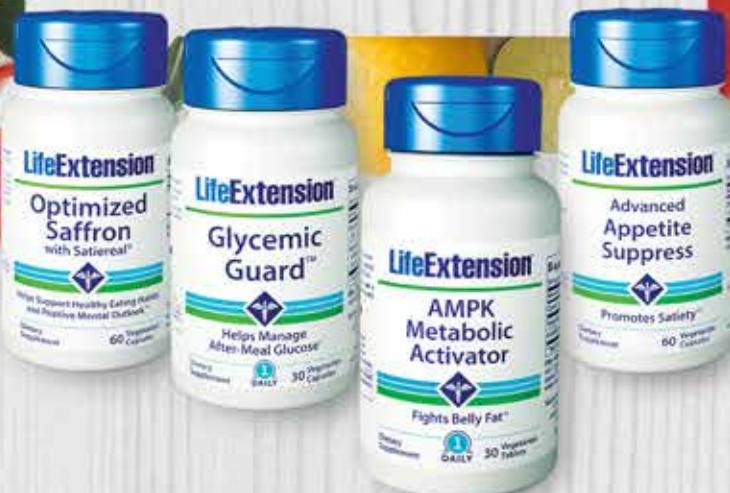


25

By
LifeExtension®



NUTRITION PROGRAM

Designed to create a
healthier
you!

*Congratulations! You're taking the first step
to a healthier, happier you!*



The 2:5™ by Life Extension® Nutrition Program was designed and clinically studied to help you manage your weight through what can be one of the toughest times of the year — the holiday season, which is generally filled with indulgent foods and overabundance. From October through January, the average person gains 1-2 pounds! While this may not seem like an enormous amount, this weight is usually not lost during the spring and summer months.¹⁻³ With just a 1-2 pound weight gain annually over a period of 10 years, that can lead to an excess of 10-20 pounds! And that can be detrimental to your overall health.

With this in mind, Life Extension® evaluated intermittent fasting in the 2:5™ program with a randomized, controlled clinical study of overweight but otherwise healthy

adults. After 52 days of using the **2:5™ by Life Extension® Nutrition Program**, participants experienced a significant weight loss and body mass index reduction compared to baseline. This was associated with a significant increase in HDL cholesterol and a decrease in total/HDL cholesterol ratio and triglycerides. The 2:5™ study also showed a significant beneficial effect on insulin levels.

Following the 2:5™ Program is simple:

- Two consecutive days per week, you'll reduce your calorie intake with specially designed LE shakes and snack bars for an average of only 750 calories/day.
- The rest of the week you'll continue your normal diet and even be able to splurge a little.
- You'll also consume a select set of LE dietary supplements daily.

We also offer a variety of resources to assist you during the program and help you build a sustainable, healthy lifestyle. See the Additional Resources section in this guide for tips on an overall healthy lifestyle. Plus, we offer one-on-one guidance with our 2:5™ by Life Extension® Nutrition Program Wellness Specialists.

For more information and tools, please visit 2-5LE.com.

Now, get ready to become a healthier you!

References:

1. *N Engl J Med.* 2000 Mar 23;342(12):861-867.
2. *Eur J Clin Nutr.* 2013 Sep; 67(9):944-9.
3. *Physiol Behav.* 2014 July;134:66-69.

The 2:5™ Plan

What's included:

Wellness Shakes™

2 tubs

(Chocolate and Vanilla Flavors)*

Wellness Bars™

3 boxes

(Chocolate Brownie and
Cookie Dough Flavors)

AMPK Metabolic Activator

2 bottles[†]

Optimized Saffron

with Satiereal®

2 bottles[†]

Glycemic Guard™

2 bottles

Advanced Appetite Suppress

2 bottles[†]



Satiereal® is a registered trademark of INOREAL. International Patents Pending.

*The 2:5™ Plan options include the choice of all vanilla flavor, all chocolate flavor, or a combination of flavors.

[†]These supplements should be taken in conjunction with a healthy diet and regular exercise program. Individual results are not guaranteed, and results may vary.

2:5™ Foundational Support Add On**

What's included:

Two-Per-Day Capsules

1 bottle

Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract

2 bottles

Super Bio-Curcumin®

1 bottle

Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™

1 bottle

FLORASSIST® GI with Phage Technology

2 bottles

Bone Restore Chewable Tablets

2 bottles

Bio-Curcumin® is a registered trademark of DolCas-Biotech, LLC.

**The clinical study was based on the 2:5™ Plan with the Foundational Support Add On.

This program should be followed in conjunction with a healthy diet and regular exercise program. Individual results are not guaranteed, and results may vary. Consult your physician or health care professional before making any dietary or fitness modifications.



Note: Effective weight loss requires reduced caloric intake and increased exercise. Individual results may vary. Consult your physician or health care professional if you are nursing, pregnant, or trying to become pregnant.



Hear what our participants have to say!

I found the products to be very easy to use. I never felt hungry on my fasting days and I had plenty of energy. I actually felt great on the program from start to finish!

— Sandra R.

For me, the program was a success. I have to agree because I lost a lot of weight, and I felt very good with the vitamins and proteins that have been used.

— Laura H.

Share your thoughts!

How was your experience on the 2:5™ by Life Extension® Nutrition Program? Was it easy? What results did you see? How did you feel? Let us know! Please send your feedback to 2:5byLE@LifeExtension.com.



2:5™ Plan Supplements



AMPK Metabolic Activator[†]

AMPK is an enzyme found in every cell in your body. But the normal, age-related decline in AMPK is a major cause of unwanted abdominal fat. Studies show that increasing AMPK activity can actually encourage your cells to stop storing fat and start burning it for energy. It has two powerful ingredients, *Gynostemma pentaphyllum* and hesperidin, which trigger AMPK and cause your body to start burning unwanted fat — particularly around your abdomen.



Advanced Appetite Suppress[†]

Did you know that hunger and satiety are controlled by hormones?¹ Advanced Appetite Suppress helps you resist the urge to snack with a European white kidney bean extract that helps support normal levels of gut hormones that control appetite and satiety.^{2,3} This extract also affects the alpha-amylase enzyme, helping to support already-healthy blood sugar levels.



Optimized Saffron with Satiereal^{®†}

Our unique supplement affects neurotransmitter signals to help you reduce snacking. This can make it easier to achieve your weight loss goals and resist the urge to snack between meals or even after-hours!



Glycemic Guard™

Most people who are concerned about glucose check their fasting blood sugar levels. But glucose tolerance and healthy insulin sensitivity decrease with age — which can lead to blood sugar spikes after you eat. Since fasting blood sugar levels are the gold standard for measuring blood sugar health, after-dinner blood sugar concerns can go unnoticed for years. Our convenient, once-a-day supplement contains extracts of maqui berry and cloves to help your body maintain already-healthy blood sugar levels, especially after meals.

Satiereal® is a registered trademark of INOREAL. International Patents Pending.

***These supplements should be taken in conjunction with a healthy diet and regular exercise program. Individual results are not guaranteed, and results may vary.**

References:

1. *Br J Nutr.* 2013 May;109(10):1789-95.
2. *J Agric Food Chem.* 2009 Oct 14;57(19):9316-23.
3. *Br J Nutr.* 2011 Sep;106(5):762-8.

Foundational Support Add On



Two-Per-Day Capsules

Our Two-Per-Day formula gives you more of the essential vitamins, minerals, and other nutrients that your body needs. This is important because Recommended Dietary Allowances (or RDAs) provide only the minimal doses necessary to avoid *deficiency*. But in order to achieve optimal health and well-being, you need the *ideal* dose of high-quality vitamins and minerals every day.



Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract

Omega-3 oils contain **eicosapentaenoic acid** (EPA) and **docosahexaenoic acid** (DHA). These oils are usually lacking in the typical Western diet, which is filled with foods containing high amounts of omega-6 fatty acids.¹ From supporting heart health and brain function to balancing the inflammatory response, there is no debating the broad-spectrum benefits of omega-3 fatty acids.²⁻⁴



Super Bio-Curcumin®

No whole-body health regimen would be complete without curcumin. This remarkable turmeric extract benefits nearly every organ system. Curcumin inhibits inflammatory factors, supports immune system function, promotes heart health, and offers potent antioxidant protection.



Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™

Coenzyme Q10 (CoQ10 for short) is a potent antioxidant that supports cardiovascular health and is absolutely essential for healthy mitochondrial function. The mitochondria are the cell's energy powerhouses, and CoQ10 is required to convert the energy unlocked from fats and sugars into usable cellular energy.



Bone Restore Chewable Tablets

We all know calcium helps you maintain bone density and strength. But what you may not realize is that dietary calcium must be accompanied by adequate amounts of other vital nutrients in order for it to be most effective. That's why we've paired 700 mg of easily absorbable calcium with 1,000 IU of vitamin D3 and essential bone healthy minerals — all wrapped up in a delicious, chocolate chewable calcium tablet.



FLORASSIST® GI with Phage Technology

Probiotics help balance the ratio of good-to-bad bacteria in your intestine. FLORASSIST® GI's dual-action formulation contains both a proprietary probiotic blend and a TetraPhage Blend that affects only *undesirable* bacteria while leaving the "good" bacteria of your digestive system alone.

Bio-Curcumin® is a registered trademark of DolCas-Biotech, LLC.

References:

1. *Biomed Pharmacother.* 2002 Oct;56(8):365-79.
2. *Public Health Nutr.* 2006 Dec;9(8A):1136-40.
3. *Am J Prev Med.* 2005 Nov;29(4):335-46.
4. *J Am Diet Assoc.* 2005 Mar;105(3):428-40.

Daily Tracker

WEEK 1

2:5™ by LE	Supplements Are Taken Every Day	Bars/Shakes	Day 1	Day 2
10 Minutes Before Breakfast	Advanced Appetite Suppress (1 capsule)†			
BREAKFAST	AMPK Metabolic Activator (1 tablet)†	Bar or Shake		
	Glycemic Guard™ (1 capsule)			
	Optimized Saffron with Satireal® (1 capsule)†			
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™ (1 softgel)††			
LUNCH	FLORASSIST® GI with Phage Technology (1 capsule)††	Bar or Shake		
	Bone Restore Chewable Tablets (1 tablet)††			
Snack		Bar or Shake		
10 Minutes Before Dinner	Advanced Appetite Suppress (1 capsule)†			
DINNER	Optimized Saffron with Satireal® (1 capsule)†	Bar or Shake		
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Bio-Curcumin® (1 capsule)††			
	Bone Restore Chewable Tablets (1 tablet)††			
Additional Supplements				





WEEK 2

2:5™ by LE	Supplements Are Taken Every Day	Bars/Shakes	Day 1	Day 2
10 Minutes Before Breakfast	Advanced Appetite Suppress (1 capsule)†			
BREAKFAST	AMPK Metabolic Activator (1 tablet)†	Bar or Shake		
	Glycemic Guard™ (1 capsule)			
	Optimized Saffron with Satireal® (1 capsule)†			
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™ (1 softgel)††			
LUNCH	FLORASSIST® GI with Phage Technology (1 capsule)††	Bar or Shake		
	Bone Restore Chewable Tablets (1 tablet)††			
Snack		Bar or Shake		
10 Minutes Before Dinner	Advanced Appetite Suppress (1 capsule)†			
DINNER	Optimized Saffron with Satireal® (1 capsule)†	Bar or Shake		
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Bio-Curcumin® (1 capsule)††			
	Bone Restore Chewable Tablets (1 tablet)††			
Additional Supplements				

Daily Tracker



WEEK 3

2:5™ by LE	Supplements Are Taken Every Day	Bars/Shakes	Day 1	Day 2
10 Minutes Before Breakfast	Advanced Appetite Suppress (1 capsule)†			
BREAKFAST	AMPK Metabolic Activator (1 tablet)†	Bar or Shake		
	Glycemic Guard™ (1 capsule)			
	Optimized Saffron with Satireal® (1 capsule)†			
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™ (1 softgel)††			
LUNCH	FLORASSIST® GI with Phage Technology (1 capsule)††	Bar or Shake		
	Bone Restore Chewable Tablets (1 tablet)††			
Snack		Bar or Shake		
10 Minutes Before Dinner	Advanced Appetite Suppress (1 capsule)†			
DINNER	Optimized Saffron with Satireal® (1 capsule)†	Bar or Shake		
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Bio-Curcumin® (1 capsule)††			
	Bone Restore Chewable Tablets (1 tablet)††			
Additional Supplements				



WEEK 4

2:5™ by LE	Supplements Are Taken Every Day	Bars/Shakes	Day 1	Day 2
10 Minutes Before Breakfast	Advanced Appetite Suppress (1 capsule)†			
BREAKFAST	AMPK Metabolic Activator (1 tablet)†	Bar or Shake		
	Glycemic Guard™ (1 capsule)			
	Optimized Saffron with Satireal® (1 capsule)†			
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™ (1 softgel)††			
LUNCH	FLORASSIST® GI with Phage Technology (1 capsule)††	Bar or Shake		
	Bone Restore Chewable Tablets (1 tablet)††			
Snack		Bar or Shake		
10 Minutes Before Dinner	Advanced Appetite Suppress (1 capsule)†			
DINNER	Optimized Saffron with Satireal® (1 capsule)†	Bar or Shake		
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Bio-Curcumin® (1 capsule)††			
	Bone Restore Chewable Tablets (1 tablet)††			
Additional Supplements				

Daily Tracker

WEEK 5

2:5™ by LE	Supplements Are Taken Every Day	Bars/Shakes	Day 1	Day 2
10 Minutes Before Breakfast	Advanced Appetite Suppress (1 capsule)†			
BREAKFAST	AMPK Metabolic Activator (1 tablet)†	Bar or Shake		
	Glycemic Guard™ (1 capsule)			
	Optimized Saffron with Satireal® (1 capsule)†			
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™ (1 softgel)††			
LUNCH	FLORASSIST® GI with Phage Technology (1 capsule)††	Bar or Shake		
	Bone Restore Chewable Tablets (1 tablet)††			
Snack		Bar or Shake		
10 Minutes Before Dinner	Advanced Appetite Suppress (1 capsule)†			
DINNER	Optimized Saffron with Satireal® (1 capsule)†	Bar or Shake		
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Bio-Curcumin® (1 capsule)††			
	Bone Restore Chewable Tablets (1 tablet)††			
Additional Supplements				

WEEK 6

2:5™ by LE	Supplements Are Taken Every Day	Bars/Shakes	Day 1	Day 2
10 Minutes Before Breakfast	Advanced Appetite Suppress (1 capsule)†			
BREAKFAST	AMPK Metabolic Activator (1 tablet)†	Bar or Shake		
	Glycemic Guard™ (1 capsule)			
	Optimized Saffron with Satiereal® (1 capsule)†			
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™ (1 softgel)††			
LUNCH	FLORASSIST® GI with Phage Technology (1 capsule)††	Bar or Shake		
	Bone Restore Chewable Tablets (1 tablet)††			
Snack		Bar or Shake		
10 Minutes Before Dinner	Advanced Appetite Suppress (1 capsule)†			
DINNER	Optimized Saffron with Satiereal® (1 capsule)†	Bar or Shake		
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Bio-Curcumin® (1 capsule)††			
	Bone Restore Chewable Tablets (1 tablet)††			
Additional Supplements				

Daily Tracker



WEEK 7

2:5™ by LE	Supplements Are Taken Every Day	Bars/Shakes	Day 1	Day 2
10 Minutes Before Breakfast	Advanced Appetite Suppress (1 capsule)†			
BREAKFAST	AMPK Metabolic Activator (1 tablet)†	Bar or Shake		
	Glycemic Guard™ (1 capsule)			
	Optimized Saffron with Satireal® (1 capsule)†			
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™ (1 softgel)††			
LUNCH	FLORASSIST® GI with Phage Technology (1 capsule)††	Bar or Shake		
	Bone Restore Chewable Tablets (1 tablet)††			
Snack		Bar or Shake		
10 Minutes Before Dinner	Advanced Appetite Suppress (1 capsule)†			
DINNER	Optimized Saffron with Satireal® (1 capsule)†	Bar or Shake		
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Bio-Curcumin® (1 capsule)††			
	Bone Restore Chewable Tablets (1 tablet)††			
Additional Supplements				



WEEK 8

2:5™ by LE	Supplements Are Taken Every Day	Bars/Shakes	Day 1	Day 2
10 Minutes Before Breakfast	Advanced Appetite Suppress (1 capsule)†			
BREAKFAST	AMPK Metabolic Activator (1 tablet)†	Bar or Shake		
	Glycemic Guard™ (1 capsule)			
	Optimized Saffron with Satiereal® (1 capsule)†			
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™ (1 softgel)††			
LUNCH	FLORASSIST® GI with Phage Technology (1 capsule)††	Bar or Shake		
	Bone Restore Chewable Tablets (1 tablet)††			
Snack		Bar or Shake		
10 Minutes Before Dinner	Advanced Appetite Suppress (1 capsule)†			
DINNER	Optimized Saffron with Satiereal® (1 capsule)†	Bar or Shake		
	Two-Per-Day (1 capsule)††			
	Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract (2 softgels)††			
	Super Bio-Curcumin® (1 capsule)††			
	Bone Restore Chewable Tablets (1 tablet)††			
Additional Supplements				

Satiereal® is a registered trademark of INOREAL. International Patents Pending.

Bio-Curcumin® is a registered trademark of DolCas-Biotech, LLC.

†These supplements should be taken in conjunction with a healthy diet and regular exercise program. Individual results are not guaranteed, and results may vary.

††Foundational Support Add On items.

Additional Resources

This section provides additional resources to support you on your health and wellness journey. The clinical study focused only on the two days of low caloric intake. The participants were asked to simply resume their normal lifestyle on the other five days. This still provided significant benefits!

While it is not required, a healthy diet and regular physical activity is important for overall health.

The following pages of resources provide a general guideline for food and activity choices that may be incorporated on your nonfasting days and are in no way a definitive list. Please use your best judgment and consult your healthcare provider before making any dietary or fitness modifications.

Track Your Experience!

Start Date:	
Starting Weight:	
How do you feel?	
End Date:	
End Weight:	
How do you feel?	

**For even more resources,
please visit our website at 2-5LE.com
or call to speak with one of our trained 2:5™
Wellness Specialists at 1-800-226-2370.**

Fluid Intake

How much water do you need?

So how much fluid does the average, healthy adult need? The National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (124 oz.) a day for men
- About 11.5 cups (92 oz.) a day for women

Most healthy people can stay hydrated by drinking water and other fluids whenever they feel thirsty.¹ Water is your best choice to stay hydrated. While other drinks may contribute to your overall hydration goals, they can also add unnecessary calories and sugars and contain little nutrition.

Tips:

- Add fruit slices or cucumber to water for flavor
- Carry a reusable water bottle around with you to remind you to drink and always have something on hand²
- Choose sparkling or seltzer water over soda
- Soda, energy or sports drinks, and other sweetened drinks usually contain added sugar, which provides empty calories.
- While juice can provide vitamins and minerals, it contains sugar and is missing the beneficial fiber. A better choice is to eat whole fruit.
- Beware of added sugar and creamers in coffee or tea. Some beverages at popular coffee shops can reach more than 500 calories!
- When choosing milk or milk alternatives, select low-fat or fat-free milk or fortified soy milk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different.²
- Alcohol provides no nutritional value and contains on average 100 calories or more per drink. Cocktails also include additional mixers such as juices and sugars, which increases the caloric content even more.³

References:

1. <http://www.nationalacademies.org/hmd/Reports/2004/Dietary-Reference-Intakes-Water-Potassium-Sodium-Chloride-and-Sulfate.aspx>
2. <https://www.choosemyplate.gov/ten-tips-make-better-beverage-choices>
3. <https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Calculators/calorie-calculator.aspx>



How Much Do You Eat?

- Portion sizes (and calories consumed) have increased significantly over the past 20 years.
- Most restaurants serve portions that are enough for two or more people.
- Pre-packaged convenience foods often contain multiple servings per container.¹

Tips:

- Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.
- Slow down when eating to give your body time to recognize when it feels full.
- Be conscious and focused when eating. Don't eat in front of the TV, at your desk, or while driving. This will help you eat more slowly and lead you to be more satisfied at mealtime.
- Share an entrée with a friend when visiting restaurants.
- Fill half your plate with veggies and fruit.²



Portion sizes



A serving of protein
= 1 palm



A serving of vegetables
= 1 fist



A serving of carbs
= 1 cupped hand



A serving of fats
= 1 thumb³

Nutrition needs can vary from person to person depending on age, sex, height, weight, and physical activity level. Visit www.choosemyplate.gov/myplateplan to get personalized recommendations.

References:

1. <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>
2. https://www.cdc.gov/healthyweight/healthy_eating/portion_size.html
3. <https://www.precisionnutrition.com/calorie-control-guide-infographic>



Making Healthy Food Choices

The food and beverage choices we make every day matter. It's important to develop healthy eating habits to maintain your health and well-being.

Discover our best tips for healthy food choices:

- Make half your plate veggies and fruits

Try your veggies steamed, baked, grilled, or raw! Vegetables and fruits are full of vitamins and minerals that support good health.¹

- Include whole grains

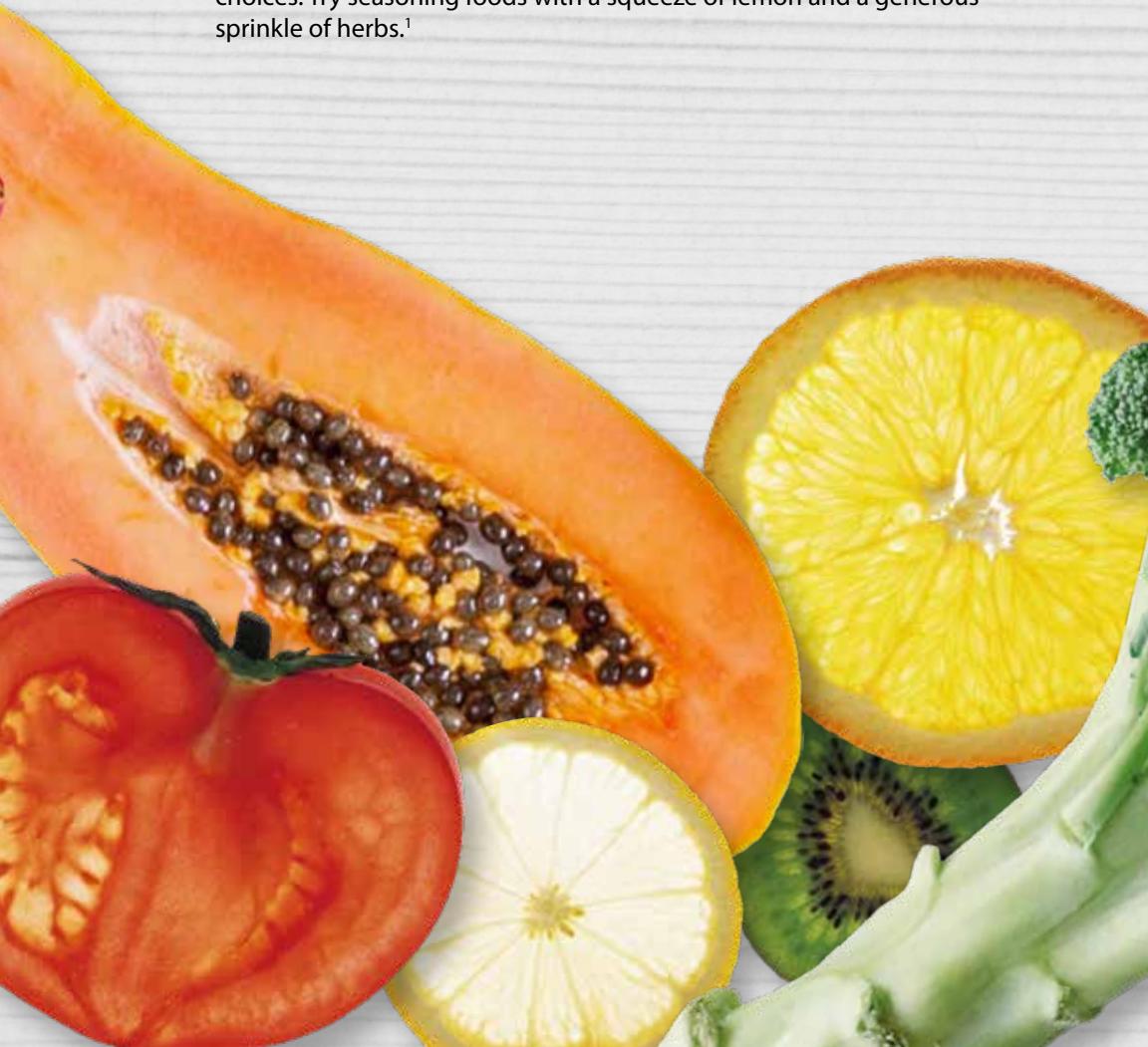
Look for the words "whole grain" or "whole wheat" as one of the first ingredients on the ingredients list. Whole grains provide more nutrients and fiber than refined grains.¹

- Add lean protein

Vary your protein by including both animal and plant sources of protein.¹

- Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try seasoning foods with a squeeze of lemon and a generous sprinkle of herbs.¹





- **Get creative in the kitchen!**

Cook with a friend or try a new recipe or an ingredient you have never used before. It just might be your new favorite.¹

- **Satisfy your sweet tooth in a healthy way**

Have a serving of whole fruit! Limit juices and dried varieties, which are packed with more sugar.¹

Reference:

1. https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/DGTipsheet7BuildaHealthyMeal_0.pdf



Active Lifestyle

Including regular physical activity in your daily routine can help support overall health including cardiovascular health,¹ weight management,² boosting energy,³ supporting restful sleep,⁴ and positive effects on mood.⁵

Learn how to best live an active lifestyle:

- Start slowly

If you are just starting out, build your activity level at a slow pace. This can help to prevent injury. Start by participating in familiar activities such as walking or work with a certified personal trainer to learn how to exercise safely.⁶

- Make active choices

Every little bit of activity counts! Choose the stairs instead of the elevator, park your car farther away, or take the dog on a long walk.⁶

- Have fun

The best exercise is the kind you will do most often. Find activities that bring you joy. Dance, play sports, garden, or try tai chi or yoga. Try something new — you may just find your new favorite activity.⁶

- Include a friend

Activities with friends and family are more enjoyable. This builds a support system to help keep you active.⁶

- Add on active time

As your body gets used to physical activity, you may feel inspired to increase your weekly active time. Join a gym, include strength training, and increase the amount of time and effort. Set goals and track your progress!¹⁶

References:

1. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>
2. <http://www.who.int/dietphysicalactivity/pa/en/>
3. <https://www.ncbi.nlm.nih.gov/pubmed/16937952>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3370319/>
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC474733/>
6. <https://choosemyplate-prod.azureedge.net/sites/default/files/printablematerials/DGTipsheet30BeActiveAdults.pdf>

This program should be followed in conjunction with a healthy diet and regular exercise program. Individual results are not guaranteed, and results may vary. Consult your physician or health care professional before making any dietary or fitness modifications.

The Importance of Sleep

Decades of clinical research document that a good night's rest supports nearly all systems of the body, including: skin health and youthful appearance,¹⁻⁴ insulin and glucose levels already within the normal range,⁵⁻⁹ healthy body weight,^{10,11} cardiovascular health,¹²⁻¹⁵ and a good mood.¹⁶⁻¹⁸

Advice for ensuring you get a good night's sleep:

- The National Sleep Foundation recommends that adults attain seven to nine hours of sleep each night.¹⁹
- Maintain a routine by going to bed and waking up at the same time every day.
- Maintain a healthy sleep environment. Your bedroom should be free of distractions, dark, and a comfortable temperature.²⁰
- Participate in physical activity during the day.²⁰
- Limit the use of blue-light-emitting electronics (TV, phone, computer, etc.) before bed.²¹
- Avoid alcohol and stimulants such as caffeine late in the day.²¹
- Avoid heavy meals 2-3 hours before lying down for sleep.²⁰
- Wind down. Create a relaxing bedtime routine to allow your body to prepare for sleep. Take a warm bath, have a cup of herbal tea, or try a calming activity such as reading.^{20,21}

References:

1. *J Invest Dermatol.* 2001 Aug;117(2):309-17.
2. *Arerugi.* 2010 Jun;59(6):706-15.
3. *Dermatitis.* 2007 Jun;18(2):82-91.
4. *J Invest Dermatol.* 2005 Mar;124(3):587-95.
5. *Obes Rev.* 2009 Nov;10 Suppl 2:37-45.
6. *BMC Public Health.* 2007 Jun 28;7:129.
7. *Science.* 2010 Dec 3;330(6009):1349-54.
8. *Int J Obes (Lond).* 2009 Jan;33(1):46-53.
9. *Am J Physiol.* 1996 Aug;271(2 Pt 1):E261-70.
10. *J Clin Sleep Med.* 2007 Dec 15;3(7):681-8.
11. *Obesity (Silver Spring).* 2009 Apr;17(4):767-71.
12. *Prog Cardiovasc Dis.* 2009 Jan-Feb;51(4):294-302.
13. *Prog Cardiovasc Nurs.* 2004 Spring;19(2):56-9.
14. *Sleep.* 2010 Aug 1;33(8):1037-42.
15. *Sleep.* 2009 Mar 1;32(3):295-301.
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17. *Psychiatry Clin Neurosci.* 2003 Jun;57(3):265-70.
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This program should be followed in conjunction with a healthy diet and regular exercise program. Individual results are not guaranteed, and results may vary. Consult your physician or health care professional before making any dietary or fitness modifications.

Note: Effective weight loss requires reduced caloric intake and increased exercise. Individual results may vary. Consult your physician or health care professional if you are nursing, pregnant, or trying to become pregnant.



**Need some advice?
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