



FOREVER®

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Forever Living Products®
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**BUILD LEAN MUSCLE,
TONE AND TRANSFORM.**

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FOREVER®

ARE YOU READY TO BE TRANSFORMED?

FOREVER F.I.T. 2 WILL TAKE YOU TO THE NEXT LEVEL...

...by helping you to tone your body, burn more calories and transform. Lean muscle is essential to weight loss for both men and women, and the **Forever F.I.T. 2** program will help you learn how to build it and sustain it!

Get toned, get trim and be transformed with Forever F.I.T. 2. Let's get started!†

IN THE FIRST TWO PHASES OF THE FOREVER F.I.T. PROGRAM

YOU LEARNED THE IMPORTANCE OF CLEANSING, PROPER NUTRITION, EXERCISE AND HOW TO LOOK BETTER AND FEEL BETTER.



Forever
Aloe
Vera Gel®
4X 1 Liter
Bottles

Forever
PRO X²™ High
Protein Bars
10 Bars

Forever
Lite Ultra®
Shake Mix
2X Pouches

What your
F.I.T. 2 Pak
Includes:

Forever
Fiber™
30 Packets

Forever
Therm™
60 Tablets

Forever
Garcinia Plus®
70 Softgels

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TIPS TO HELP YOU STICK TO YOUR DIET.

Adhering to a strict diet can be one of the greatest factors in weight loss. However, social occasions like holidays, celebrations, or dining out, can make sticking to your diet difficult.

There is an easy rule to follow here:



SHOPPING HEALTHY.

Sticking to a diet can be hard with engineered foods and hidden ingredients you may not be considering. Even when you think you are following a diet, there may be things in your food preventing you from reaching your greatest success.

Follow these tips when planning your diet:



MODERATION

You will undoubtedly be faced with temptation at social gatherings while you're on the Forever F.I.T. program and after. Plan ahead and eat a healthy snack before you go.

While this may not keep you from having any unhealthy foods while you are there, you will be less likely to overindulge because you won't be hungry when you arrive.



WHEN EATING OUTSIDE YOUR HOME, TRY TO PICK A RESTAURANT THAT HAS HEALTHY CHOICES ON THE MENU. IF THIS ISN'T POSSIBLE, DON'T BE AFRAID TO ASK FOR SUBSTITUTIONS. MANY RESTAURANTS CAN PREPARE SOMETHING ON THE GRILL THAT WOULD NORMALLY BE COOKED WITH BUTTER OR OTHER SATURATED FATS, OR ARE HAPPY TO REPLACE CARB FILLED SIDES WITH STEAMED VEGETABLES.

BE PREPARED

Plan out your meals for the week and make a list. People who make lists before grocery shopping are 60-70% less likely to make impulse purchases.

Eat a snack. Don't go to the store hungry! Grocery shopping while hungry can greatly increase your likelihood of purchasing unhealthy snacks and meals.

Stick to the perimeter of the grocery store. While not everything found here is healthy (hello, bakery!), fruits, vegetables, meats, whole grains, seafood and food largely without preservatives can be found here. This doesn't mean that everything found on the shelves is bad—simply enjoy these foods in greater moderation.



THE IMPORTANCE OF HEART RATE



Monitoring your heart rate while you're exercising can help you determine if you're doing too much or not enough. A heart rate monitor will automatically monitor your heart rate, or you can determine it yourself with the following calculations:

- + FOR THE F.I.T. PROGRAM, CALCULATE YOUR TARGET HEART RATE BY SUBTRACTING YOUR AGE FROM 180. FOR EXAMPLE, A 40 YEAR OLD'S TARGET HEART RATE WOULD BE 140. ($180-40=140$).
- + TAKE YOUR PULSE ON THE INSIDE OF YOUR WRIST OR ON THE SIDE OF YOUR NECK DURING EXERCISE.
- + COUNT YOUR PULSE FOR 10 SECONDS AND MULTIPLY BY 6 TO FIND YOUR BEATS PER MINUTE. THIS IS HOW YOU CALCULATE YOUR HEART RATE DURING EXERCISE.


NOW YOU'RE
READY TO GO
THROUGH YOUR
EXERCISES.



Use your target heart rate and your calculated heart rate during exercise to determine the correct intensity for your cardio exercise.

Simply multiply your target heart rate by the percent listed in the exercise plan and compare to your heart rate during exercise. Increase or decrease intensity as needed.



THE FOREVER F.I.T. 2 FITNESS PLAN REQUIRES DUMBBELLS OR RESISTANCE BANDS. WHERE DUMBBELLS OR RESISTANCE BANDS ARE NEEDED YOU WILL SEE  IN THE FITNESS PLAN. OTHER EXERCISES MAY BE MODIFIED BY ADDING RESISTANCE AS YOU BUILD STRENGTH TO HELP INCREASE LEAN MUSCLE MASS AND BURN FAT.