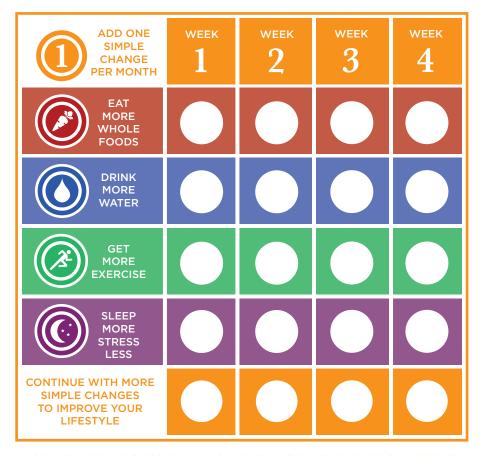
JUMPSTART YOUR JOURNEY

Don't try to tackle everything at once. Incorporate one of the Core 4 basic health habits today. Add another Core 4 habit each month and track your progress weekly. At the end of four months, these simple changes will add up to big lifestyle improvements.



TO TRACK YOUR PROGRESS, FILL IN EACH CIRLCE ABOVE WITH THE APPROPRIATE FACE







I DID SOME OF IT.



OOOPS!



One Simple Product

ONE SIMPLE CHANGE

ONE SIMPLE CHANGE

Good health doesn't have to be difficult: One Simple Change can make a big difference. Make One Simple Change each month in each of the four areas below—the Core 4, and you'll be amazed how much better you'll look and you'll feel after your first four months of taking Juice Plus+®.



SIMPLE CHANGE IDEAS

Juice Plus+® is only the first step towards a healthy lifestyle. Try these simple changes to help improve your health and wellness.



Drink a Complete smoothie every day.



Drink a glass of water after brushing your teeth.



Replace your candy bowl with a fruit bowl.



Take a brisk 3-minute walk every hour during your work day.



Go to bed 30 minutes earlier.



Have a 10-minute dance party each night.



Buy a water container that tracks your water intake each day.



Replace French fries with a salad.



Do it yourself cook more meals at home.



Take a
5-minute
breathing
break
mid-day to
relieve stress.



Create your own One Simple Change.