

# Healthy Lifestyle

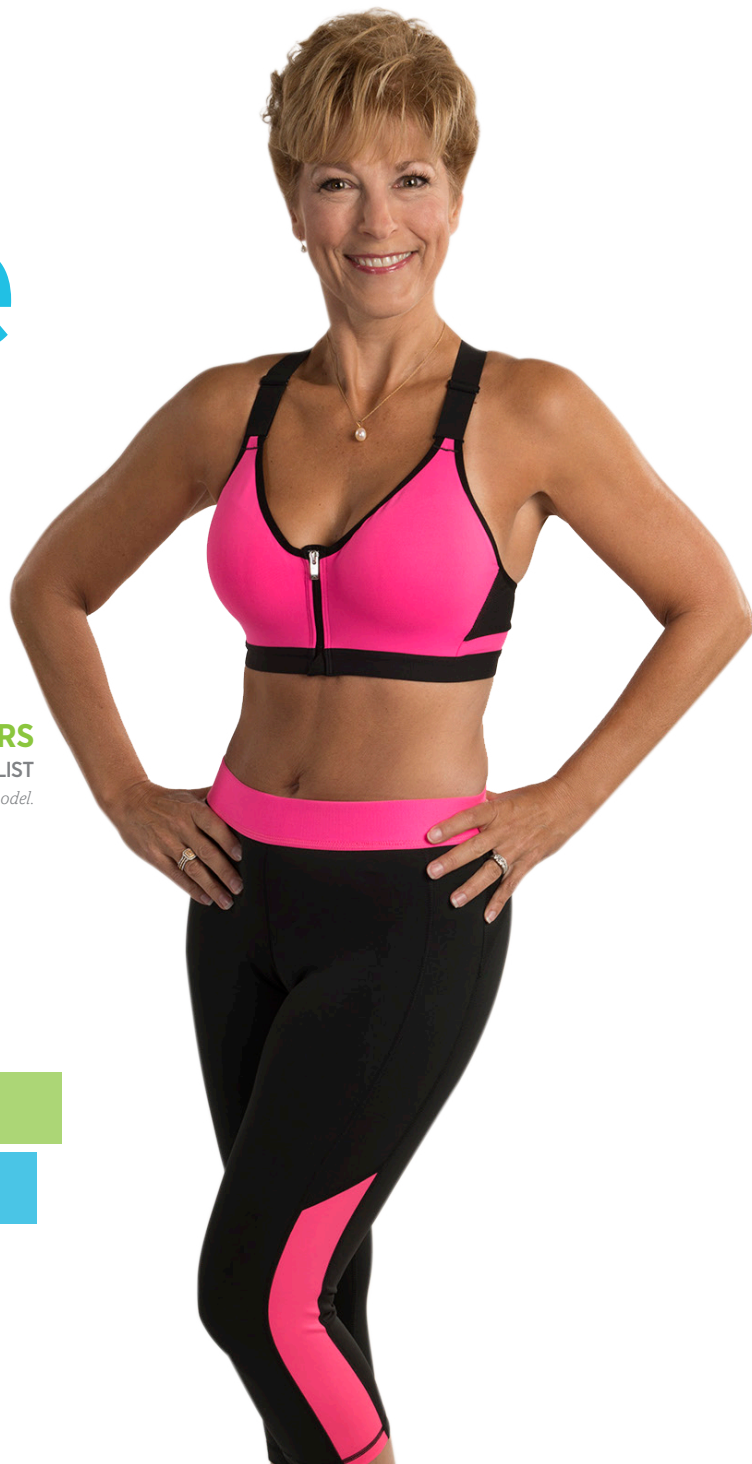
## Step-by-Step Guide

“I easily integrated Isagenix into my life. I see firsthand how people who take care of themselves are leading active, vital lives and I want that kind of healthy aging for me.”

**KATHY PETERS**

2015 ISABODY CHALLENGE® FINALIST

*\*A real Isagenix product user. Not a paid model.*



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“All of the paks are GREAT, but once I reached my health goals, I needed a pak that could help me maintain them. I love the Healthy Lifestyle Pak because it has my all-time favorites in it and it keeps me on track.”

SHE-SHE K.



Healthy Lifestyle Pak

## Your Path to Success

*For best results, follow the steps below*

- Use the Healthy Lifestyle planner** to remind you when to take each product.
- Success loves company**—so be sure to enlist an accountability partner or Isagenix coach like your enrolling sponsor, spouse, friend or co-worker. Have this person join you in your transformation or have them offer you daily support by providing encouragement, tracking your progress and keeping you focused. You can also get free daily advice and helpful tips from the Personal Coaching section of [IsaProduct.com](http://IsaProduct.com).
- Buy healthy foods and plan healthy meals.** Limit temptation by removing unhealthy foods and snacks from your home including sodas, foods with artificial sweeteners and coloring, and junk food.  
  
Visit [IsaProduct.com](http://IsaProduct.com) for healthy recipes.

## Healthy Lifestyle Overview

**YOUR HEALTHY LIFESTYLE PAK CONTAINS THE FOLLOWING LIFE-CHANGING PRODUCTS:**

### (1) Cleanse for Life®

Cleanse for Life nourishes your body with antioxidants and plant botanicals that supports your own detoxification systems.\*

### (2) IsaLean® Shake

IsaLean Shake is a nutritious, balanced meal replacement clinically tested to promote effective, healthy weight loss and lean muscle building. Also available in dairy-Free flavors.\*

### (1) Ionix® Supreme

Beat stress and increase mental and physical performance naturally with this powerful Adaptogen-rich tonic.\*

### (1) IsaDelight®

Individually packaged chocolate with green tea extract, amino acids, and antioxidants to help satisfy cravings.

## POPULAR ADD-ONS TO THE HEALTHY LIFESTYLE PAK:



### Whey Thins™

A savory and delicious snack with 10 grams of protein in a 100 calorie pack.



### Isagenix Snacks™

Curb your appetite and support healthy blood sugar levels naturally with a balance of proteins, carbohydrates, and healthy fats.\*



### Fiber Snacks™

Add fiber to your day the delicious way, stay satisfied and maintain a healthy, balanced digestive system.



### Slim Cakes®

With 5 grams of filling fiber and a delicious blend of berries for 100 calories, Slim Cakes are a satisfying heart-healthy treat.



### e+™

e+ is a nutrient-packed energy shot that gets your body moving and sharpens your mind.

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

# Healthy Lifestyle Pak Planner



## Early Morning

Drink 1–2 oz. of Cleanse for Life® liquid or mix ½ to 1 well-rounded scoop of Cleanse for Life powder with 2–4 oz. of cold purified water. Drink up to twice daily.

Important: Cleanse for Life delivers 16 servings per container. Plan accordingly, additional Cleanse for Life will need to be purchased if you are Deep Cleansing. Follow usage directions in order to ensure you have enough product for 30 days.

## Morning—Breakfast

Mix 2 scoops of IsaLean® Shake with 8 oz. of cold purified water. Drink 1 or 2 oz. of Ionix® Supreme to boost energy and relieve stress.



## Mid Morning—Snack

Pick one option from the “Sensible Snack Ideas” to curb cravings.

## Early Afternoon—Lunch

For your 400–600-calorie meal on Shake Days, whether it be for lunch or dinner, make it balanced. That means being nutrient-dense and containing the right balance of protein, carbohydrate, fat, and fiber. Visit [IsaProduct.com](http://IsaProduct.com) for healthy recipes.



## Mid Afternoon—Snack

Pick one option from the “Sensible Snack Ideas” to curb cravings.

## Dinner

For your 400–600-calorie meal on Shake Days, whether it be for lunch or dinner, make it balanced. That means being nutrient-dense and containing the right balance of protein, carbohydrate, fat, and fiber. Visit [IsaProduct.com](http://IsaProduct.com) for healthy recipes.



## Sensible Snack Ideas

- 1 serving Fiber Snacks™\*
- 1 serving Slim Cakes®\*
- 1 serving Isagenix Snacks™\*
- 1 serving IsaDelight® (1–2 chocolates, up to twice daily)
- 1 serving e+™ Healthy Energy Shot\*
- 1 serving Whey Thins™\*

*\*These Isagenix products are not included in the Healthy Lifestyle Pak and must be purchased separately.*

Use these tips and resources to help you along the way...

## IsaProduct.com

This easy-to-navigate site contains everything you need to know about the products in your Healthy Lifestyle Pak. You'll also have access to product information sheets and fast facts, FAQs, success stories to keep you motivated, worksheets to track your health goals and much more!

## Autoship Rewards

Ensure you always have your Healthy Lifestyle Pak right at your fingertips and at a great price! When you enroll on Autoship, our convenient, automatic shipping service, you can get 5% off your pak versus purchasing it individually at wholesale.

# Your Success is Our Success!

THAT IS WHY WE HAVE DEVELOPED A COLLECTION OF RESOURCES TO HELP YOU ALONG THE WAY TO A HEALTHIER, MORE ENERGETIC LIFESTYLE.

## **Education:** ISAPRODUCT.COM

This easy-to-navigate site contains everything you need to know about the products in your Healthy Lifestyle Pak. You'll also have access to product information sheets, videos, fast facts, FAQs, success stories to keep you motivated, worksheets to track your health goals and much more!

## **Inspiration:** ISAMOVIE.COM

Our most popular videos demonstrate how Isagenix® transforms lives.

## **News:** ISAFYI.COM

All of the latest and greatest information about products, incredible deals, breaking news, tips to build your business and much more are now in one place online!

## **Science:** ISAGENIXHEALTH.NET

Learn more about the science behind our products, FAQs and more!

## **Training:** ISAGENIXPODCAST.COM

Download our weekly training calls straight to your iPod, send your prospects a simple link to the audio or even listen in to the recorded calls from one place.

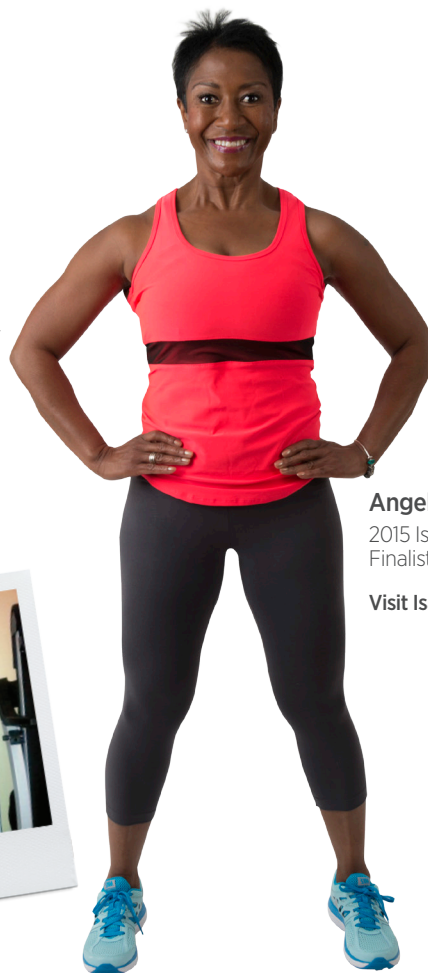
## **Coaching:** CONFERENCE CALLS

Check out daily and weekly programs that coach, inspire and motivate. Visit [IsagenixNews.com/Conference-Calls](http://IsagenixNews.com/Conference-Calls) for more information.

## **Community:** SOCIAL MEDIA

At Isagenix, we've long recognized social networking—or what we like to call “social entrepreneurship”—as a revolutionary way of doing business. Our [Facebook.com/Isagenix](http://Facebook.com/Isagenix), [Twitter.com/Isagenix](http://Twitter.com/Isagenix) and [YouTube.com/Isagenix](http://YouTube.com/Isagenix) sites have something for everyone, including cleanse community support and support for creating a business model by leveraging social networks.

“Following the Healthy Aging System has given me a new outlook on life! I wake up and take charge of my day with more focus and energy at 54 years old than I did when I was in my 30s!”



**Angela Fuller**

2015 IsaBody Challenge®  
Finalist

Visit [IsaBodyChallenge.com](http://IsaBodyChallenge.com).

## Do you want to learn how to get your next Healthy Lifestyle Pak for free?

- Do you have friends or family that would benefit from using the Healthy Lifestyle Pak?
- Do you want to keep losing weight or feel healthier for life?
- Do you want to earn a part-time (vacations, car payments, mortgages) or even a full-time income?

Go to [IsagenixBusiness.com](http://IsagenixBusiness.com) or talk with the person who enrolled you to learn more about the Isagenix opportunity!

\* The weight-loss testimonials presented apply only to the individuals depicted, cannot be guaranteed, and should not be considered typical. A 2008 university study showed a statistically significant weight loss of 7 pounds (3.2 kg) during the first 9 days of the Cleansing and Fat Burning System.