



USANA 12-Week RESET™ Weight Management Program



It's no secret that the key to effective weight control is making positive changes in both diet and exercise. However, making these healthy lifestyle changes and improving eating habits can often seem like an insurmountable task. With that in mind, USANA scientists have developed a 12-Week **RESET™** Weight Management Program, a holistic approach to setting you on the path to a healthier way of life. A science-based, nutritionally balanced program, **RESET** provides properly balanced carbohydrates, proteins, and beneficial fats, as well as essential micronutrients. Simple and convenient to follow, USANA's 12-Week **RESET** Weight Management Program takes the guesswork out of obtaining good nutrition and offers three core health benefits:

1. Discover Low GI Benefits

Discover the power of low GI foods and the importance of making good food choices. When you eat high-glycemic foods, it can cause your body's blood glucose levels to quickly spike then crash, leading to feelings of hunger sooner. A better choice is to eat low-glycemic foods, which keep blood glucose levels stable, leave you feeling satisfied longer and help control your appetite. All **USANA® Foods** are clinically tested and guaranteed to be low-glycemic.

2. RESET Your Body

A brand new body and a brand new you! A common sense approach to nutrition, USANA's **RESET** program includes low-glycemic carbohydrates packed with soluble and insoluble fibre, low-fat sources of protein, and beneficial fats, offering a clean break from unhealthy fatty, high-glycemic foods. In the USANA **RESET** program, we encourage you to eat a well-balanced variety of food including plenty of fresh fruits and vegetables. There is no need to count calories. **RESET** – changing to a healthy lifestyle and a healthier new you.

3. Enjoy Healthy Living

Make simple yet effective lifestyle changes and enjoy the long-term benefits of healthy living. Learn about the importance of combining a healthy diet, regular exercise program and optimal cellular nutrition. **RESET** will help you take personal responsibility for your lifelong health and achieving your total wellness goals. Feel good, have more energy without going hungry, and watch your health improve. Live your life the way it was meant to be!

Using RESET™

The **RESET** program is simple – each day you replace your meals with **USANA Foods** shakes and bars, and enjoy bonus snacks of fruit and/or vegetables in line with the Program Guide featured. You should also take the recommended nutritional supplements (**HealthPak™**, see page 18; or **Essentials™**, see pages 10-13), drink 1–2 litres of water in addition to shakes, and walk for approximately 20–30 minutes, at least 3,000 steps, every day.

Remember to take your USANA nutritional supplements on a daily basis, eat healthy foods and take regular exercise.

Getting Started

Use the **RESET** Program Guide featured and visit www.usana.com/resetanz to help guide you through each phase. The **5-Day Jump Start** is an intense phase to kick off the program. Follow with **Phase 1 Transform** for continued improvement and then **Phase 2 Maintain** to help you consolidate your new, healthier lifestyle. Phase 1 and Phase 2 recommended product packs also include member access to the **Healthy for Life ANZ Program** – a unique online tool that will support you on your journey to a healthy lifestyle. This program offers tips on the importance of combining a healthy diet, exercise program and optimal cellular nutrition as well as online access to low-GI recipes, daily motivational and weekly training emails. Most importantly, be accountable for your own success by maintaining a personal lifestyle journal to keep you motivated and focused on achieving your personal wellness goals.

To find out more about the **RESET** Program and what steps you could take to improve your health, visit www.usana.com/resetanz

Quick Reference RESET Program Guide

5 Day Jump Start

Includes: 1 x black **RESET**-branded Enviro Bag, 5 x French Vanilla **Nutrimeal™** pouches, 5 x Wild Strawberry **Nutrimeal** pouches, 5 x Dutch Chocolate **Nutrimeal** pouches, 5 x Peanut Butter Crunch **Nutrition Bars** (singles), 5 x Chocolate Fusion **Nutrition Bars** (singles), 1 x mini-**HealthPak™**, 1 x **RESET** Program Guide.

Breakfast: Nutrimeal shake
Snack: USANA Nutrition Bar
Lunch: Nutrimeal shake
Snack: USANA Nutrition Bar
Dinner: Nutrimeal shake

Bonus snack: One serving of fruit and one serving of vegetables per day

Phase 1 – Transform (4-8 weeks)*

Includes one each of: French Vanilla **Nutrimeal** (bag), Wild Strawberry **Nutrimeal** (bag), Dutch Chocolate **Nutrimeal** (bag), Peanut Butter Crunch **Nutrition Bars** (box), Chocolate Fusion **Nutrition Bars** (1 x box & 2 x single), Bulk **Nutrimeal** Pouches, **Essentials™**, **RESET** Program Guide, **PLUS** member access to the **Healthy for Life ANZ Program**.

Breakfast: Nutrimeal shake
Snack: USANA Nutrition Bar
Lunch: Nutrimeal shake
Snack: Low-glycemic snack*
Dinner: Low-glycemic meal*

*Plenty of fresh vegetables and fruit. Avoid eating all breads, grains, cereals, rice, pasta, and potatoes.

Phase 2 – Maintain (4-12 weeks)*

Includes one each of: French Vanilla **Nutrimeal** (bag), Wild Strawberry **Nutrimeal** (bag), Dutch Chocolate **Nutrimeal** (bag), Peanut Butter Crunch **Nutrition Bars** (box), Chocolate Fusion **Nutrition Bars** (1 x box & 2 x single), French Vanilla **Nutrimeal** Pouch (single), **Essentials**, **RESET** Program Guide, **PLUS** member access to the **Healthy for Life ANZ Program**.

Breakfast: Nutrimeal shake
Snack: USANA Nutrition Bar
Lunch: Low-glycemic meal*
Snack: Low-glycemic snack*
Dinner: Low-glycemic meal**

**Begin to introduce low- to moderately low-glycemic whole grains, rice, pasta and potatoes.

*The duration of each Phase of the USANA **RESET™** Program is a guide only and will be dependant on your personal wellness goals. During Phase 1 and 2 you are free to decide which meal will be your regular low GI meal depending on your personal schedule.

*Vitamin supplements should not replace a balanced diet. Use only as directed. Always read the label.

For full ingredients information and directions of use, please refer to relevant product pages in this booklet.

It is suggested that you take these products to your healthcare professional and secure his or her advice if you intend to change your diet, begin an exercise program, are pregnant, lactating, have allergies, are taking medications, or are under the care of a healthcare professional. The **USANA Foods** components of the USANA **RESET** Program are **FOODS**, not **DRUGS**.

As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight control. Results will vary.

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HEALTH SCIENCES

USANA® Foods
Macronutrition

