

\$100 VALUE



complete
nutrition®

SUCCESS STARTS *HERE™*

HEALTHIER EATING FOR WEIGHT LOSS

GETTING STARTED GUIDE

THE PURPOSE OF
THIS GETTING
STARTED GUIDE IS
TO SUPPORT THE
COMMITMENT
YOU'VE ALREADY
MADE TO WEIGHT
LOSS THROUGH
**HEALTHIER
EATING.**



Complete Nutrition® provides you with all of the tools and encouragement you need to fuel your body and lose weight in a healthier way. Get ready to be inspired, informed, excited, and empowered with the knowledge and ability you need to lead the healthier and happier life you want. Our philosophy stands upon the four pillars of good health: nutrition, exercise, rest and hydration, and supplementation.

When it comes to nutrition, we believe that how you eat is the single most important factor you have control over to obtain your goals. We believe that exercise should balance your body and become a way of life. We believe that drinking enough water and getting adequate sleep is crucial to your overall health and your body's optimal functionality, and we believe that supplementation does just that:

SUPPLEMENT YOUR DIET AND BOOST YOUR RESULTS.



HEALTHIER EATING TO MEET YOUR WEIGHT LOSS GOALS

You've recognized it's time to get off the yo-yo dieting and fad diet train. As these just leave you feeling deprived, hungry and low on natural energy.

To become a permanent part of our lives, healthy eating must be accessible, flexible, delicious, and fun to share with others. Good nutrition starts with your commitment to be good to yourself, and we can help you with the rest. We understand that you can't change everything at once. You can't go from eating whatever you want to eating and working out like you are training for a bodybuilding competition. And we recognize that it's important to still treat yourself to the things you love. Everything in moderation will help set you up for success. You have to slowly adopt new habits that will allow you to ultimately be successful in your quest for eating healthier and getting to a place where you are at a weight where you are happy and healthy and have more energy than ever before.

To support those goals we have developed a flexible dieting plan that helps you build a healthier plate, and all the tips you need to begin adopting healthier nutrition habits. After one month of following this plan, your new habits will be more than solidified (it takes 21 days to acquire a new habit). In this guide you will find a flexible meal plan, snack suggestions, fitness tips and inspiration for staying on track, and tons of online resources including how-to's, recipes, and a library of fitness information that will answer any questions you encounter along the way.

OUR NUTRITION PHILOSOPHY

GENERAL HEALTHY EATING HABITS FOR EVERYONE

- Eat breakfast every morning to get your metabolism started.
- Eat every few hours, even if it's a small snack—this keeps your metabolism going throughout the day.
- Choose real, whole foods as often as possible.
- Choose lean protein and eat some protein at every meal. Good choices are chicken breast, ground turkey, top sirloin, pork tenderloin, salmon, tilapia, albacore tuna, egg whites, and nonfat Greek yogurt.
- Include healthy complex carbs in your meals early in the day. Choose from oats, sweet potatoes, quinoa, brown rice, whole grain tortillas or bread, beans, and hummus.
- Enjoy a small amount of simple carbs for quick energy early in the day and before, during, or after your workouts— fruit, fruit juice, jam, and honey are good options.
- Incorporate healthy fats. Good fats in your diet signal your body to release fat stores. Choose from avocado, unsalted raw almonds, walnuts, pecans, sunflower seeds, mini seeds (flax, chia, hemp), nut butters, olive, and coconut oil.
- Consume lots of fiber every day through fresh fruits and vegetables to help keep you feeling full. Eat them raw, steamed, roasted, stir-fried, grilled, or blended into a smoothie.
- Drink lots of water all day long, starting the minute you wake up and before every meal. Treat yourself to a Camelbak®, CN 64 oz water bottle or other portable container to keep fresh water within your reach all day long.
- Plan meals the whole family can get involved in.
- Keep alcohol, soda, juice, sugary beverages, and diet beverages to a very minimum. When consuming alcoholic beverages, stick with clear alcohols and avoid drinks mixed with juices and sodas. For beers, choose lighter calorie beers such MGD 64. Here is a list of other lower calorie beers: shape.com/healthy-eating/healthy-drinks/15-bikini-friendly-beers.
- Instead of diet soda, try Prime Drive® or Crystal Light® with caffeine when you want that kick.
- If you've been drinking diet sodas and alcoholic beverages on a regular basis instead of cutting all at once, try cutting your intake by 50% per day/week for the first week and then another 50% by the second week, all the way back to occasional consumption.
- Keep processed foods, fried foods, heavy creams and sauces, sugary foods and beverages, high-fat foods, anything battered, excess cheese, excess salt, and sweets to an absolute minimum. Work to eliminate these from your diet. If you like sweets – treat yourself to CocoaLean™ Chews or Dark Chocolate to curb your sweet tooth.

complete nutrition®

SUCCESS STARTS **HERE**

PERSONALIZED RECOMENDATIONS



RECOMMENDATIONS

- 64 oz of water
- 30 minutes of exercise
- 8 hours of sleep
- V-Core Vantage
- TONE™
- MultiPure™
- Favorite Foods
- _____
- _____

BODY COMP DAILY CALORIE NEED _____

BREAKFAST

CALORIES NEEDED:

PROTEIN:

CARB:

VEGGIE/FRUIT:

SNACK

SHAKES:

BARS:

FATS:

FOODS:

LUNCH

CALORIES NEEDED:

PROTEIN:

CARB:

VEGGIE/FRUIT:

SNACK

SHAKES:

BARS:

FATS:

FOODS:

DINNER

CALORIES NEEDED:

PROTEIN:

CARB:

VEGGIE/FRUIT:



HOW YOUR PLATE SHOULD LOOK

Flexible dieting is a great way to keep you from being locked into a specific meal plan/routine and allows you more control over your plate. It's simple, depending on your caloric needs and workout levels you should plan to eat 5-6 small meals/snacks that consist of a food from each of the following categories

1. Protein + 1 Carb + 1 Fat + 1 Veggie and dressings for flavor.

Follow this for a month, or work up to it if your eating habits are currently very different.

Because every person has unique circumstances, restrictions, abilities and health conditions that must be considered, consult your doctor or nutrition professional before starting a new meal plan.

These measurements are geared more for a female's daily needs. For males, take each measurement and multiply it by 1.5. So for example, 4 oz. tilapia, take 4 x 1.5 = 6 oz.

USE YOUR BODY COMP READOUT (AVAILABLE IN STORE) OR GO TO ACTIVE.COM/FITNESS TO CALCULATE YOUR DAILY CALORIE NEED.

BUILD YOUR PLATE

1 PROTEIN CHOICES

	PROTEIN G	CARB G	FAT G	TOTAL CALORIES
○ 4 oz. chicken breast	23	0	6	188
○ 3 oz. ground beef	18	0	4	684
○ 3 oz. ground turkey	22	0	4	120
○ 3 egg whites	11	0	0	44
○ 4 oz. tilapia, swai, albacore tuna (or any white) fish	23	0	2	164
○ 6 oz. non-fat Greek yogurt	20	9	0	130
○ 1 serving Smart Smoothie	21	4	2.5	110

2 CARBOHYDRATE CHOICES

○ 1/2 cup oatmeal (plain quick oats are fine; measure uncooked)	6	27	2.54	150
○ 4 oz. sweet potato	1.4	15	0.1	64
○ 1/2 cup whole wheat penne noodles	5	28	1	140
○ 1/2 cup brown rice (measure cooked)	4	33	1	150
○ 15 baby carrots	.54	5	.36	60
○ 2 oz. blueberries	1	9	1	32
○ 5 pineapple chunks (frozen, not canned)	1	55	1	211
○ 1 banana	1.1	23	0	120
○ 3 oz. grapefruit	0	4	0	16
○ 1 Serving whole grain bread	2.3	12.3	1	67
○ 1/2 cup quinoa	5	24	2	140
○ 1/2 cup black beans	7.2	20	0	109
○ 2 tbsp. hummus	1.4	6	2.6	80
○ 1 small apple	.36	19	.23	72

3 FAT CHOICES

	PROTEIN G	CARB G	FAT G	TOTAL CALORIES
○ 1 tsp. olive oil	0	0	4.5	40
○ 1 tsp. flax seed oil	0	0	14	120
○ 1 tbsp. almond butter	2.41	3.4	9.5	101
○ 2 tsp. coconut oil	0	0	28	240
○ 1/2 cup guacamole or avocado	2.29	9.9	21.5	183
○ 1 egg yolk mixed with the egg whites	6.3	0.4	5	75
○ 1 tbsp. natural peanut butter	4	3.1	8	100

4 VEGETABLE CHOICES

○ 2 cups spinach leaves	0	0	4.5	40
○ 1 cup broccoli	0	0	14	25
○ 8 asparagus spears	2.41	3.4	9.5	32
○ 1/4 cup peas	0	0	28	240
○ 1/2 cup sauteed mushrooms	2.29	9.9	21.5	70
○ 1/2 cup of stir-fry veggies	6.3	0.4	5	75

5 DRESSING/SEASONING/SWEETENER CHOICES

○ 1 cup natural salsa	3.8	15.5	0.4	67
○ 1 tbsp. balsamic vinegar	0	1.5	4.5	45
○ red wine vinegar	0	0	0	0
○ siracha	0	2	0	7
○ 1 tsp. mustard	0.2	0.4	.16	3
○ honey	.06	17.3	0	64

HEALTHY RECIPES

- Garden Egg White Omelet completenutrition.com/foodie-fix
- Popeye Power Shake completenutrition.com/foodie-fix
- Grilled Chicken Breast Salad with Sweet Potato completenutrition.com/foodie-fix
- Greenest Power Shake completenutrition.com/foodie-fix
- One Pan Chicken Stir Fry with Quinoa completenutrition.com/foodie-fix
- Sautéed Spinach and Mushrooms completenutrition.com/foodie-fix

For more visit completenutrition.com/success

TREAT MEALS!

TREAT meals are important to kick-start your metabolism.

Once per week, have one of the following cheats in place of one of your meals.

- 1 piece of cheesecake
- 2 slices of pizza
- 1/3 lb. hamburger
- 1 regular size snickers bar

SNACK IDEAS

Have these snacks on hand! They're great options.

- A handful of almonds, walnuts, pecans, sunflower seeds, mini seeds (flax, chia, hemp)
- Plain rice cake (can drizzle with natural honey at times)
- Sugar-free Jello® cup
- Make a delicious protein shake. Use Smart Smoothie and add in your oatmeal or banana, peanut butter, etc. Blend with almond milk or water and ice. Visit our YouTube page for more shake ideas.



ONE DAY OF MEALS EXAMPLE

BREAKFAST

7:00 AM

PROTEIN, COMPLEX CARB, SIMPLE CARB

- › Egg whites and spinach
- › Plain oatmeal with cinnamon and fresh or frozen blueberries

SNACK

10:00 AM

PROTEIN, HEALTHY FAT, VEGGIES

- › Protein shake (protein powder blended with ice and water or nonfat milk)
- › Raw almonds
- › Raw vegetables

LUNCH

12:00 PM

PROTEIN, COMPLEX CARB, VEGGIES

- › Chicken breast
- › Brown rice or quinoa
- › Mixed steamed veggies

SNACK

3:00 PM

PROTEIN, HEALTHY FAT, VEGGIES

- › Protein shake (protein powder blended with ice and water or nonfat milk)
- › Celery with natural almond butter

DINNER

6:00 PM

PROTEIN, COMPLEX CARB, VEGGIES

- › Turkey burger patty
- › Baked sweet potato
- › Spinach and vegetable salad with olive oil and balsamic vinegar

WHAT ARE FUNCTIONAL FOODS?

The term “functional food,” conveys to consumers the unique characteristics of the food and its associated health benefits. The *Expert Report defines functional foods as foods and food components that provide a health benefit beyond basic nutrition (for the intended population). Examples may include conventional foods; fortified, enriched, or enhanced foods; and dietary supplements. Functional foods provide essential nutrients beyond quantities necessary for normal maintenance, growth, and development, and/or provide other biologically active components that impart health benefits or desirable physiological effects.

*MacAulay, M.Ed., R.D., J., Petersen, Ph.D., B., & Shank, Ph.D., F. (Eds.). (n.d.). Functional Foods: Opportunities and Challenges. Retrieved March 3, 2015, from http://www.wfit.org/~media/Knowledge_Center/Science_Reports/Expert_Reports/Functional_Foods/Functionalfoods_expertreport_full.pdf

WHEN DO I USE FUNCTIONAL FOODS?

Functional foods are part of an overall healthful lifestyle that includes a balanced diet and physical activity. You should strive to consume a wide variety of food as recommended by the *2010 Dietary guidelines for Americans and ChooseMyPlate.gov, which would provide many potentially beneficial components.

*U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010.

FUNCTIONAL FOODS

- IPS™/Quest Chips- great add-ons with meals when you want something crunchy or salty.
- Cracked Nut Butter® – perfect for the late night sweet craving.
- RX Bars® – great add on with a protein shake for a total “meal” replacement.
- Quest Bars- a good snack!
- PB2 – perfect add in to protein powders.
- Lenny and Larry’s Complete Cookies® – great for Post-Workout.
- CocoaLean™ Chews – great for curbing the appetite and satisfying that chocolate craving.
- Ostrim® Snacks – lower sodium, high protein snacks that help you feel full.
- The Best Bar Ever – ‘Real’ food bar with the perfect blend of healthy fats, quality carbs and premium proteins.

Complete Nutrition carries a wide variety of functional foods that will help support your nutrition goals.

IDEAS FOR EATING OUT

- Chipotle: Chicken bowl with no rice with black beans, lettuce, mild salsa, fajita veggies and guacamole.
- Panera Bread: Ask an employee for their ‘secret menu’ that has healthier, lower sodium options than what’s on the main menu. You have to ask for it.
- Mexican Restaurant: Order the fajitas with corn tortillas. Skip the cheese (and cheese dips) and sour cream and for flavor top with guacamole and salsa.
- Cut your meal in half and take the rest home! Many restaurant meals contain 1000 calories or more.
- Look for the healthier choices section on the menu! Many restaurants do a great job of promoting their leaner dishes.
- Ask for your vegetables steamed.
- Chicken and fish should be prepared grilled not fried.
- Avoid the bread and chips that are served at many restaurants. More hidden calories.
- Don’t be afraid to ask them to cook things differently than the menu states. Like leave off the butter.

COOKING/FOOD PREP:

Cook all food in advance and in bulk, and store in your fridge. We suggest food-prepping 2x weekly.

Each night or morning, measure out meals and take with you! (get a personal cooler)

Baggies are more convenient than plastic containers for your meals....less dishes.

Pay attention to any food items getting low in your fridge. Don’t run out.

Boil your chicken instead of baking or grilling it. Processed chicken has a lot of added broth and sodium.

Egg whites: Buy the liquid egg whites and follow the measuring instructions on the carton. (easier than separating actual eggs)

Pineapple and Blueberries: We recommend buying the frozen for these. They melt quickly when combined with other food in those meals.

Zip ‘n Steam® bags are perfect if you prefer steaming your vegetables.

Tilapia: Buy in bulk (frozen) and bake about 10 fillets at a time.



WHAT ARE MACRONUTRIENTS?

Macronutrients are nutrients that provide calories or energy. Nutrients are substances needed for growth, metabolism, and for other body functions. Since “macro” means large, macronutrients are nutrients needed in large amounts. There are three macronutrients:

○ **Carbohydrate** ○ **Protein** ○ **Fat**

While each of these macronutrients provide calories, the amount of calories that each one provides varies.

○ **Carbohydrate** provides 4 calories per gram.

○ **Protein** provides 4 calories per gram.

○ **Fat** provides 9 calories per gram.

This means that if you looked at the Nutrition Facts label of a product and it said 12 grams of carbohydrate, 0 grams of fat, and 0 grams of protein per serving, you would know that this food has about 48 calories per serving (12 grams carbohydrate multiplied by 4 calories for each gram of carbohydrate = 48 calories).

Besides carbohydrates, protein, and fat the only other substance that provides calories is alcohol. Alcohol provides 7 calories per gram. Alcohol, however, is not a macronutrient because we do not need it for survival.



WHY DO WE NEED CARBOHYDRATES?

Carbohydrates are the macronutrient that we need in the largest amounts. According to the Dietary Reference Intakes* published by the USDA, 45% - 65% of calories should come from carbohydrates. We need this amount of carbohydrate because:

- Carbohydrates are the body’s main source of fuel.
- Carbohydrates are easily used by the body for energy.
- All of the tissues and cells in our body can use glucose for energy.
- Carbohydrates are needed for the central nervous system, the kidneys, the brain, the muscles (including the heart) to function properly.
- Carbohydrates can be stored in the muscles and liver and later used for energy.
- Carbohydrates are important in intestinal health and waste elimination.
- Carbohydrates are mainly found in starchy foods (like grain and potatoes), fruits, milk, and yogurt. Other foods like vegetables, beans, nuts, seeds and cottage cheese contain carbohydrates, but in lesser amounts.

Fiber refers to certain types of carbohydrates that our body cannot digest. These carbohydrates pass through the intestinal tract intact and help move waste out of the body. Diets that are low in fiber have been shown to cause problems such as constipation and hemorrhoids and increase the risk for certain types of cancers such as colon cancer. Diets high in fiber; however, have been shown to decrease risks for heart disease, obesity, and they help lower cholesterol. Foods high in fiber include fruits, vegetables, and whole grain products.

*McKinley Health Center - Macronutrients: The Importance of Carbohydrate, Protein, and Fat - University of Illinois. (n.d.). Retrieved March 4, 2015, from <http://www.mckinley.illinois.edu/handouts/macronutrients.htm>

According to the American Diabetes Association, both the amount and type of carbohydrates you consume affects your blood sugar levels and so it is important to choose healthy carbohydrate choices and control your portion sizes. Foods that contain nutrients such as fiber, vitamins, minerals, antioxidants, protein and healthy fats tend to be better choices than those which are considered empty calorie foods, because they only provide calories with little or no other nutrients.**

**Understanding Carbohydrates. (n.d.). Retrieved March 4, 2015, from <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/understanding-carbohydrates/>

Choose whole-grains rather than refined grains because whole-grains contain the bran and germ of the grain (where most of the fiber and other important nutrients such as essential healthy fats, vitamin E and B vitamins are). Refined white grains such as white rice and white bread have had this portion of the grain removed during processing. Fruits, vegetables, beans, legumes, nuts and seeds are other good sources of fiber and have varying carbohydrate content.

Natural sugar is the main carbohydrate content in fruit, milk and milk products. Natural sugar is a better choice than added sugar, which is present in other sweet carbohydrate foods such as cookies, pies, cakes, candy and soda. It is a good idea to have a piece of fresh fruit when you crave something sweet, as foods high in added sugar usually do not contain the fiber, vitamins, minerals and antioxidants present in fruits. You may also decide to have a glass of milk or a yogurt for dessert, as milk and milk products tend to be a good source of protein, vitamins and minerals in comparison with foods containing added sugar.



WHY DO WE NEED PROTEIN?

According to the *Dietary Reference Intakes published by the USDA 10% - 35% of calories should come from protein. Most Americans get plenty of protein, and easily meet this need by consuming a balanced diet. We need protein for:

- Growth (especially important for children, teens, and pregnant women)
- Tissue repair
- Immune function
- Making essential hormones and enzymes
- Energy when carbohydrates are not available
- Preserving lean muscle mass

Protein is found in meats, poultry, fish, meat substitutes, cheese, milk, nuts, legumes, and in smaller quantities in starchy foods and vegetables.

** McKinley Health Center - Macronutrients: The Importance of Carbohydrate, Protein, and Fat - University of Illinois. (n.d.). Retrieved March 4, 2015, from <http://www.mckinley.illinois.edu/handouts/macronutrients.htm>

The protein you eat is broken down into individual amino acids in the digestive system, and then different cells take the ones they need and recombine these amino acids into the proteins that make up your body.

Some amino acids are essential which means that we need to get them from our diet, and others are nonessential which means that our body can make them. Protein that comes from animal sources contains all of the essential amino acids that we need. Plant sources of protein, on the other hand, do not contain all of the essential amino acids.

WHY DO WE NEED FAT?

Although fats have received a bad reputation for causing weight gain, some fat is essential for survival. According to the Dietary Reference Intakes published by the USDA 20% - 35% of calories should come from fat. We need this amount of fat for:

- Normal growth and development
- Energy (fat is the most concentrated source of energy)
- Absorbing certain vitamins (like vitamins A, D, E, K, and carotenoids)
- Providing cushioning for the organs
- Maintaining cell membranes
- Providing taste, consistency, and stability to foods

Fat is found in meat, poultry, nuts, milk products, butters and margarines, oils, lard, fish, grain products and salad dressings. There are three main types of fat: saturated fat, unsaturated fat, and trans fat. Saturated fat (found in foods like meat, butter, lard, and cream) and trans fat (found in baked goods, snack foods, fried foods, and margarines) have been shown to increase your risk for heart disease. Replacing saturated and trans fat in your diet with unsaturated fat (found in foods like olive oil, avocados, nuts, and canola oil) has been shown to decrease the risk of developing heart disease.

A NOTE ON MICRONUTRIENTS

Micronutrients are nutrients that our bodies need in smaller amounts, and include vitamins and minerals either found in vegetables and fruits or supplementing. Many times we don't get enough of these in our diet.

Although macronutrients are very important they are not the only things that we need for survival. Our bodies also need water (6-8 glasses a day). Common deficiencies of micronutrients include:

- Iron
- Iodine
- Zinc
- Vitamin A
- Folate





SUPPLEMENTATION

OUR SUPPLEMENTATION PHILOSOPHY

Nutritional products are designed to supplement your daily nutrient intake with ingredients that can help you achieve your goals. We have laid out seven basic supplementation needs that can supply extra vitamins and minerals, help you lose weight, or improve your workout experience. SUPPLEMENTATION IS INCREASINGLY IMPORTANT FOR PROPER NUTRITIONAL BALANCE.

YOUR SEVEN DAILY SUPPLEMENTS

1. PROTEIN POWDER

Your protein needs depend on your lifestyle and goals. The recommended dietary allowance (RDA) for protein is 0.4g per pound of bodyweight (20-40% of your total caloric intake). For a 150lb person, that's 60g of protein per day. One 4 oz. grilled chicken breast contains about 36g of protein, so that's the equivalent of about two chicken breasts every day. However, protein powder can help to reach that requirement.

2. MULTIVITAMIN

It supplements your food intake and ensures that you get enough key vitamins, which balance hormones and keep your metabolism active. Read the label: the majority of vitamins and minerals should be at or above 100% of the RDA, along with additional ingredient features that support your gender and/or age group.

3. OILS

The American diet tends to be too low in Omega-3s (polyunsaturated fat with cardiovascular, cognitive, and anti-inflammatory benefits), so most Americans benefit from at least 1,000 mg of Omega-3s per day via fish oil or flaxseed oil to help meet their daily needs.

4. WEIGHT LOSS

Supplements can help accelerate and support a weight loss program by boosting metabolism and improving endurance, but there is no magic pill that will eliminate the need for good nutrition, exercise, and rest and hydration. Look for a product with B vitamins, antioxidants, or essential amino acids for added benefits. According to the Centers for Disease Control a healthy weight loss rate is 1-2lbs/week; lose any quicker and you risk loss of lean muscle, so keep track of your weight loss rate.*

5. PRE-WORKOUT

Pre-workout supplements enhance your workout experience: they provide energy and focus, improve endurance and muscle strength/power, help recovery, and increase blood flow and nutrient delivery to active muscles. When your workout performance improves, it's easier to see results.

6. POST-WORKOUT


Post-workout supplements aid recovery: they feed hungry muscles, reduce soreness, and replenish glycogen stores, amino acids, and even vitamins and minerals that are used up while exercising.

7. SLEEP

Lack of sleep can result in memory issues, weight gain, irritability, impatience, concentration issues, hypertension and cardiovascular issues as well as suppress immunity. Sleep aid supplements come in varying strengths: milder products have soothing herbal extracts like lavender or chamomile, while more potent sleep aids contain valerian root or melatonin.

*Losing Weight. (n.d.). Retrieved March 4, 2015, from http://www.cdc.gov/healthyweight/losing_weight/index.html?s_cid=govD_dnpao_082

OUR RECOMMENDATIONS FOR STAYING ON TRACK:

- Schedule routine visits with your Complete Nutrition® consultant so they can help you adjust your plan as needed.
- Track your progress with our Body Comp Technology™! Your bathroom scale doesn't tell you what you need to know. Body Comp measures water weight, lean muscle, fat and more! Check in as often as you'd like! It's free!
- Start a journal about your journey with our progress tracker ([on **completenutrition.com**](http://on.completenutrition.com)) and track all four pillars for best results.
- Follow us on social media for daily motivation.

- Check out our [content hub](#) for more tips, workout plans, articles, and recipes.
- Become a Complete Nutrition® **Success Story!** Record your transformation journey and share it with us at completenutrition.com/success-stories/share-your-success!
- Remember – there are days when you won't be or can't be perfect, just stay focused on the goal and get back to it the next day! If you can follow this 90% of the time – you will see a big difference!
- Get the rest of your family involved! When you change together, you will be more likely to stick to it!





EXERCISE

OUR EXERCISE PHILOSOPHY

Exercise balanced with proper recovery is the essence of meeting any physical goals. Optimum routines combine strength and metabolic workouts for most fitness goals. Your workouts should be individualized, balanced, challenging, and place a high emphasis on recovery.

GET MOVING TO START LOSING

If you haven't been exercising and it is part of your initial plan leverage these tips to set you up for success:

TIPS FOR GETTING STARTED AT THE GYM

- Ask for a tour when you join a gym. That way, when you show up to work out, you will know your way around already.
- Invest in a padlock for your locker, a pair of plastic flip-flops for the showers, and a roomy gym bag.
- Set out or pack your gym clothes the night before so you will have less of an excuse not to go.
- Ask a friend to work out with you so you can keep each other accountable.
- Look at our how-tos before doing workout moves to ensure proper form.
- Consider meeting with a personal trainer once or twice in the beginning to learn how to do workout moves or use equipment you are less familiar with.

DO:

- » Have the gym personnel show you how to use the equipment.
- » Select a weight that is light enough that you can complete the repetitions or time outlined, but heavy enough to challenge you.
- » Expect muscle soreness for a few days after you first begin or change workouts.
- » Wear appropriate workout apparel that is comfortable for you and supportive shoes.
- » Make sure you recover after workouts – take a post-workout shake like V-Core or Rezzerec.

DON'T:

- » Feel intimidated in your gym. Each person in there was once in your shoes.
- » Train through joint or tendon pain. Have it looked at by a qualified professional.

TIPS FOR GETTING STARTED WORKING OUT AT HOME

- Follow any kind of DVD program or program you find online.
- Kettle bells and resistance bands are easy and inexpensive equipment. (check out our workouts on completenutrition.com)
- Team up with a friend for accountability – do cardio together.
- Consider meeting with a personal trainer once or twice in the beginning to learn how to do workout moves or use equipment you are less familiar with.
- Set out your gym clothes the night before so you will have less of an excuse not to workout.
- Make your workout playlists! Studies show that listening to music during workouts distracts people from pain and fatigue, elevates mood, increases endurance, reduces perceived effort and may even promote metabolic efficiency. When listening to music, people run farther, bike longer and swim faster than usual—often without realizing it. scientificamerican.com/article/psychology-workout-music/



Visit www.workoutlabs.com
for workout plans

TRAINER | FITNESS | GYM RECOMMENDATIONS



REST & HYDRATION

OUR REST & HYDRATION PHILOSOPHY

Drinking enough water and getting adequate sleep is crucial to your overall health and your body's optimal functionality. Make sure to get at least 7.5-9 hours of sleep per night and drink water all day long.

IMPORTANCE OF REST & RECOVERY

What role does rest play in your fitness and weight loss goals?

- Contrary to popular belief, you do not get stronger while in the gym. Working out makes tiny tears in your muscles, and you get stronger when your muscles recuperate during recovery periods.
- Alternate the muscle groups you focus on daily, and incorporate plenty of rest days.
- It's important that you sleep enough, at least 7.5 hours a night, to give your body adequate recovery time.

Skimping on sleep can derail your weight loss goals.

- When you're not getting sufficient sleep, your body automatically starts telling you that you're hungry when you're not, and has a hard time telling you when you're full.
- Leptin and ghrelin are two hormones that regulate the body's feeling of hunger. Leptin tells you that you're full after a meal, and ghrelin tells you that you're hungry. Both hormones are only generated when the body gets adequate sleep, usually 7.5+ hours.

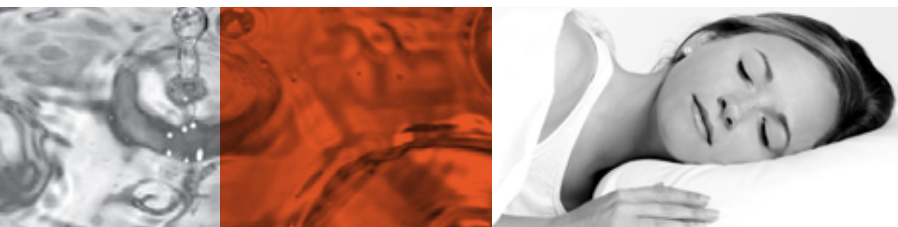
IMPORTANCE OF HYDRATION

The human body is composed of between 44-77% water depending on your age, gender, and other factors. Water works wonders in the body.

- Flushes the body of harmful toxins and fat by-products
- Supplies our bodies with oxygen
- Helps regulate body temperature
- Raises metabolism and aids in digestion
- Clears skin
- Relieves fatigue, headaches, constipation, cramps, and sprains
- Improves mood

How much water should you drink?

- In general, drink about eight 8-ounce glasses of water a day.
- The American Council on Exercise (ACE) recommends drinking 17 to 20 ounces of water a few hours before exercising, a cup of water half an hour before you start, and sipping on water every 15 minutes during activity. Immediately after your workout, have another cup.
- If you're lighter on the scale after your workout than when you started, drink at least 16 ounces of water for every lost pound to ensure proper hydration.





BODY COMPOSITION ANALYSIS

MEASURE YOUR SUCCESS

Doctors' offices and hospitals use body composition technology to measure not just weight but also body fat, body water, daily caloric intake, bone mass, muscle mass, and much more.

Just step on our BodyComp technology, right here in the store, and in less than a minute you'll have a complete report that will tell you exactly what you need to do for caloric intake to lose, gain or maintain your desired weight.

THE SCIENCE BEHIND THE TECHNOLOGY

With computer analysis, a tiny, safe electrical current—less than an AA battery—reveals bone density, fat and muscle mass, water content and more in different parts of your body. Software algorithms put it all together to generate your results.

VITAL STATISTICS

Want to shed some pounds? Lose body fat. Not muscle. Track both with your Complete Nutrition Body Comp Report. Then work with your Success Coach to optimize your exercise, meal planning and nutritional supplements. You get dramatic results. Even faster.

YOUR COMPLETE NUTRITION BODYCOMP REPORT

Your Body Comp Report reveals important information about your health and fitness. Some key measurements:

- **Weight** - Your basic total body weight. Just like on regular scales.
- **Body Fat Percentage** - For most of us, less is better.
- **Body Fat Mass** - Total pounds of fat. Ask your Success Coach what's a good range for you.
- **Muscle Mass** - Your body weight minus the fat. The good stuff.
- **Body Water Percentage** - Different for men and women. Should be greater than 40%.
- **Daily Caloric Intake** - How many calories can you eat and not gain weight? Find your magic number.
- **And lots more!**



DISCLAIMER

The ideas, concepts and opinions expressed in this Get-Started Guide are intended to be used for educational purposes only. The Get-Started guide is provided with the understanding the recommendations made herein are not meant as professional medical advice to diagnose or treat any disease, condition, illness or injury. It is recommended and encouraged that any person looking to follow the tips and suggestions in this Get-Started guide consult with your medical provider or a registered dietician or nutritionist.

Before beginning any exercise or diet program please consult your medical provider. Please discontinue following the Get-Started guide if you experience a physical injury, dizziness, fatigue, weakness, headaches, nausea, diarrhea or other gastro-intestinal discomfort. Such experiences may be indicative of a larger and more serious condition that should be addressed by a medical provider. Any person with dietary restrictions resulting from disease (diabetes, Crohn's disease, etc.) should consult their medical provider before starting a meal plan and exercise program. Persons with physical injuries should not engage in any of the recommended exercises until they have received medical clearance from their medical provider.

Complete Nutrition Franchising, LLC, its subsidiaries, affiliates and franchisees, claim no responsibility to any person or entity for any injury and assumes no liability for loss or damage caused or alleged to be caused directly or indirectly as a result of the use, application or interpretation of the material in the Get Started Guide.

The Food and Drug Administration has not evaluated the statements contained in the Get Started Guide. Please be aware of and observe any warnings included on any dietary supplements or foods you may consume in the course of following the Get Started Guide

FREQUENTLY ASKED QUESTIONS

Q: Is this technology safe and effective?

A: Our Inbody BodyComp technology is certified by the FDA as a safe and effective medical device.

Q: Will I feel anything?

A: No. The electrical current is so low that you will not feel it at all, unless you have a pacemaker.

Q: What happens to the information? Is it confidential?

A: Yes. We only track the data by your cell phone number. There is no other personally identifiable information included in the technology.

Q: How does the test actually work?

A: It couldn't be easier. You simply step onto the BodyComp platform and grasp the handlebars. It only takes a few seconds. Then it's done.

Q: When should I do my BodyComp?

A: You'll get the best results in the morning, after a good night's sleep - but not right after a meal. Try to keep consistent - ie. the same time of day each visit. (We recommend every 30 days.)

Q: How often should I come in for a BodyComp Analysis?

A: Come into Complete Nutrition any time for a new BodyComp analysis. There's no charge. Most of our customers come in to track their progress a couple of times a month.

YOUR NEXT APPOINTMENT IS SCHEDULED FOR:

DATE:

TIME: