



Simply Fit!

Friends Helping Friends Live Well

Did You Know?

Toxins in Everyday Products:

- The European Union has banned over 1,100 cosmetic ingredients
- The US FDA has banned only 10
- In 2010, the President's Cancer Panel published a landmark report stating that the US Government has been grossly underestimating the risk of developing cancer from toxins

According to cosmetic safety reviews:

- The typical woman uses 25 personal care products per day
- This amounts to 515 chemicals daily.
- The typical man uses 8
- The average teenage girl is exposed to over 200 chemicals daily from the products she uses.

What we apply to our skin enters our blood and virtually every organ of our body.

Signs of Toxicity

Checklist of possible symptoms...

Do you experience fatigue, foggy thinking, bouts of depression or mood swings?

Do you have dry wrinkled skin, dark circles under your eyes, or acne?

Do you have a “spare tire” around the middle?

Do you deal with digestive system irregularities?

Do you crave or eat sugar?

Do you have arthritic aches & pains or stiffness?



If you answered yes to 3 or more, it may be time to clean house

Avoid the Plateau...

Have you ever released weight but couldn't get rid of the *belly fat*?



A study by Laval University revealed that if toxins are not eliminated your weight loss efforts may *plateau*.

Here's the Good News!



Healthy living is a choice, one that is very much in **your** control

This simple program will help to cleanse and detoxify your body, offers countless health benefits and will easily fit into your lifestyle.

If you are interested in releasing unwanted pounds or feeling better, ***you are in the right place!***

Congratulations you've taken the first step to you... ***Simply Fit***

Simply Fit

The *Simply Fit* system will help you establish a positive relationship with your body so that you can lead a healthy and balanced lifestyle.

Ideal for the entire family!

Simply Fit is not a get-thin-quick diet... “diet” as defined by Webster’s is “habitual nourishment”.

- It is **NOT** a weight loss program, although many do release weight.
- It is **NOT** a fast, though it teaches you when and how often to eat.
- It is **NOT** a rigid program that you must follow for life.



Simply Fit is a 90-day system (based on your wellness goals) that will teach you more about your body’s needs so that you can construct your own healthy lifestyle while at the same time teaching you to avoid the “simply eat less” diet pitfalls.

The First 30 Days

The first 30 days of the *Simply Fit* program is highly structured and is designed to gently dislodge toxins and create a clean slate, while at the same time introducing a simple and healthy whole food meal plan.

During the first 30 days we recommend that you...

Eliminate Possible Allergens

Eat Low Glycemic Foods to prevent cravings

Enjoy green apples and a variety of berries

Enjoy an abundance of Non-starchy Vegetables

Eat a fist size of Clean Protein with each meal

Free-range chicken, grass-fed beef and cold water fish



Food is Power...



In fact, it has **too much power** over so many of us and that's why it's liberating to learn some simple rules of good nutrition.

- Remember that denial won't get you lean – just frustrated!
- Remember to shop the perimeter of your grocery store.
- Continue to make **smart** food choices, ones that fill you up without filling you out and can improve your health with every bite.

Small Changes...



When it comes to what your body needs, the ***small changes*** are the ones that can make the ***biggest difference!***

During ***Phase Two***, we will introduce the restricted foods back into our meal plan one at a time.

This will help us to determine the effects these various foods may have on our body. Some will have no impact while others may make you irritable, bloated, lethargic, etc.

Simply Fit



This system was developed by a group of mission-minded men and women who sought a simple and healthy system for weight loss and wellness and is the combination of two highly successful programs.

Simply Fit, 90 Days to a Healthier You!

- Effective 30 day elimination
- Re-introduction of foods and smart food choices

Arbonne, Pure, Safe, Beneficial Products that can accelerate the process by offering complex yet simple to use, every day nutrition.

Arbonne Essentials...

Just what EVERY BODY needs!

Arbonne Essentials offer pure, robust, active botanicals carefully selected to deliver results and maximize absorption. These high-quality ingredients work together to increase nutrient uptake for optimum effectiveness.

It's not what you eat, it's what you absorb!



Herbal Detox Tea



Calming and Cleansing

A delicious, mild, decaffeinated herbal tea with 9 botanicals that support the liver and kidneys for overall health

- Great way to start your morning without caffeine.
- Great way to end your day without staying up all night.
- Supports toxin elimination

Key Ingredients: milk thistle, couch grass, sarsaparilla, peppermint, dandelion

Protein Shake

A Healthy Way to Shake It Up

A delicious chocolate or vanilla shake that delivers 20 grams of vegan protein plus 20 essential vitamins and minerals per serving.

A great way to start your day and boost your energy or to replenish your muscles after exercising.

Key Ingredients: Vegan Blend of Pea, Rice and Cranberry Protein, CoQ10, Alfalfa, Ginseng & Flax Seed

Free from: dairy, lactose, gluten, saturated, trans fats, cholesterol, artificial colors, flavors and sweeteners

Available in Shake Mix Powder or Health-on-the-Go Ready-To-Drink cartons.



Daily Fiber Boost

Fill In the Fiber Gap

Boost your daily fiber intake with **12 grams of high quality fiber** that account for nearly half of the recommended daily amount.



Benefits of fiber...

This flavorless blend of soluble fiber can be added to foods and beverages including our Chocolate or Vanilla Protein Shakes.

Blend of fruits, grains and vegetables giving you a broad range of benefits and will help you feel fuller longer.

Key Ingredients: Pea fiber, citrus pectin, apple pectin, orange fiber and beet fiber, inulin

Daily Power Packs

Daily Essentials for the Entire Family

Nutritional Power Packs containing 5 supplements to support **EVERY BODY!**

Promotes complete nutrition with:

20 Essential Vitamins & Minerals

Delivers a broad spectrum of:

Antioxidants & Superfruits

Maximize absorption & effectiveness with:

Probiotics & Enzymes

Key Ingredients: Calcium, Folic Acid, Saw Palmeto, Lutein, Black Pepper

Super Chews for Kids & Teens :

15 essential vitamins & minerals and 300 mg of calcium that support overall the health needs of growing kids and teens.



Energy Fizz Tabs



The Perfect Energy Boost

High-energy fizz tabs contain clinically proven, natural ingredients to...

- **Boost & Sustain Energy**
- **Control Hunger & Appetite**
- **Increase Metabolism**

Exclusive blend gives you stable, calm energy throughout the day, is a perfect pick-me-up for workouts and a great alternative to coffee in the morning.

Key Ingredients: Chromium, green tea, guarana, B complex vitamins.

Zero carbs, no sugar, no artificial sweeteners, colors, or flavors. Available in Citrus & Pomegranate

Arbonne Fit Chews



More Flavor to Savor

An ideal on-the-go snack, this bite-size treat helps **control cravings** while keeping **energy** levels sustained.

Contains a proprietary blend of ingredients that helps support the body when undergoing a new diet or exercise regimen.

Designed to provide a quick pick-me-up or an energizing snack for in-between meals. Healthy alternative for those with a sweet tooth

Key Ingredients: codonopsis, astragalus, rhodiola

Available in Chocolate, Caramel & seasonal flavors.

Digestion Plus

Optimal Digestive Health

*Did you know if you can't digest it...
you can't absorb it?*



Each single-serving stick packet contains a mild-flavored powder that can be added to any cold or room temperature liquid.

Prebiotics help good bacteria grow and flourish, keeping beneficial bacteria healthy.

Probiotics promotes balance in the intestinal track thereby supporting nutritional uptake from the foods we eat.

Enzymes support extensive digestion of carbohydrates, fats, proteins, fiber & lactose.

Key Ingredients: Arbonne enzymes, bacillus coagulans*, Arbonne probiotics

7-Day Body Cleanse

Revitalize Your Body

Helps cleanse and detoxify the system and support the gastrointestinal (GI) tract. Assists with gentle elimination and flushing out excess fluids.



- Gently cleanses your body/system
- Great way to prepare the body for a new wellness regimen
- Supports internal antioxidant activity and liver health

Key Ingredients: senna, astragalus, rhubarb, psyllium, milk thistle, aloe vera, nettle leaf, cascara sagrada, buckthorn, slippery elm & meadowsweet.

Simply Fit



100 pounds



106 pounds, 8 months!



60 pounds, 7 sizes, 10 months!



12 pounds, 28 days!

Essentials 4 Success



1 Healthy Eating

Stay consistent with **Arbonne Essentials**, your platform for healthy living.

2 Exercise

Exercise is the key to healthy long-term weight management.

3 Support

Surround yourself with positive people. Be encouraged and celebrated.

4 You

Will you make yourself a priority?

The Wellness Opportunity



Two major forces have converged to create one of the greatest entrepreneurial opportunities in the history of our nation.

Wellness Industry

- **\$60 Billion** annually is spent on wellness in the United States alone.
- **6 out of 10** people in America are overweight & **32.2%** are considered obese.
- **30% of children** are obese.
- **Baby Boomers**, who drive half of our economy, are looking for longer & better lives through wellness.

Network Marketing

- A prime beneficiary of the robust home-based business boom, a distribution model that allows a company to market their products directly to consumers by means of relationship building, referrals & belly-to-belly sales.

The Arbonne Opportunity



The products will change how you look and feel.

The opportunity will change your life!

“Friends Helping Friends Live Well”

Teach... *others about using pure, safe, beneficial products.*

Show... *others how to redirect their spending & purchase safe, healthy products online at a discount.*

Earn... *Turn your every day expenses into an income.*

Let's Get Started...



- Daily Power Packs
- 7-Day Body Cleanse
- Digestion Plus



You Have a Choice...



Client

Retail/Catalog Pricing
Our recommend set... \$369.50
Cost per day: \$12.32

Preferred Client

Save 20% for a full year
Free Product with first order!
Our recommended set... \$265.30
Cost per day: \$8.84

Consultant

Save 35% for a full year
Free Product with first order!
Our recommended set... \$223.90
Cost per day: \$7.46

Receive gifts for referral & hosting
at every level!

The greatest gift you can give to those you love is **YOU** ... *Simply Fit!*



Who do you know that you wish had been here to hear this information?



Disclaimer

Simply Fit was developed by a group of mission minded men and women who sought a simple and healthy system for weight loss and wellness.

The information in this Presentation (presentation and packet) is provided solely for informational purposes so that you may learn more about the subject. Nothing contained in the Presentation is intended to constitute, nor should it be considered to be medical advice. **ALWAYS CONSULT YOUR DOCTOR OR PHYSICIAN BEFORE YOU BEGIN A DIET OR WEIGHT LOSS PROGRAM.**

Nothing in this Presentation should be used in place of a visit to, consultation with or the advice of a physician or other qualified health care provider. We are not engaged in providing medical or professional advice. Should you have any medical or health care related questions, now or while you are engaged in the Simply Fit program, promptly call or see your physician or other qualified health care provider. You should not disregard or delay seeking medical advice because of something you have heard or read in the Presentation.

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Resources...

- Arbonne International
 - <http://www.28daystohealth.com/benefits.html>
 - <http://www.28daystohealth.com/shakes.html>
 - www.mypyramid.gov
 - http://en.wikipedia.org/wiki/Glycemic_index
 - <http://www.glycemicindex.com/>
 - <http://www.muscleandbodymag.com/article.php?ArticleID=5301>
 - <http://www.omega-3.us/omega-3/omega-3-benefits/>
 - <http://bit.ly/eEz1HI>
 - www.healthcastle.com
 - www.thefitshack.com
 - www.nutrition.about.com
 - www.ehow.com/i/article_4526719
 - <http://www.amazing-glutathione.com/what-are-antioxidants.html>
 - http://en.wikipedia.org/wiki/Amino_acid
 - <http://www.paulzanepilzer.com/cbi0508.htm>
 - <http://bit.ly/fl6p0p>
 - http://www.naturalnews.com/027822_cosmetics_chemicals.html
 - <http://bit.ly/d1wmtV>
- The Women's Health the Big book of Exercises
- Dr. Barbara Beaty, ENVP Arbonne, Nutritionist
- Toxic Fat, When Good Fat Turns Bad
- co-author, Valerie Marion, Kathy Lancaster, Jill Hooley