NEOLIFE
Weight Management
Programme Guide



NEOLIFE
Weight Management

NEW BODY, BETTER LIFE!

You've got what it takes to succeed, now all you need is a simple and convenient way of getting there! This no-nonsense programme fits perfectly into your busy lifestyle and gets you where you need to be - without counting kilojoules, attending counselling sessions, or fads that have discouraged you in the past. Comprehensive, easy and effective, the NeoLife Weight Management Programme was designed with you in mind.

Bridge The Gap



The NeoLife Weight Management Programme is designed to help you "bridge the gap" between where you currently are and where you'd like to be with your health & fitness.

WHERE DO YOU WANT TO BE?

Describe your health and fitness goals.

Get Started on Your New Body, Better Life!

Designed with you in mind, this programme is based on the science of cellular nutrition & GR² (Glycaemic Response) Control Technology, giving you the key to weight management success!*



#2914 #2913 #2912



#214

#307 #316

NEOLIFESHAKE

Available in Creamy Vanilla, Rich Chocolate and Berries n' Cream flavours

- Proprietary protein blend: 18 grams of high quality protein
- Biologically complete with all 22 amino acids including all the essential ones
- 5 grams of satisfying fibre
- Essential vitamins and minerals
- Mixes easily in water
- Only 663 kilojoules

NEOLIFE BLENDER BOTTLE

- Blend up a perfect shake every time! Designed for convenient on-the-go use with patented Blender Ball® whisk. Available with or without detachable product holder
- BPA free

NEOLIFE PROGRAMME GUIDE

- Your guide to weight management success

The Science

WHY IT WORKS:

Based on the science of cellular nutrition and our scientifically proven GR² (Glycaemic Response) Control Technology, NeoLifeShake gives you **wholesome**, **balanced nutrition** for healthy, long-term weight management.*

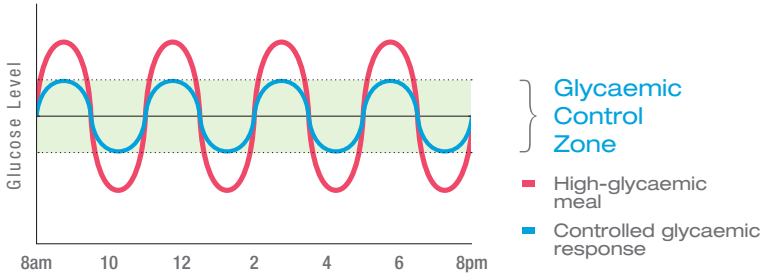


CLINICALLY PROVEN GR² CONTROL TECHNOLOGY:

Consuming meals that cause sugar spikes throughout the day forces your body to go through a **glycaemic roller coaster.** Our unique formula controls your glycaemic response, and shifts your biochemistry, to help **minimise fat storage** while **promoting fat burning**.*

- LOSE FAT
- KEEP MUSCLE
- FEEL FULL & SATISFIED

GLYCAEMIC ROLLER COASTER:



*This product is not intended to diagnose, treat, cure or prevent any disease.

NeoLife
Weight Management Quick Start

1 EVALUATE

- **Record starting measurements**
  - WEIGHT KG
  - CHEST CM
  - WAIST CM
  - HIPS CM
  - THIGH CM
  - UPPER ARM CM
- **Take a before photo** (front & side view)



2 WHERE DO YOU WANT TO BE?

- Determine your target weight (a healthy and sustainable weight loss goal is 0.5 - 1 kg per week)

3 HOW TO GET THERE

- Follow the Healthy Meal Plan and Eat Smart Guide
- Get active with our Fitness Made Easy Programme
- Use the Food & Activity Log to track your progress

NEOLIFETEA

An Energising Herbal Tea Blend



#2915
15 sticks
(30 servings)

Our exclusive, instant Energy Blend ingredients help the body to feel more energetic and work more efficiently, while Herbal Blend ingredients enhance alertness and well being.

- Delicious and refreshing!
- Mixes instantly in water. Enjoy hot or cold.
- No artificial colours, flavours, sweeteners, or preservatives added.


ENERGISING BLEND


HERBAL BLEND


LEMON FLAVOURED & SWEETENED WITH FRUCTOSE AND HONEY

NEOLIFEBAR

Delicious Anytime Snack



#2918
15 individually wrapped bars

NeoLifeBar is a delicious way to satisfy your hunger. Just one bar provides you with 320 mg of omega-3s and is rich in protein and fibre. It's the anytime snack that's great for the whole family.

- Glycaemic response controlled to keep blood sugar levels normal and steady
- Makes the perfect AM or PM snack as part of the NeoLife Weight Management Programme
- 10 g protein, 5 g fibre, and 320 mg omega-3s from flaxseed
- 750 kilojoules
- 17 vitamins and minerals
- No artificial anything!


WHOLE GRAINS


FLAXSEED


MIXED BERRIES


ASSORTED NUTS

Healthy Meal Plan

Although getting the right nutrition is important, you should enjoy what you eat! We've streamlined a plan that simplifies eating throughout the day so you can lose weight and still enjoy the foods you love with the people you care about.

HEALTHY SNACKS - Twice a day to keep your appetite in check so you're less likely to over indulge later.

BALANCED MEALS - Your main meal can be either lunch or dinner depending on your schedule.

Your Day At A Glance

BREAKFAST

- NeoLifeShake
- Pro Vitality+



AM SNACK

- NeoLifeBar or Healthy Snack
- NeoLifeTea



LUNCH

- NeoLifeShake



PM SNACK

- NeoLifeBar or Healthy Snack
- NeoLifeTea



DINNER

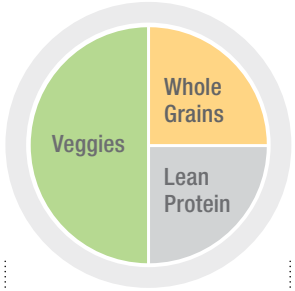
- Balanced Meal



HEALTHY SNACK SUGGESTIONS:

- 1/2 apple with 1/3 cup low fat cottage cheese
- 30 g wedge (matchbox size) of cheese (low fat) and celery/carrot sticks
- 1 egg (boiled) on toasted whole wheat bread (1 slice)
- 2 cups raw vegetables with 1/2 cup low fat dip
- 1 cup Roma tomatoes with 1/2 cup Mozzarella cheese (low fat), basil and lemon juice
- 1/2 cup grapes (red, green, purple) with a wedge (matchbox size) of Camembert cheese
- 1 fruit portion with 250 ml of low fat milk
- 1 cup vegetable soup
- 1 fruit portion and 8-10 almonds

Here are some general guidelines you can follow to build your plate:



23 cm plate

Fruit

- Enjoy food in moderation
- Focus on lean proteins, good carbohydrates and fibre-rich fruits & veggies

(Based on guidelines from the USDA and Harvard School of Public Health.)

Eat Smart Guide

Use this “handy” guide to get a handle on the right portion sizes and some of the foods that will promote glycaemic response control and weight management success.

LEAN PROTEIN

Essential for maintaining lean muscle mass.
RECOMMENDED PORTION SIZE: 1 PALM



Poultry: chicken, turkey breast, eggs, duck breast
Meat: beef (lean cuts), roast beef, pork (lean), lamb, venison
Seafood: fish, lobster, crab, clams, mussels, tuna canned in water, octopus, calamari
Dairy: cheese (low fat), milk (low fat or skim), yoghurt/Greek yoghurt (non-fat plain), cottage cheese (low fat)
Vegetarian Options: tofu, soya protein, edamame, nuts, lentils, beans (pinto, red, black, kidney, white), peas (split, black-eyed), chickpeas (garbanzo beans) and other legumes

FIBRE-RICH FRESH FRUITS & VEGETABLES

For key phytonutrients, vitamins, minerals and fibre.
Eat more vegetables and choose 1-2 fruits per day.
RECOMMENDED PORTION SIZE: 2 FISTS



Vegetables: Artichokes, asparagus, bean sprouts, broccoli, cabbage, carrots, cauliflower, celery, cucumber, dark leafy greens, eggplant, green beans, leeks, mushrooms, peas, peppers, radishes, tomatoes, baby marrows
Fruits: Apples, apricots, berries, cherries, grapefruit, grapes, kiwi, melons, nectarines, oranges, papaya, peaches, pears, pineapple, plums, strawberries, tangerines, watermelon

GOOD CARBOHYDRATES

The body’s preferred source of fuel and vital for energy.
RECOMMENDED PORTION SIZE: 1 FIST



Bread: whole grain bread (1-2 slices) and wraps (1 medium)
Whole Grains: barley, buckwheat, couscous, bulgur, long grain brown rice, oats, whole grain cereals, quinoa, spelt, rice (basmati, brown, wild), whole grain pasta

DRINKS

Water, NeoLifeTea or other teas, coffee, flavoured water, carbonated water
Avoid sweetened beverages and sodas

CONDIMENTS

Use sparingly and choose low sodium options.

Vinaigrettes, wine sauces, herbs and spices (such as oregano, parsley, basil), garlic, onions, ginger, lemon zest, soya sauce, salsa, Worcestershire sauce, dijon mustard, horseradish, wasabi, lemon and lime juice, sauerkraut, pickles, hot sauce, salad dressing (low kilojoule), olive oil, balsamic vinegar, tomato sauce

Fitness Made Easy

This programme is designed to fit your life, and our take on fitness is no exception. We've built this fitness routine with 3 levels of intensity so you can select the one that's right for you.

LEVEL 1

FOLLOW THIS IF YOU:

- Live a sedentary lifestyle
- Currently do little to no exercise
- Consider yourself to be out of shape
- Are considered obese by medical standards

RECOMMENDED ACTIVITY:

- Walk at least 10-20 minutes, 3-5 days a week, moderate to low intensity
- Dynamic stretching at least 5-10 minutes, 3-5 days a week

LEVEL 2

FOLLOW THIS IF YOU:

- Have moderate to low activity
- Consider yourself to be somewhat in shape
- Started out at Level 1 but have graduated after following it for at least 6-8 weeks

RECOMMENDED ACTIVITY:

- Interval Cardio: a walk and jog/run combo for 20-30 minutes, 3-5 days a week, moderate to high intensity
- Begin walking for warm-up (about 3-5 minutes) and then jog/run until breathing hard or you feel the need to stop. Return to walking then jogging/running again before you are able to fully catch your breath. *This exercise is intended to maximise fat burning potential.*
- Dynamic stretching at least 5-10 minutes, 3-5 days a week

LEVEL 3

FOLLOW THIS IF YOU:

- Have high to moderate activity
- Consider yourself to be physically fit
- Started at Level 1 or 2 and have graduated from Level 2 after following it for at least 8 weeks

RECOMMENDED ACTIVITY:

- Interval Cardio (see Level 2) for 30-45 minutes, 3-5 days a week, high intensity
- Dynamic stretching at least 5-10 minutes, 3-5 days a week

STEP IT UP!

If you want to step up these workouts and feel you are ready for it, add some body weight calisthenics, plyometrics, or weight training to your routine.

For more helpful fitness tips, visit our blog at **neolifeblog.com**

It is recommended that you consult a physician before starting any diet or exercise programme.

How do I stay on track?

4 TIPS to help you:

1. BUDDY UP

Having a buddy to exercise with is a **great way to stay motivated**. You are less likely to skip workouts when someone is relying on you. By incorporating your buddy into your weight management programme and workouts, you are able to push each other and have **someone to hold you accountable**. Your buddy also **serves as a good support system** because they too are working toward similar health and fitness goals.

2. OVERCOME PLATEAUS

A plateau is when you reach a point of little or no change after a period of progress. Weight loss plateaus occur for various reasons, but the most common are from skipping meals, not exercising, or performing monotonous workout routines. **Eating healthily without skipping meals** will keep your metabolism working at its peak. Another great way to avoid plateaus is by **switching your workout routine around**. The occasional change will keep your body guessing what's next and in fat burning mode.

3. REWARD YOURSELF

It's important to reward yourself **once you've reached your goals**. However, keep in mind to **stay away from food related rewards**. Instead treat yourself to new workout gear or a new playlist, something that excites you for your next workout! Reaching goals and rewarding yourself for what you have accomplished will keep you motivated.

4. STAY HYDRATED

Making up almost 60% of your entire body weight, **water is your most vital nutrient**. Water also **helps you to feel full**. Scientific studies have demonstrated that people eat fewer kilojoules at meals when they make food choices that have a higher water content.

The National Research Council recommends approximately 8 glasses of water per day for women, and 10 glasses of water per day for men. **Keep your body hydrated and feel the results!**

NEOLIFE

WEEK OF:

Food & Activity Log

Use this log to track your daily nutrition and fitness to help reach your goals!

MONDAY

- BREAKFAST
- AM SNACK
- LUNCH
- PM SNACK
- DINNER
- FITNESS ACTIVITY

TUESDAY

- BREAKFAST
- AM SNACK
- LUNCH
- PM SNACK
- DINNER
- FITNESS ACTIVITY

WEDNESDAY

- BREAKFAST
- AM SNACK
- LUNCH
- PM SNACK
- DINNER
- FITNESS ACTIVITY

THURSDAY

- BREAKFAST
- AM SNACK
- LUNCH
- PM SNACK
- DINNER
- FITNESS ACTIVITY

FRIDAY

- BREAKFAST
- AM SNACK
- LUNCH
- PM SNACK
- DINNER
- FITNESS ACTIVITY

SATURDAY

- BREAKFAST
- AM SNACK
- LUNCH
- PM SNACK
- DINNER
- FITNESS ACTIVITY

SUNDAY

- BREAKFAST
- AM SNACK
- LUNCH
- PM SNACK
- DINNER
- FITNESS ACTIVITY

CHECK IN

- WEIGHT KG
- CHEST CM
- WAIST CM
- HIPS CM
- THIGH CM
- UPPER ARM CM

NOTES

Download additional Food & Activity Logs at www.neolifeblog.com.

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- FITNESS ACTIVITY

WEDNESDAY

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- LUNCH
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- FITNESS ACTIVITY

THURSDAY

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NEOLIFE



#2595

PRO VITALITY+

Whole food daily nutrition to feed, protect, balance & nourish your cells*

THE POWER OF CELLULAR NUTRITION TO COMPLEMENT YOUR WEIGHT MANAGEMENT PROGRAMME.

Pro Vitality+ ensures you don't miss out on the key food factors in your diet. A sachet of Pro Vitality+ with your **NEOLIFESHAKE** every morning gives you a healthy start to an energy-filled day.*



TRE-EN-EN® GRAIN CONCENTRATES



CAROTENOID COMPLEX



OMEGA-3 SALMON OIL PLUS



ESSENTIAL VITAMIN & MINERAL COMPLEX

SAB

* These medicines have not been evaluated by the Medicine Control Council. These medicines are not intended to diagnose, treat, cure or prevent any disease.

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