Preparation in the evening for the day ahead is key to staying true to the plan and your goals. Even when dining out, you can choose healthy options. Just watch your portion size and ask for any sauces or dressing on the side to help manage your overall intake and keep your nutrition in balance. Another great tip is to prepare in advance by looking at the menu online to help you determine what you can order to stay on track while also enjoying your meal.

I AM GETTING HEADACHES FROM THE CHANGE IN MY DIET. SHOULD THIS BE HAPPENING?

Your body is adapting to a new type of eating and with change it is having to alter how it utilises the nutrients and fibre that it is getting. If your previous eating style was significantly different you are experiencing changes as you are consuming less sugar and reduced caffeine. Ensure that you're drinking enough water, getting plenty of rest, and eating all of your foods to help your body ease through this transition. If symptoms persist, contact your doctor to help ensure that everything that you are doing is right for your needs.

I'M CONCERNED ABOUT THE CAFFEINE IN FIZZ STICKS. ISN'T THIS SOMETHING WE SHOULD BE AVOIDING?

EnergyFizz Ginseng contain 55 mg of caffeine as compared to the average cup of coffee, which contains 95 mg. EnergyFizz Ginseng Fizz Sticks contain antioxidants along with a botanical blend of ginseng, B vitamins, CoQ10, and chromium, combined with caffeine naturally derived from guarana and green tea, to help boost energy. They also help to temporarily promote alertness and endurance and reduce fatigue. When used as directed, they are a beneficial energy boost that comes without the crash typically associated with highly caffeinated beverage consumption.

HOW DO WE KNOW THE CORRECT NUMBER OF CALORIES TO EAT IN A DAY? SHOULD EVERYONE BE EATING THE SAME THINGS?

Not all people have the same nutritional needs. 30 Days to Healthy

Living is not intended to be a weight loss program. Weight loss occurs with a reduction in the number of calories consumed along with an increase in the number of calories burned each day through activity. You can partner with a nutritionist or your doctor to help determine the ideal calorie range for you. 30 Days to Healthy Living focuses more on eliminating foods and drinks that might not be serving the body while at the same time you're increasing or introducing foods and supplements that are rich in plant-based nutrients, vitamins and minerals along with healthy fats, fibre, and starches. It is not a calorie-counting program or a diet plan. We do recommend food journaling every day to help you increase your awareness of everything that you are consuming. You can share this information with your Independent Consultant so they can help you adjust some of your choices if you find that you are not meeting your goals from the program.

I AM FINDING IT HARD TO RESIST SOME OF MY CRAVINGS, PARTICULARLY WHEN FRIENDS AND FAMILY ARE NOT FOLLOWING THIS PROGRAM WITH ME. WHAT CAN I DO?

It can be a challenge to watch others indulge and stay true to your goals. Just remember that nothing tastes as good as good health feels. Treats might taste good in the moment, but they do not support you in reaching your goals. To help resist a craving, start by reminding yourself of your "why." Remove yourself from the situation and try doing something different to distract yourself. Often, when you do this, the craving will pass. You can also try drinking water flavoured with citrus or berries to help promote a feeling of fullness and shift your focus on the food. If you do give in and indulge, just remember all that you have done to become healthy. From that point on, it's up to you to get refocused and back on your plan. Healthy living doesn't have an "off" switch, but it is a choice that you make every day to support your overall wellbeing. No matter what, be kind to yourself in your own head and remember this is about sustainable change for the long term, not perfection.

I'M EXPERIENCING BLOATING, CONSTIPATION AND GENERAL TUMMY DISCOMFORT. WHAT CAN I DO TO HELP GET MORE COMFORTABLE?

First, ensure that you are drinking plenty of water. Most people underestimate the amount of liquids that they consume in a day so including this information in a food journal can be helpful to ensure that you're getting at least 2 liters of water every day. Next, share which foods you're eating in your healthy meals and snacks with your Independent Consultant. Many vegetables and plant-based foods can be naturally higher in fibre. If your body isn't used to this type of diet, this can cause challenges if you do too much right away. Finally, your Independent Consultant might recommend that you introduce CleanTox Gentle Cleanse into your daily routine to help support your normal digestive process. If none of this is resolving the concerns, it might also be a good idea to check in with your doctor to help ensure that everything you're doing is right for your body's needs.

I'M TAKING MEDICATIONS. SHOULD I CONSULT WITH MY DOCTOR PRIOR TO STARTING AND ALSO THROUGHOUT THE PROGRAM?

If you have any questions/concerns, ask your licensed healthcare provider. If you are taking medication, pregnant, or nursing, ask your licensed healthcare provider before using dietary supplements. It is also advisable to continue to check in with your physician throughout the program to help them determine any adjustments that you might need to make as your program is progressing.

REFERENCES

1. **Ducrot, P., et al.**, Meal planning is associated with food variety, diet quality and body weight status in a large sample of French adults. *International Journal of Behavioral Nutrition and Physical Activity*, 2017. 14(1): p. 12.
2. **Hanson, A.J., et al.**, Cooking and Meal Planning as Predictors of Fruit and Vegetable Intake and BMI in First-Year College Students. *Int J Environ Res Public Health*, 2019. 16(14).
3. **Storfer-Isser, A. and D. Musher-Eizenman**, Measuring parent time scarcity and fatigue as barriers to meal planning and preparation: quantitative scale development. *Journal of Nutrition Education and Behavior*, 2013. 45(2): p. 176-182.
4. **Byrd-Bredbenner, C., J.M. Abbot, and E. Cussler**, Mothers of young children cluster into 4 groups based on psychographic food decision influencers. *Nutrition Research*, 2008. 28(8): p. 506-16.
5. **Martin-Biggers, J. and C. Byrd-Bredbenner**, Focus Group Interviews with Parents of 2-5 Year Old Children. 2012, Rutgers.
6. **Drummond, S., N. Crombie, and T. Kirk**, A critique of the effects of snacking on body weight status. *European journal of clinical nutrition*, 1996. 50(12): p. 779-783.
7. **Zizza, C., A.M. Siega-Riz, and B.M. Popkin**, Significant increase in young adults' snacking between 1977-1978 and 1994-1996 represents a cause for concern! *Prev Med*, 2001. 32(4): p. 303-10.
8. **Palmer, M.A., S. Capra, and S.K. Baines**, Association between eating frequency, weight, and health. *Nutrition Reviews*, 2009. 67(7): p. 379-390.
9. **Dallman, M.F.**, Stress-induced obesity and the emotional nervous system. *Trends in Endocrinology and Metabolism*, 2010. 21(3): p. 159-165.
10. **Torres, S.J. and C.A. Nowson**, Relationship between stress, eating behavior, and obesity. *Nutrition*, 2007. 23(11-12): p. 887-894.
11. **Dallman, M.F., et al.**, Chronic stress and obesity: A new view of "comfort food". *Proceedings of the National Academy of Sciences*, 2003. 100(20): p. 11696-11701.
12. **Gibson, E.L.**, Emotional influences on food choice: Sensory, physiological and psychological pathways. *Physiology and Behavior*, 2006. 89(1): p. 53-61.
13. **Rutters, F., et al.**, Hyperactivity of the HPA axis is related to dietary restraint in normal weight women. *Physiology and Behavior*, 2009. 96(2): p. 315-319.
14. **Chao, A., et al.**, Food cravings, food intake, and weight status in a community-based sample. *Eat Behav*, 2014. 15(3): p. 478-82.
15. **Martin, C.K., et al.**, The association between food cravings and consumption of specific foods in a laboratory taste test. *Appetite*, 2008. 51(2): p. 324-6.
16. **Chao, A.M., et al.**, Stress, cortisol, and other appetite-related hormones: Prospective prediction of 6-month changes in food cravings and weight. *Obesity*, 2017. 25(4): p. 713-720.
17. **Verdejo-Garcia, A., C. Martin-Perez, and N. Kakoschke**, Stress, Reward, and Cognition in the Obese Brain, in *Stress: Physiology, Biochemistry, and Pathology*. G. Fink, Editor. 2019, Academic Press. p. 187-195.
18. **Hormes, J.M. and M.A. Niemic**, Does culture create craving? Evidence from the case of menstrual chocolate craving. *PloS one*, 2017. 12(7): p. e0181445-e0181445.
19. **Hormes, J.M. and P. Rozin**, Does "craving" carve nature at the joints? Absence of a synonym for craving in many languages. *Addict Behav*, 2010. 35(5): p. 459-63.
20. **Bayer, O.B., Gabriele; Morlock, Gabriele; Rückinger, Simon; von Kries, Rüdiger**, A simple assessment of physical activity is associated with obesity and motor fitness in pre-school children. *Public Health Nutrition*, 2009. 12(8): p. 1242-1247.
21. **Nelson, J.A., K. Carpenter, and M.A. Chiasson**, Diet, activity, and overweight among preschool-age children enrolled in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). *Preventing chronic disease*, 2006. 3(2): p. A49.
22. **Trost, S.G., et al.**, Physical activity in overweight and nonoverweight preschool children. *Int J Obes Relat Metab Disord*, 2003. 27(7): p. 834-839.
23. **Janz, K.F., et al.**, Fatness, Physical Activity, and Television Viewing in Children during the Adiposity Rebound Period: The Iowa Bone Development Study. *Preventive Medicine*, 2002. 35(6): p. 563-571.
24. **Janz, K.F., et al.**, Physical Activity and Bone Measures in Young Children: The Iowa Bone Development Study. *Pediatrics*, 2001. 107(6): p. 1387-1393.
25. **Castañer, M., et al.**, Identifying and analyzing motor skill responses in body movement and dance. *Behavior Research Methods*, 2009. 41(3): p. 857-867.
26. **Sallis, J.F., J.J. Prochaska, and W.C. Taylor**, A review of correlates of physical activity of children and adolescents. *Medicine & Science in Sports & Exercise*, 2000. 32(5): p. 963-975.
27. **Reilly, J.J., et al.**, Early life risk factors for obesity in childhood: cohort study. *British Medical Journal*, 2005. 330: p. 1357.
28. **Rosenberg, D., et al.**, Brief scales to assess physical activity and sedentary equipment in the home. *International Journal of Behavioral Nutrition and Physical Activity*, 2010. 7(1): p. 10.
29. **Donoghue, et al.** A systematic review of correlates of sedentary behaviour in adults aged 18-65 years: a socio-ecological approach. *BMC Public Health*, 2016. 16(163).
30. **NHLBI**. Why is sleep important? Health Topics - Sleep Deprivation and Deficiency 2012; Available from: <http://www.nhlbi.nih.gov/health/health-topics/topics/sdd/why.html>.
31. **Altman, N.G., et al.**, Sleep duration versus sleep insufficiency as predictors of cardiometabolic health outcomes. *Sleep Medicine*, 2012. 13(10): p. 1261-1270.
32. **Luyster, F.S., et al.**, Sleep: A health imperative. *Sleep*, 2012. 35(6): p. 727-734.
33. **McCoy, J.G. and R.E. Strecker**, The cognitive cost of sleep lost. *Neurobiology of Learning and Memory*, 2011. 96(4): p. 564-582.
34. **Goel, N., et al.**, Neurocognitive consequences of sleep deprivation. *Seminars in Neurology*, 2009. 29(4): p. 320-339.
35. **Williamson, A.M. and A.-M. Feyer**, Moderate sleep deprivation produces impairments in cognitive and motor performance equivalent to legally prescribed levels of alcohol intoxication. *Occupational and Environmental Medicine*, 2000. 57(10): p. 649-655.
36. **Powell, N.B., et al.**, A comparative model: reaction time performance in sleep-disordered breathing versus alcohol-impaired controls. *Laryngoscope*, 1999. 109(10): p. 1648-54.
37. **Taheri, S.**, The link between short sleep duration and obesity: We should recommend more sleep to prevent obesity. *Archives of Disease in Childhood*, 2006. 91(11): p. 881-884.
38. **Cappuccio, F.P., et al.**, Meta-analysis of short sleep duration and obesity in children and adults. *Sleep*, 2008. 31(5): p. 619-626.
39. **Chen, X., M.A. Beydoun, and Y. Wang**, Is sleep duration associated with childhood obesity? A systematic review and meta-analysis. *Obesity*, 2008. 16(2): p. 265-274.
40. **Hart, C.N. and E. Jelalian**, Shortened sleep duration is associated with pediatric overweight. *Behavioral Sleep Medicine*, 2008. 6(4): p. 251-267.
41. **Patel, S.R. and F.B. Hu**, Short sleep duration and weight gain: A systematic review. *Obesity*, 2008. 16(3): p. 643-653.
42. **Must, A. and S.M. Parisi**, Sedentary behavior and sleep: Paradoxical effects in association with childhood obesity. *International Journal of Obesity*, 2009. 33: p. S82-S86.
43. **Spiegel, K., et al.**, Effects of poor and short sleep on glucose metabolism and obesity risk. *Nat Rev Endocrinol*, 2009. 5(5): p. 253-61.
44. **Morselli, L., et al.**, Role of sleep duration in the regulation of glucose metabolism and appetite. *Best Practice & Research. Clinical Endocrinology & Metabolism*, 2010. 24(5): p. 687-702.
45. **Knutson, K.L.**, Does inadequate sleep play a role in vulnerability to obesity? *American Journal of Human Biology*, 2012. 24(3): p. 361-371.
46. **Klingenberg, L., et al.**, Short sleep duration and its association with energy metabolism. *Obesity Reviews*, 2012. 13(7): p. 565-577.
47. **Lucassen, E.A. and G. Cizza**, The hypothalamic-pituitary-adrenal axis, obesity, and chronic stress exposure: Sleep and the HPA axis in obesity. *Current Obesity Reports*, 2012. 1(4): p. 208-215.
48. **Magee, L. and L. Hale**, Longitudinal associations between sleep duration and subsequent weight gain: A systematic review. *Sleep Medicine Reviews*, 2012. 16(3): p. 231-241.
49. **Morselli, L.L., A. Guyon, and K. Spiegel**, Sleep and metabolic function. *Pflügers Arch*, 2012. 463(1): p. 139-60.
50. **Shochat, T.**, Impact of lifestyle and technology developments on sleep. *Nature and Science of Sleep*, 2012. 4: p. 19-31.
51. **Spruyt, K. and D. Gozal**, The underlying interactome of childhood obesity: The potential role of sleep. *Childhood Obesity*, 2012. 8(1): p. 38-42.
52. **St-Onge, M.-P.**, The role of sleep duration in the regulation of energy balance: Effects on energy intakes and expenditure. *Journal of Clinical Sleep Medicine*, 2013. 9(1): p. 73-80.
53. **Dinges, D.F., et al.**, Cumulative sleepiness, mood disturbance and psychomotor vigilance performance decrements during a week of sleep restricted to 4-5 hours per night. *Sleep: Journal of Sleep Research & Sleep Medicine*, 1997. 20(4): p. 267-277.
54. **Patel, S.R., et al.**, Association between Reduced Sleep and Weight Gain in Women. *American Journal of Epidemiology*, 2006. 164(10): p. 947-954.
55. **Spiegel, K., et al.**, Brief communication: Sleep curtailment in healthy young men is associated with decreased leptin levels, elevated ghrelin levels, and increased hunger and appetite. *Annals of Internal Medicine*, 2004. 141(11): p. 846-850.
56. **Nadeltcheva, A.V., et al.**, Sleep curtailment is accompanied by increased intake of calories from snacks. *The American Journal of Clinical Nutrition*, 2009. 89(1): p. 126-133.
57. **Baron, K.G., et al.**, Role of sleep timing in caloric intake and BMI. *Obesity*, 2011. 19(7): p. 1374-1381.
58. **National Sleep Foundation**. How Much Sleep Do We Really Need? 2013. Available from: sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need.
59. **National Sleep Foundation**, International Bedroom Poll: Summary of Findings. 2013, National Sleep Foundation: Arlington, VA.



9014R17 03-07
©2020 ARBONNE INTERNATIONAL, LLC
ALL RIGHTS RESERVED. | ARBONNE.COM