

Vitality

FOR LIFE™

Kids and Nutrition

Are they getting what their growing bodies demand?

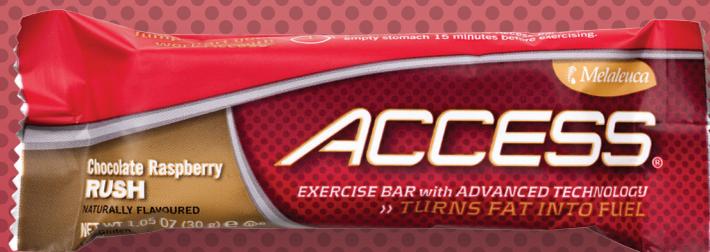
4 ways you can reduce your impact on the environment

The Secret to Great Arms
(Don't worry, no handstands!)

Recipes so **AMAZING** you'll forget they're all **UNDER** **400** **CALORIES!**

OMEGA-3s: A delicious new way to get them

**DEFLATES
SPARE TIRES.**



Find out why childhood nutrition is so important, learn simple tips to help kids eat right, and discover delicious low-cal meals, how to tone and define your arms for summer, the best apps for tracking your food and fitness, who's losing weight and how they're doing it, why omega-3s are critical to your health, and why you'll love getting them every single day.

Melaleuca

Vitality

FOR LIFE

P8 **ESSENTIAL** **OMEGA-3s**

The brain-boosting, heart-health super nutrient you may be neglecting.

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A flavourful spin on classic dishes for tasty, comfort-style food that will satisfy the entire family.

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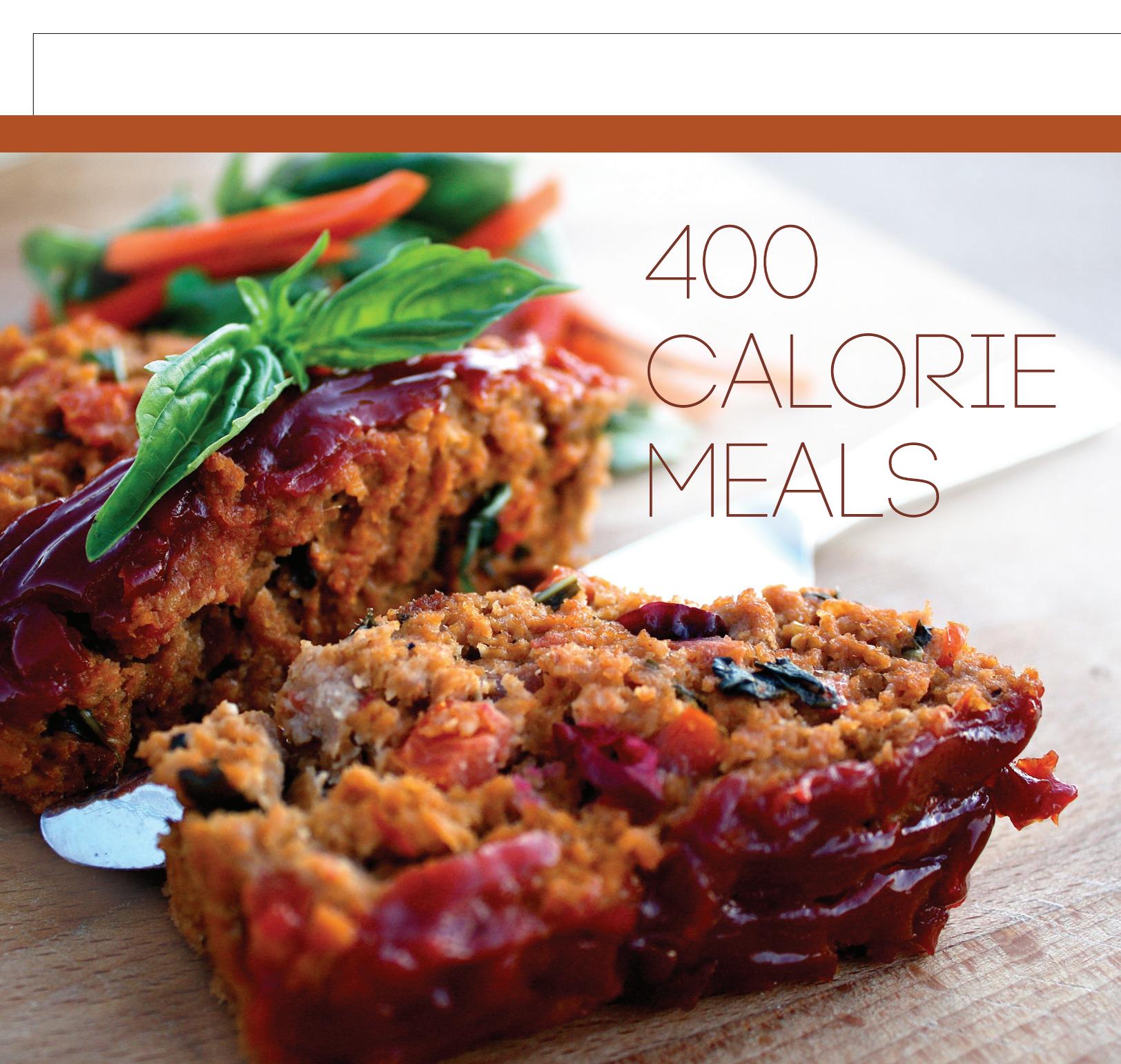
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Lean, sculpted arms are the best accessory.

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When it comes to heart and brain health, you can learn a lot from the Greenland Inuits.





400 CALORIE MEALS

Low-calorie meals don't have to leave your stomach growling for something more. Nutritious and nourishing, these four recipes deliver tasty, comfort-style food that will satisfy the entire family.

By Alicia Williams Bonilla

SUNDRIED TOMATO MEATLOAF

Serves 6

This flavorful spin on a classic is always a crowd pleaser. Ground beef can be substituted if desired. If fresh basil is unavailable, substitute 1–2 tablespoons dried basil. Double the recipe and freeze extra loaves for impromptu meals.

1 cup boiling water

1 cup sundried tomatoes without oil, cut into smaller pieces

1 cup tomato sauce, divided in half

1 cup whole wheat seasoned breadcrumbs

1 large onion, chopped

1 cup fresh basil, chopped

2 egg whites, beaten

5–6 garlic cloves, minced

1/2 kilo lean ground turkey

1. Place tomatoes in medium bowl, pour boiling water over to cover. Allow to sit for 15–20 minutes, until tomatoes are softened. Drain. Preheat oven to 350 degrees.

2. Combine 1/2 cup tomato sauce with remaining ingredients in a large bowl until well-mixed. Add tomatoes and shape meat mixture into one large loaf or two smaller loaves.

3. Lightly coat a roasting pan with cooking spray. Place meatloaf in the pan and, using a basting brush, “paint” with remaining 1/2 cup tomato sauce. Bake for one hour, until meat thermometer registers at 165 degrees for turkey, 160 for beef.

4. Let meat rest 5–10 minutes before slicing into twelve equal slices. One serving equals two slices. *Garnish with shaved Parmesan or whole sundried tomatoes and serve with steamed broccoli or green salad, if desired.*



TURKEY BLACK BEAN CHILI

Serves 4–6

This colourful chili works great in the crockpot or on the stove top. Be creative and add a variety of veggies—feel free to raid your produce bin! Freeze leftovers for a fast weeknight meal.

1/2 kilo lean ground turkey

1 tsp olive oil

1–2 cups sliced carrots, diced potatoes, chopped capsicum (optional)

1 large onion, diced

4–5 garlic cloves, chopped

1–2 jalapeño peppers, seeded and sliced (optional)

1–2 Tbsp each to taste: chili powder, cumin, basil, oregano

A pinch of sea salt and course ground black pepper to taste or as desired

2 cans diced tomatoes

1–2 cans drained, rinsed low-sodium black beans

1–2 whole bay leaves

1 Tbsp red wine vinegar

1. Brown turkey in a nonstick skillet with oil over medium-high heat. Add carrots or vegetables if desired. When meat is almost done and vegetables are soft, add onion, garlic, and jalapeños, stirring occasionally until onions are tender. Transfer meat mixture to slow cooker or continue on the stovetop in a larger pot.

2. Add spices, salt and pepper, tomatoes, and beans. Stir to combine ingredients. Drop in bay leaves. Heat through, stirring occasionally. If using a slow cooker, allow chili to warm through on low setting for 1–2 hours. If using stove top, simmer chili for 20–30 minutes. Add vinegar just before serving and remove bay leaves.

3. Garnish with fat-free sour cream or Greek yogurt, sliced green onions, Monterey jack cheese, cilantro, or chopped avocado. *Serve with toasted corn tortilla or half of a baked sweet potato, if desired.*



ASIAN PEPPER PORK

Serves 6–8

This slow-cooker dish makes wonderful leftovers, hot or cold. Look for a lean pork roast to reduce calories.

1/2 cup light soy sauce

1/3 cup brown sugar

2 Tbsp rice vinegar

1 tsp sesame oil

3–4 sliced garlic cloves

1 Tbsp fresh minced ginger

1/2 tsp chili flakes to taste

1–1 1/2 kilos pork, trimmed and cut into half-fist-sized pieces

1 package whole wheat linguini

2–3 green, orange, yellow, or red capsicum, sliced into thin strips

400g snow peas, trimmed

1. Combine first seven ingredients and set aside. Place trimmed pork in a slow cooker and pour soy sauce mixture over meat to coat. Cook on low for 7–8 hours or on high for 4–5 hours until it easily pulls apart with a fork.
2. Just before serving, boil pasta according to directions. Add peppers and peas to boiling water during the last two minutes of cooking, being careful not to overcook veggies. Drain noodles and vegetables. Set aside.

3. Remove meat from slow cooker with a slotted spoon. Cool slightly and shred into medium-sized pieces using two forks. Strain cooking liquid and pour into a skillet, boiling until slightly thickened. Add shredded meat to liquid to reheat and serve with noodles and vegetables. Garnish with toasted sesame seeds or chopped peanuts, if desired.

ROASTED CHICKEN WITH MAPLE AND THYME ROOT VEGETABLES

Serves 4

Some days just call for comfort food, which is exactly what this is. Opt for fresh thyme for fragrant and beautiful presentation.

2–3 medium sweet potatoes, peeled and cubed

2–3 peeled turnips, cut into eighths

3–4 carrots, cut on the bias

6 shallots, sliced thick (*red onions can be substituted*)

6–8 sliced garlic cloves

3 Tbsp pure maple syrup (*do not use maple-flavoured syrup*)

1–2 Tbsp olive oil

A pinch of sea salt and course ground black pepper to taste or as desired

4–6 fresh thyme sprigs

4 boneless, skinless chicken breasts

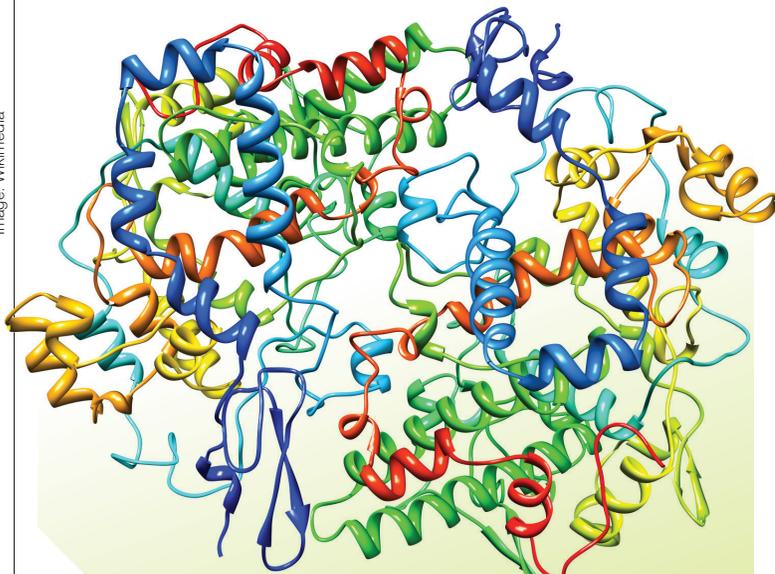
1. Preheat oven to 230°C degrees. Combine potatoes, turnips, carrots, shallots, and garlic in a large bowl. Set aside.
2. Mix syrup, oil, half the salt and pepper mixture, and 1–2 sprigs of fresh thyme leaves. Whisk well and pour over vegetables to coat.
3. Arrange vegetables in a large glass baking dish. Bake for 30–40 minutes, stirring once, until just starting to soften.



4. With remaining salt and pepper, rub both sides of chicken to create a “crust.” Place rubbed chicken on top of vegetable mixture. Reduce oven temperature to 180 degrees. Cook 15–20 minutes or until chicken is cooked through, turning once to brown evenly.
5. Allow chicken to rest 5 minutes before slicing in pieces. Arrange each plate with vegetables and one sliced chicken breast. Top with additional fresh thyme leaves and drippings from the dish.

Health in the headlines.

Cutting-edge science and the latest findings in the areas of health and fitness help you on your pathway to wellness.



Cyclooxygenase

Omega-3 benefits mapped in the cell.

While the therapeutic benefits of omega-3s have been long known, there has been little deep science to explain how they work. For the first time, researchers at the University of California, San Diego conducted a comprehensive study of what fish oils actually do inside a cell.

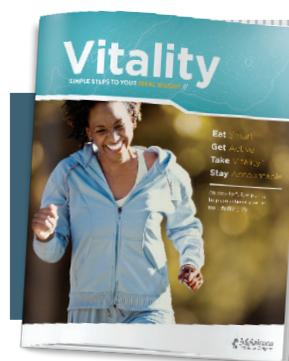
The study, published in the May 14, 2012 edition of the *Proceedings of the National Academy of Sciences*, mapped the processes that power omega-3 fatty acids. Researchers found that omega-3s work by inhibiting an enzyme called cyclooxygenase (COX), which produces the prostaglandin hormones that spark inflammation. Researcher Edward A. Dennis, PhD, called the findings “ground breaking.” He believes isolating the anti-inflammatory process of omega-3s will lead to even greater breakthroughs in the future in terms of treating conditions related to inflammation.

Eating on a schedule and eating frequent, smaller meals can aid weight loss.

Two new studies suggest that how often and when you eat can add an extra boost to your weight-loss efforts.

The first study, published February 13, 2013 in the journal *Nutrition & Metabolism*, found that participants who followed a diet that requires several “mini” meals each day showed significant health improvements and more weight loss than those who followed more traditional diet plans.

The second study, published in *The FASEB Journal*, found that eating at the same time every day helped boost metabolism. When meals were consumed when the internal clock expected the food each day, it was utilised for energy rather than stored as fat. Researchers concluded that scheduling regular meal times “could be used as a therapeutic tool to prevent obesity in humans.”



Achieving your ideal weight doesn't have to require a massive, sudden switch in lifestyle. By consistently taking a few simple steps, you'll be well on your way to wellness. Get the guide at melaleuca.com/VFL.



Omega-3s: the supernutrient you're probably missing

You take your vitamins every day and you try to get in your daily fruits and vegetables.



But statistics prove that even the most healthy lifestyles are lacking a crucial nutrient shown to have some pretty profound health benefits—omega-3.

WHAT ARE **OMEGA-3s?**

Omega-3s are a group of essential polyunsaturated fatty acids. While there are roughly a dozen different varieties, two in particular are important to human health—DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). These are considered “essential” because they cannot be manufactured by the body and must be obtained through your diet.

AS EARLY AS THE 1930s, OMEGA-3s WERE

Omega-3s are also found abundantly in the eyes. Consumption of omega-3s has been linked to healthy eyes and vision.



Benefits for Every Stage of Life

As the body of clinical studies grows, it becomes more and more evident that omega-3s have a dramatic impact on human health at every stage of life—childhood, adulthood, and old age.

According to nutritional scientist Bruce Holub of the University of Guelph in Ontario and executive director of their DHA/EPA Omega-3 Institute,

“There’s very strong, medical nutrition, literature-based evidence in humans suggesting that the average Australian and New Zealander would probably have a healthier life, a lower risk of dying from heart disease, and improved brain function by consuming more fish, more supplements, or more functional foods with DHA and EPA.”

RECOGNIZED FOR THEIR IMPORTANCE FOR NORMAL GROWTH AND HEALTH, BUT

The incredible brain booster

When you consider that 2/3 of the brain is composed of fat and that DHA accounts for over 90% of the omega-3s in the brain, it's little wonder that research has shown that omega-3s are essential in promoting optimal brain health. In fact, omega-3s have been shown to help in almost every area of brain function and development, including:

- Supporting healthy brain function¹
- Supporting memory and learning ability²
- Supporting focus and attention
- Slowing the progression of age-related memory loss³
- Protecting nerve and brain cells from oxidative stress and damage

1,000-3,000 MG/DAY

Recommended total EPA and DHA
for healthy adults



Especially crucial for kids' development

Numerous studies have confirmed that omega-3 consumption during pregnancy promotes the development of the fetal brain, eyes, and nervous system, making omega-3s an ideal supplement to take along with prenatal vitamins. But brain development doesn't end at birth. In fact the vast majority of brain development continues until about age five, making omega-3s incredibly valuable to children. But teens can benefit as well. A first-of-its-kind study published in the October 2012 issue of *PLoS ONE* found a direct link between omega-3 consumption and improved cognitive ability in young adults.



IT WASN'T UNTIL THE LATE 1990s AND EARLY 2000s THAT THE FULL BENEFITS OF

1. Kotani S, Sakaguchi E, Warashina S, et. al, "Dietary supplementation of arachidonic and docosahexaenoic acids improves cognitive dysfunction," *Neuroscience Research* Oct. 2006, vol. 56. p.159-64.
2. Boucher O, Burden MJ, Muckle G, Saint-Armour D, Avotte P, Dewailly E, Nelson CA, Jacobson SW, Jacobsen JJ, "Neurophysiologic and neurobehavioral evidence of beneficial effects of prenatal omega-3 fatty acid intake on memory function at school age," *American Journal of Clinical Nutrition*, May 2011, vol. 93, no. 5, p. 1025-1037
3. Morris MC, Evans DA, Bienias JL, Tangney CC, Bennett DA, Wilson RS, Aggarwal N, Schneider J, "Consumption of fish and n-3 fatty acids and risk of incident Alzheimer disease," *Archives of Neurology*, 2003, vol. 60, p. 940-6.

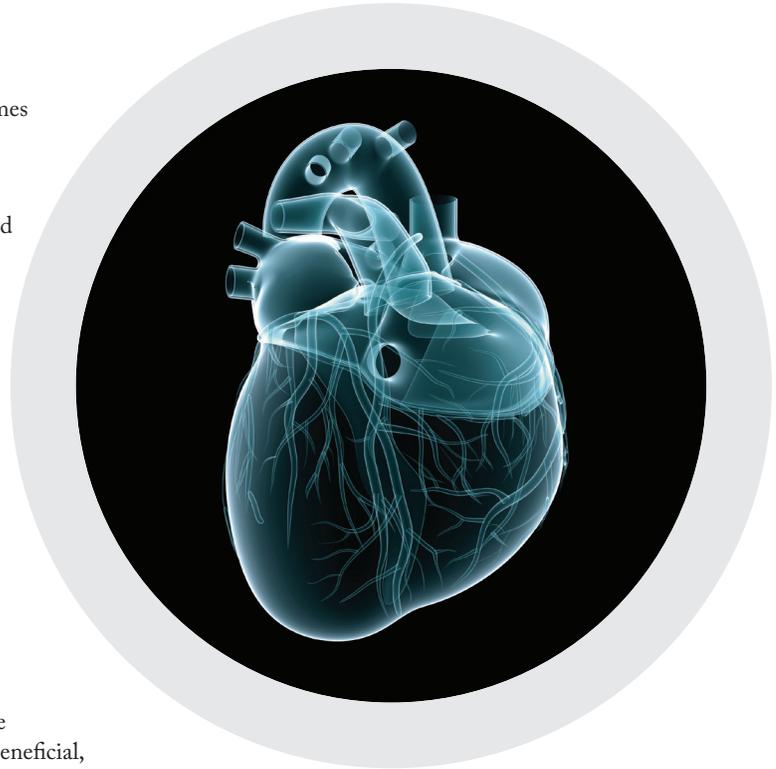
Supercharged heart guard

Heart health is one of the most researched areas when it comes to omega-3s. Hundreds of studies have clearly linked DHA and EPA consumption with improved heart health. Much of the research stemmed from studying the Inuit tribes of Greenland, whose large consumption of omega-3s was linked to reduced triglycerides, heart rate, blood pressure, and atherosclerosis. Omega-3s have now been shown to help:

- Reduce the risk of heart disease
- Promote healthy triglyceride levels
- Support healthy inflammatory levels⁴

2,000-4,000 MG/DAY

Recommended total EPA and DHA for those with heart-health concerns



The inflammation connection

Inflammation is the broad term for the body's immune response to foreign invaders or damage. Initially it is beneficial, but inflammation can cause more inflammation and become self-perpetuating. Hyperinflammation of this type is at the root of a whole host of health problems, including heart disease, arthritis, and even diabetes.

More and more studies are beginning to reveal that omega-3s aid the body by helping to reduce inflammation. "Omega-3 fatty acids may be both protective so that inflammation doesn't go up, as well as therapeutic by helping inflammation go down," said Jan Kiecolt-Glaser, professor of psychiatry and psychology at Ohio State University and lead author of a recent study printed in *Brain, Behavior, and Immunity*. Understanding the omega-3s link to inflammation not only explains why it is so effective in promoting heart health, it also helps explain other full-body benefits of omega-3s, including:

- Supporting internal repair systems that operate in response to inflammation
- Promoting joint mobility and flexibility
- Promoting a healthy immune response

Why aren't we getting enough?

Getting the ideal level of omega-3s was much simpler 150 years ago, as the average diet included more coldwater fish as well as beef and eggs that were rich in omega-3s. Modern farming and ranching practices, however, have all but eliminated those sources. Grain-fed chicken and cows now make the omega-3 content of beef and eggs next to nothing.

The best food source of both DHA and EPA is coldwater fatty fish and shellfish. Seaweed is a rich source of DHA, but it doesn't contain EPA.



88-266 G salmon per day

532-1065 G cod per day



The problem is few people eat the 88-266 grams of salmon or the 532-1065 grams of cod every day that is required to achieve optimal levels.

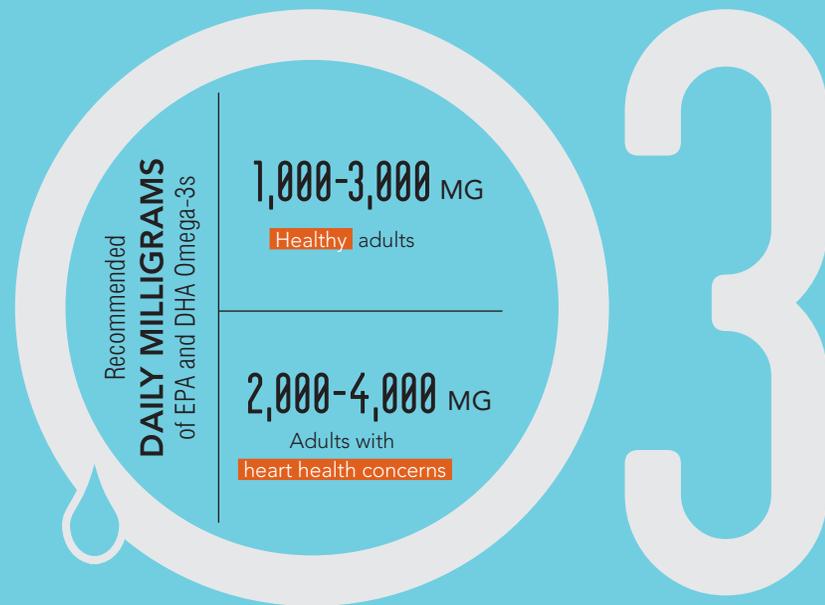
OMEGA-3s WERE UNDERSTOOD.

⁴ Kiecolt-Glaser JK, Belury MA, Andridge R, Malarkey WB, Glaser R. "Omega-3 supplementation lowers inflammation and anxiety in medical students: A randomized controlled trial." *Brain, Behavior, and Immunity*, Jul 19, 2011.



HOW MUCH DO YOU NEED?

Numerous scientific studies have confirmed health benefits at the following guidelines:



So keep exercising and eating right, but add a quality omega-3 supplement to your daily routine...

and add a whole host of health benefits to your life.



Melaleuca

Vitality
OMEGA-3
TWIST

Just one tablespoon serves up 1,080 mg of natural marine-sourced EPA and DHA in delicious Peach Mango Tango for all the brain, eye, and heart benefits omega-3s are proven to deliver.

A spoonful of smart.

OMEGA-3s FOR
ONE AND ALL

Get your omega-3s
in an unexpected form—
Delicious!



FOR YEARS, omega-3s have been clinically shown to deliver full-body health benefits and they are crucial in supporting optimal brain, eye, and heart health.[†] But omega-3 supplements are generally in the form of large pills that can be difficult for everyone in the family to swallow. With all-new *Vitality Omega-3 Twist™*, you can get all the omega-3 benefits your family needs with no pills to swallow and no unpleasant aftertaste.

Vitality Omega-3 Twist is a unique taste sensation unlike anything you've ever tried before.

Just one creamy spoonful provides a full 1,080 mg of powerful, natural DHA and EPA omega-3s to kick-start a healthy day, and it contains no artificial sweeteners or artificial flavours. Whether you eat it on its own or drizzle it over yogurt or fruit, you will get incredible health benefits you have got to taste to believe.

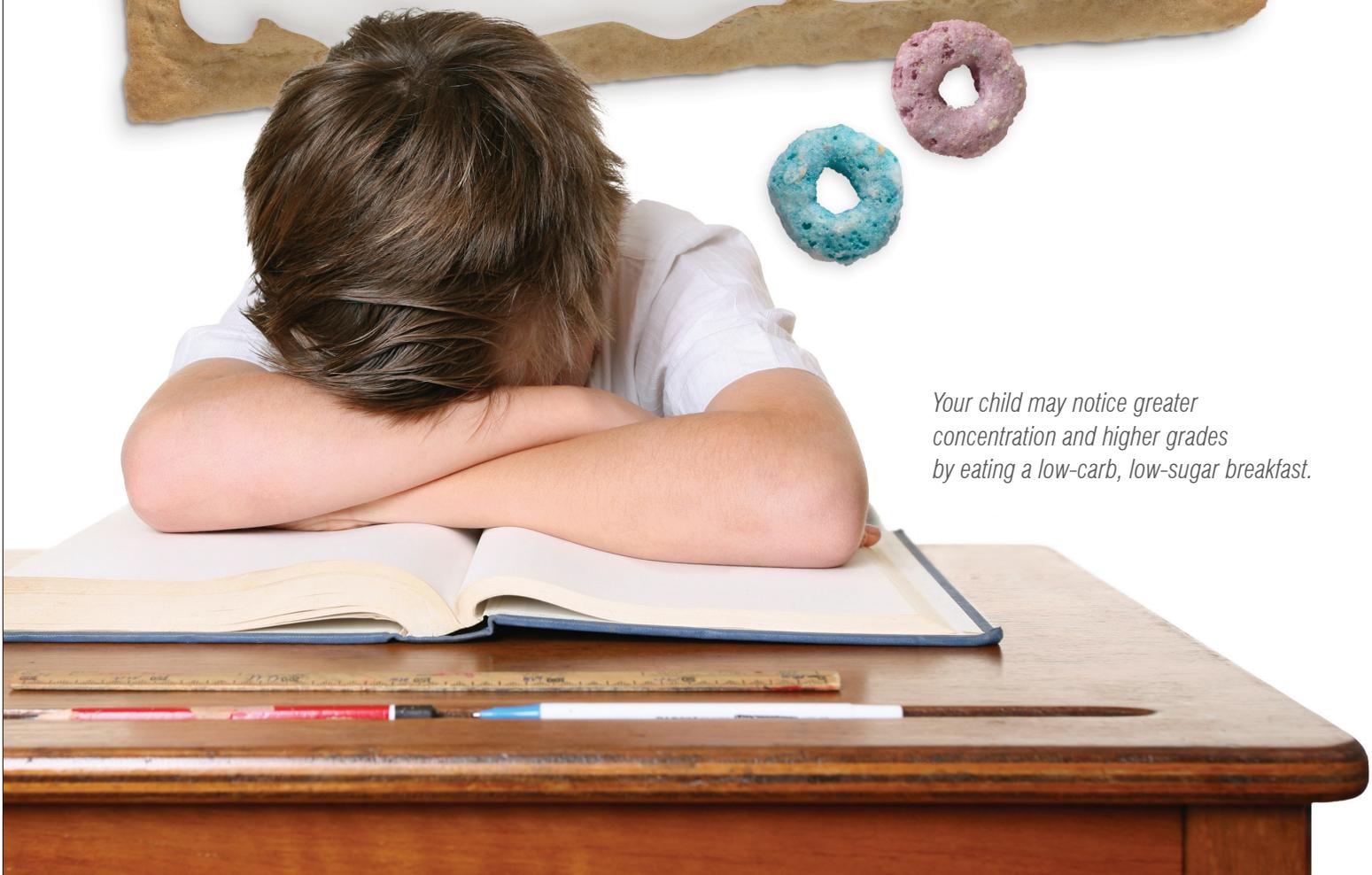
How Often Should I Take It?
Since omega-3s must be consumed in your diet, the optimal dosage of *Vitality Omega-3 Twist* is once a day. A tablespoon for adults, a teaspoon for kids under 12.

[†] Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. One serving (1 tablespoon) of *Omega-3 Crème Delight* provides 660 mg of EPA and 420 mg of DHA omega-3 fatty acids.

Do You Know What's Fueling Your Kids?

From junk food to picky tastes,
it's no wonder the nutritional needs
of kids are often unmet.

*Your child may notice greater
concentration and higher grades
by eating a low-carb, low-sugar breakfast.*





Frosted cereal. Hot dogs. Snack cakes. Fruit punch.

It's the stuff of childhood. It's also the stuff that contributes to childhood obesity, attention issues, poor physical and mental performance, and malnourishment.

As a parent, you know how important it is to provide a healthy diet to your children to keep them happy and thriving. But you certainly have your work cut out for you.

Calorie-Rich, Nutrient-Poor

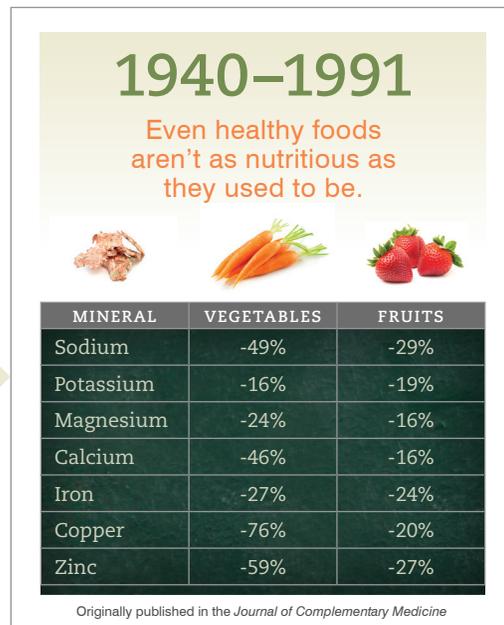
It's strange to think that malnutrition is an issue for children today—after all, kids are constantly surrounded by food and are gaining weight at unprecedented rates. The average American diet may be rich in calories, but it's poor in vital nutrients. The processed, instant, and cheap foods that fill our plates often have little

Reduction in average mineral content
 of fruits and vegetables between 1940 and 1991

nutritional value. Even fruits and vegetables can leave gaps in your kids' diets. Due to over-farming, essential trace minerals are being depleted from the soil. And since food is only as nutrient-rich as the soil it is grown in, the value of fruits, vegetables, and grains is diminishing.

Filling the Holes in Your Child's Diet

A staggering number of children lack the nutrition they need. A chronic deficiency in any nutrient can lead to lasting health problems that can affect a child well into adulthood. Dr. Anatoly Belilovsky, a renowned pediatrician in New York City, says, "Lack of iron can cause a sufficient delay in cognitive functions. Not enough zinc



can cause dermatitis and weakened immunity. Vitamin D deficiencies can cause obesity, weakened immunity, and weakened bones." A daily multivitamin and mineral supplement will help fill in the gaps in your child's diet and ensure he is getting the amount of vital nutrients he needs to avoid the detrimental effects of nutrient deficiencies.

"More than 50 percent of American children under the age of three years do not get the recommended amounts of several essential nutrients without a daily multivitamin-mineral supplement."

— Susan B. Roberts, PhD
 — Melvin B. Heyman, MD

24% of adolescents do not get enough vitamin D

60% of kids over 5 do not get enough iron

64% of teen boys and 86% of teen girls do not get enough calcium

80% of kids do not get enough zinc

5 Ways to Help Your Kids Eat Right

1. Kids will mimic what you do, so eat how you want your kids to eat.
2. Never let your child skip a meal.
3. Keep exposing your kids to healthy foods. Studies show it can take up to 12 times of offering a new food before the child even tastes it and 20 times before a child likes the food.
4. Cut out empty calories, especially sugary drinks.
5. Fill in nutritional gaps with a daily multivitamin and mineral supplement.

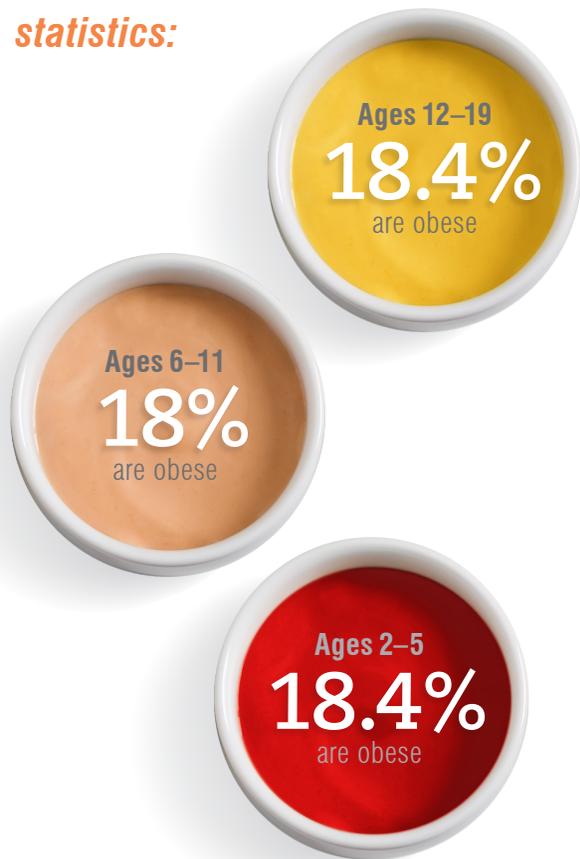


Overfed and Undernourished

Obesity rates in children have tripled in the past three decades. This shows that children are getting more calories than they need, usually from food that is high in calories and low in nutritional value. Overweight children are at risk for developing chronic illnesses like heart disease, diabetes, and asthma. Without the proper balance of vitamins and minerals, it's possible for overweight children to also be malnourished.

Childhood obesity rates have tripled in the past thirty years.

Current statistics:



Feeding More Than the Body

Dietary factors may play a larger role in children's behaviors than we realise. We know that the brain is involved in behavior, and the brain is impacted by the food we eat. The brain operates on simple glucose and oxygen. Just as oxygen overload or deprivation can negatively impact the brain and our body, glucose fluctuations can be just as hazardous. Because the brain is not

fully developed until age 25, children and teens are sensitive to blood sugar fluctuations. This is especially true during the first five years of life. Extreme glucose fluctuations are caused by either skipping meals or by binging on sugary foods. When your child skips a meal, the brain is deprived of glucose and she can become irritable, sleepy, depressed, and have a hard time concentrating. With too much glucose, she can become hyper-

active and aggressive. Make sure your child eats healthy meals with a mix of good fats, protein, and fibre and avoids junk food to ensure his blood sugar levels remain consistent throughout the day. Your child may even notice a better ability to concentrate and higher grades by simply improving his diet.

Why Are Kids Such Picky Eaters?

Even if you were to offer a perfect menu of healthful foods, your child might be too picky to eat much of it. Food neophobia is a common phase of refusing to eat new foods. It peaks during ages 2–6. But what makes kids so picky?

Kids have more taste buds than adults.

This anatomical difference can explain why strong or bitter foods like broccoli are commonly disliked among children.

You're not eating your veggies.

Kids take their cues from you. If they notice that Mom passes on zucchini, more than likely they will too.

They are exercising their agency.

Young kids don't have a whole lot of control over what happens in their lives. Choosing what to eat is one of the ways they can exert their autonomy.

It was a survival tactic for our ancestors.

Kids old enough to forage for food alone but too inexperienced to know what was safe were less likely to poison themselves if they shied away from unknown foods.

Food equals punishment.

Threatening to take away desserts if vegetables go uneaten reinforces a child's perception that greens are "bad" foods.

It's in their genes.

Gene TAS2R38 is a gene certain people have that makes them more sensitive to bitter flavours. Children with this gene are less likely to enjoy robust flavors.



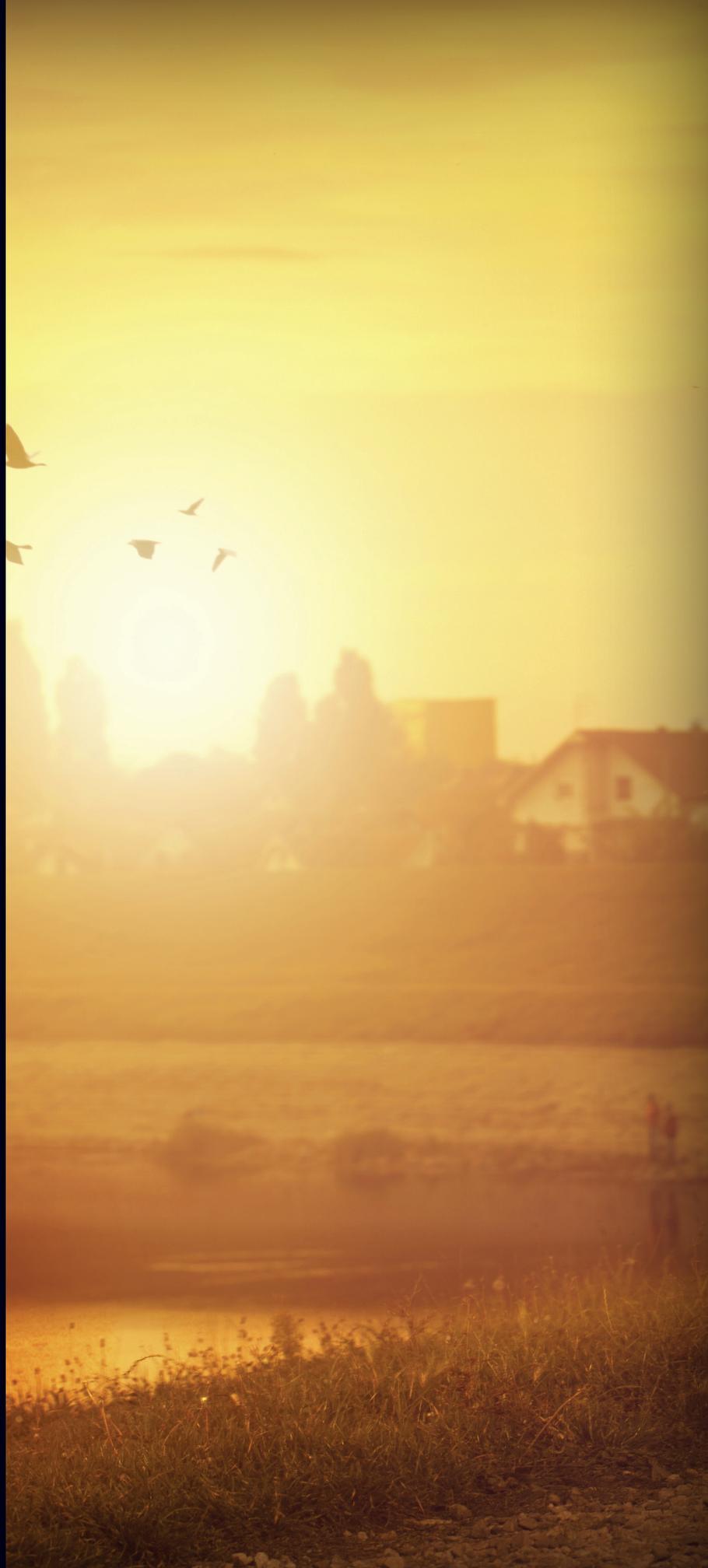
De-junking Your Diet



In this fast-food world, it seems next to impossible to provide your kids everything they need to grow healthy and strong. Don't give up on the battle for healthy eating habits just yet. Your influence as a parent is stronger than all the tempting aromas and flashy advertising campaigns. Dr. Elias Zerhouni, the director of the National Institutes of Health, encourages parents to start healthy habits for their children early. "Our research shows that the main driver of whether or not you become obese later in life depends on how you were raised and the habits you acquire when you're a child." Remember, your power as a parent can set your child up for better habits and a healthier life.

Supports healthy inflammatory response for soothing relief.

- Helps decrease the occurrence of muscle aches and pains
- Aids muscle and joint recovery after activity
- Helps relieve mild joint pain and stiffness
- Contains a blend of natural anti-inflammatory ingredients to ease pain and keep you moving
- Specifically designed to reduce discomfort associated with activity-induced inflammation



**WORK OUT.
RECOVER.
REPEAT.**



THE RIGHT TO
BARE ARMS

GET READY TO SHOW OFF YOUR GUNS THIS SUMMER



Bring the heat on throughout this winter with lean, sculpted arms. From shoulders on down, these five exercises will tighten and tone your arms, getting them ready for this summer's tops and sundresses.

Dumbbell Jump Rope engages all the arm muscles and provides you with a bit of cardio. Stand with feet hip-width apart with a 2- or 4-kilo dumbbell in each hand. Bend elbows by ribs with palms facing forward, as if you are holding a jump rope. Jump up and down a few inches off the floor while drawing small circles with the dumbbells as if you were whirling a jump rope.

// Jump for 45 seconds or 1 minute.



Complete all five exercises in one workout. Rest 30–60 seconds between sets. Repeat every other day up to three days per week. For best toning results, do a 45-minute cardio workout four to five times a week to burn fat.



Plank Pushups give you a full-body workout while focusing on your triceps and biceps. Begin in a forearm plank position with all your weight on your forearms and toes. Make sure you keep your back straight and don't let your backside rise into the air. Shift your weight to your left forearm; lift your right arm and place it palm down. Shift your weight to your right arm; lift your left arm and place it palm down so you are now in a push up type position. Shift your weight to your left and drop back onto your right forearm, being careful not to let your elbow bow out. Shift to your right and lower your left arm so you are back in the beginning plank position.

// Repeat 8 times.



For a more intense workout, bring your arms in closer and make a triangle with your hands so that your thumbs and pointer fingers are touching. To modify this exercise, do pushups from your knees rather than your toes for less resistance.

Press and Twist works your shoulders, biceps, and obliques. Hold a 10-pound dumbbell in each hand right above your shoulders with your elbows bent. Rotate your torso to the right as you press the dumbbell in your left hand upwards at an angle. Let your left leg pivot so your toe turns inward, making a diagonal line with your left arm and left leg. Come back to the starting position and do the same movement on the opposite side.

// Do 20 reps.



Pushups are a classic toning move that uses your own body weight to strengthen your upper arms and shoulders. Lay face down on the ground. Place your hands on the ground shoulder-width apart and flex your feet so your weight is on your hands and toes. Raise yourself up, straightening your arms and making a straight line from your head to your heels. Lower your torso to the ground until your elbows are at a 90-degree angle. Keep your stomach muscles flexed. Push up again.

// Repeat 15 times.

For a more intense workout, use a chair that is lower to the ground and straighten your legs in front of you rather than keeping your knees bent. To modify this exercise, dip from a higher surface for less resistance.



Tricep Dips target the backside of the arm from shoulder to elbow. Place your hands shoulder-width apart on a secure chair or bench behind you with your feet flat on the floor, your knees bent at a 90-degree angle. Your arms should be straight, but do not lock your elbows. Keep your rear end in front of the edge of the chair. Slowly bend your elbows and lower your upper body towards the floor until your arms are at a 90-degree angle. Keep your back close to the edge of the chair. Slowly lift yourself back up to the starting position.

// Do 25 reps.



Get back in control

Cravings getting the best of you? That's why *Attain* *CraveBlocker* is the perfect choice for snack time. With US patented *CraveBlocker* formula, *Attain* helps control hunger cravings, helping you make smarter, healthier eating choices in the hours ahead.





TIP: MyFitnessPal's database contains information on all Melaleuca foods, making it very simple to lose weight with the Melaleuca Simple Steps Weight Loss Plan.

6 apps for health + fitness



Are you ready to get in shape, lose weight, and eat healthier? The keystones for success in any undertaking are setting specific goals, measuring progress, and being accountable to those goals. Smartphone apps can make achieving your goals easier than ever.

There are hundreds of apps posed as tracking tools, in which you log your workouts or calories eaten, while others automate the tracking or even offer you coaching. Some are a combination of all these things. We have browsed through dozens and dozens of apps to bring you the six best apps to will help you eat smarter, stay accountable, and get moving.

myfitnesspal

Often hailed as one of the best all-in-one calorie-counting and exercise-tracking apps, this app has an extensive database of popular foods and restaurant menus and makes logging food and exercise simple and easy. It takes your weight, height, goal weight, and lifestyle into account before giving its recommendations, and breaks your goals into smaller, 1-month goals to keep you motivated.

Available on: Android, Blackberry, iOS, Windows Phone, and Web
Cost: Free

fooducate

Don't shop without this app. Scan the barcode of a food item and this app will give you a health rating based on calories, processing techniques, and sugar amounts. It will help you identify those tricky foods that like to pretend they are healthy.

Available on: Android and iOS
Cost: Free

zombies, run!

You will be too busy running from zombies to realise you are getting an awesome workout. This app integrates your own music into apocalyptic missions and gives you training mixed in with gripping story. Play outside or at the gym.

Available on: Android, iOS, and Windows Phone
Cost: \$3.99

nexercise

Get competitive! Nexercise keeps track of your daily exercise and publishes your score along with your friends' scores. What better way to get you off the couch than to make sure you keep up with your friends or make sure your dad doesn't leave you in the dust?

Available on: Android and iOS
Cost: Free

nike training club

Like a personal trainer in your pocket. Select a workout based on the time you have and the results you want—cardio, toning, strength, etc.—and watch videos to learn proper form. It pulls music from your own playlist to keep you in the zone. Each workout earns you points you can use to unlock features like star workouts and personal training advice. The autoshare feature uploads your results to Facebook for additional accountability.

Available on: Android and iOS
Cost: Free

lose it!

Based on the simple principles of tracking calories and garnering peer support, Lose It! lets you manage your daily calorie intake and calorie burning for you to see how long it will take to reach your goal. You can even scan the barcodes of most food items for accurate nutritional information. The active online support community helps keep you accountable.

Available on: Android, iOS, Nook, Kindle, and the Web
Cost: Free



4

Simple Steps to **A CLEANER WORLD**

A cleaner world. We all want it. But how do you make a difference? A real difference for not only our own generation but those who will follow. It starts with understanding the four main ways our day-to-day living is making the world dirty. And then taking some simple steps to help make things clean again.

1 Protect Water

It is important for us to protect our waterways from contamination. Common household cleaning products contain harmful chemicals that end up going down the drain.

Over 180 million tons of toxic waste is dumped into world's oceans, rivers, and lakes each year and many chemicals are not removed even after passing through water treatment facilities.

Use cleaning products without chlorine, phosphates, and other harsh

chemicals to help reduce the amount of pollutants that enter our waterways.

2 Save Energy

Most countries are experiencing significant energy demand growth, which puts pressure on the resources used to generate that energy. There are easy things we can do to help conserve the energy we would otherwise waste each day.

45% of your home energy costs come from space heating.



Programme or manually turn down your thermostat by two degrees in the winter and turn it up two degrees in the summer to cut back on energy costs.

3 Improve Air Quality

According to the EPA, vehicle emissions and other toxic air pollutants that are found in some home cleaning products can contribute to health risks such as damage to the immune system and respiratory health problems.

Vehicle exhaust alone contributes about 60% of all air pollution emissions nationwide and up to 95% in cities.



Use mass transit, ride your bike, or carpool wherever possible to help reduce the amount of exhaust in your area.

4 Reduce Waste

Every year, the average Australian generates approximately 650 kilograms of waste. Less than one quarter of garbage is recycled. Recycling keeps unnecessary garbage out of landfills and conserves Earth's previous natural resources.

Australians still let \$8 billion worth of edible food hit the bin each year.

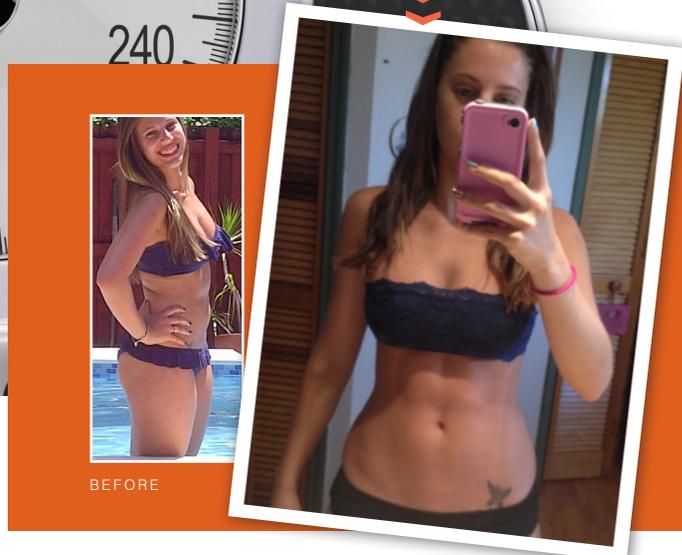


Recycle old newspapers, aluminum cans, glass bottles, and plastic containers to help reduce the amount of trash.

Don't stop with curbside recycling. Use the Internet to find locations that will accept old batteries, cell phones, computers, motor oil, and mattresses. Remember there may also be a tax advantage to dropping off old items—local charities are always happy to accept clothes, sports equipment, blankets, appliances, and televisions.



A WEIGHT LOSS SUCCESS STORY



Tim Collier 9+ Kgs.*

As an ex-professional football player, health and fitness have always been important to Tim Collier. Although he has continued to be active during his time off the field, over the years Tim started to notice the extra pounds he was putting on.

“Playing tennis seemed to help, but I wasn’t losing enough weight for whatever reason. When I started following the program I started to see results,” he says.

Hearing about Melaleuca’s weight loss programme at a celebration dinner earlier this year, he was excited to take the challenge. Expecting to lose a few pounds, after only a couple of weeks on the program Tim started losing inches.

In the weeks since he started, Tim has lost over 9 Kgs and continues his physical activity. “Most of the people I see are active and have similar goals to be healthy. When they see me not having pain on the court after playing for several hours, they want to know how I do it.” Tim is more than happy to explain to his friends how the Vitality for Life program helped him.

“It was easy for me to implement the program into my daily routine and I’ll continue to stay on the program because it helps me live a healthier lifestyle,” he says.

Romina Frascarelli 6 Kgs.*

When Romina Frascarelli came home from college this past spring, she realised she’d “gained quite a few kilos.” By the end of the summer, she’d started dieting and working out. “The scale was frustrating me—I wasn’t actually seeing the weight loss.”

In September, Romina started drinking an *Attain® Shake* every morning and eating an *Attain Bar* every afternoon as a snack. She’d eat a light dinner with just a salad and chicken, and in the evening she’d do an *Access® Bar*-enhanced workout sometimes followed by a *ProFlex20® Shake*. “I started to see the weight steadily drop, and around mid-October, I reached my ideal weight,” Romina says.

In November and December, Romina says she “didn’t deprive” herself, but, with the help of Melaleuca products, she managed to keep her weight from climbing back up.

“When people ask me what I’ve done to lose weight, I say, ‘This,’ and show them the [Vitality: Simple Steps to Your Ideal Weight™] booklet. It’s a really clear way for people to understand how to use Melaleuca’s products to lose weight.”

* Individual results may vary. When combined with a healthy diet and exercise, Melaleuca products can help you lose weight.

Powering My Progress

Introducing the new
melaleuca.com/VFL

Don't take your journey toward physical wellness alone. With **melaleuca.com/VFL** at your side, now you have a wealth of interactive tools and wellness resources to call on anytime you need them. Giving you encouragement. Amplifying every step you take. So that achieving your goals is more possible than ever.



Success Stories

How people just like you have achieved their goals

Weight Loss Calculator

Your number to help guide your daily food and exercise choices

Expert Tips

Exercises, nutrition, and wellness advice from the best in the field

Healthy Recipes

Delicious, low-calorie meals and snacks to try and enjoy

Wellness Articles

Melaleuca's own health and wellness knowledge base