

# ● WellnessPro's 12-Week Health-Management Program

Welcome to the World of...



# WellnessPro<sup>r</sup>

Empowered By:

[www.1HealthyLifeStyle.com](http://www.1HealthyLifeStyle.com)

## 5 ingredients to a successful Health-Management Program!

1. **Let's talk Commitment**...Identify your goals. Write them down. Share with others.  
NO ONE WILL BE MORE COMMITTED TO YOUR SUCCESS THAN YOU.
2. **Let's talk Calories**...You may not want count calories, but you should understand why they are important. .I will help you calculate your required caloric intake.
3. **Let's talk Exercise**...It's no secret... **increase physical activity + decrease calories = a new you!**

WHY Exercise? To Build Lean Muscle Tissue in Order to Decrease Overall Percent Body Fat

**CORE** – upper abs, lower abs, oblique, transverse, and lower back workout.

**STRENGTH or RESISTANCE TRAINING** – Strength Training uses Weights or Bands. Resistance Training use GRAVITY, like Pull-up, Push-up, Sit-up and Leg Lifts.

**CARDIO**vascular activities get your hurt pumping 3 times per week for at least 30 minutes.

I will help develop an exercise route.

4. **Eat and Drink to Live!** ...which means eat healthy 3 meals and 3 snacks per day along with a minimum of 8 glasses of water every day. The great news is that healthy eating doesn't mean eating less, it means eating better. The more water you drink, the easier it is to lose weight and maintain it!
5. **WellnessPro** will give your body the nutrients it needs, when it needs it most to achieve your maximum physical potential.

Commitment + Healthy Meals + Exercise + H2O + WellnessPro = Desired Results

Get**Lean!** Get**Fit!** Get**Healthy!** at [www.1HealthyLifeStyle.com](http://www.1HealthyLifeStyle.com)

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## Let's talk Commitment

### Your Health-Management Program begins **NOW!**

It is vital to develop a *Health-Management Program* based on three factors: **your current medical condition, your motivation level,** and **your health goals.** Your medical condition should be checked by your family doctor before beginning. Your motivation is an internal drive. Your Health Goals should be **Specific Measureable Attainable Realistic Time-sensitive.**

Name: \_\_\_\_\_ Today's date: \_\_\_\_\_

There are four critical measures of a quality *Health-Management Program.*

- 1) Your desired Weight!
- 2) Your Measurements!
- 3) Your Clothes! (how do they fit?)
- 4) Your Photos! (How do you look?)

Your Health-Management Programs Goals

12 weeks: \_\_\_\_\_

6 months: \_\_\_\_\_

### Your Measurements

Week 1

Week 5

Week 9

Week 13

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Weight: \_\_\_\_\_

Weight: \_\_\_\_\_

Weight: \_\_\_\_\_

Measurements

Measurements

Measurements

Measurements

Neck: \_\_\_\_\_

Neck: \_\_\_\_\_

Neck: \_\_\_\_\_

Neck: \_\_\_\_\_

Chest: \_\_\_\_\_

Chest: \_\_\_\_\_

Chest: \_\_\_\_\_

Chest: \_\_\_\_\_

Shoulders: \_\_\_\_\_

Shoulders: \_\_\_\_\_

Shoulders: \_\_\_\_\_

Shoulders: \_\_\_\_\_

Waist: \_\_\_\_\_

Waist: \_\_\_\_\_

Waist: \_\_\_\_\_

Waist: \_\_\_\_\_

Calves: \_\_\_\_\_

Calves: \_\_\_\_\_

Calves: \_\_\_\_\_

Calves: \_\_\_\_\_

Hips: \_\_\_\_\_

Hips: \_\_\_\_\_

Hips: \_\_\_\_\_

Hips: \_\_\_\_\_

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## **There are 3 Phases to weight loss.**

### **Phase 1 – Jump start (14 days) see Food Recommendations**

During this stage you will increase your metabolic rate and fat-burning ability, while detoxifying your body from addictive carbohydrates.

- For the first 14 days cut caffeine and “bad” carbs from your diet, such as bread, rice, pasta, potatoes, sugar, etc.. This will change your body’s metabolism from carbohydrate-burning to fat-burning.
- Replace 2 meals a day with a delicious WellnessPro shake.
- Include only food recommended in Phase 1 of your diet.
- Eat 3-5 small meals a day. Don’t over eat!
- Feeling hungry...have a small snack or WellnessPro shake.
- Drink 8 or more glasses of water a day.
- Exercise. If you don’t have time for a gym, simply walk at least 1 mile every day.
- Weigh yourself once a week to track your progress.

STAY AWAY from high fructose corn syrup and partially hydrogenated oils. These are ingredients that are added when the fat is taken out.

### **Phase 2 – Fast Forward see Food Recommendations**

This stage is designed to help you maintain the maximum level of your fat-burning metabolism. There are fewer restrictions during this stage of the program (yes).

Here’s the simple formula:

Consume the maximum amount of the right types of foods necessary to feel great and stay in top physical form (this also means consuming a minimum amount of “bad carbs”). You’ll be amazed how good you feel and – your weight will continue to drop...with a minimum effort.

- Replace 2 meals with WellnessPro Shake.
- Include only food recommended in Phase 2 of your diet.
- To speed up the weight loss and to control your carb intake, take one tablet of Block-N-Burn one hour before your meals.
- Drink 8 or glasses of water each day.
- Exercise. You will have more energy now – Use it! If you’re continuing your walking program – Increase your distance to miles a day.

\*Pay attention to the size of your portions:

- Meat, fish = palm of your hand
- Fruit and Veggies = your fist
- Bread = Audiocassette
- Butter = no more than one teaspoon.

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## Phase 3 – The Finish Line

Continue to enjoy the healthy food choices you've made. They'll be your friends for life.

In the future, if you gain a few pounds, you can always go back to Phase 2 or a few weeks. The principles you've learned will make it simple and easy to drop that weight and maintain the weight loss.

- For great health benefits, make WellnessPro Shake part of your everyday lifestyle.
- Drink a lot of water.
- Exercise. Keep an active lifestyle.
- Minimum bad carbs, such as bread, sugars, pastas, potatoes, rice and maximum nutritional foods. And maximum nutritional foods.

## Recommended foods for Phase I and II

### Fish and Sea Food

Halibut      Tilapia  
Trout        Sole  
Salmon      Lobster  
Tuna         Shrimp  
Snapper     Oysters  
Crab         Calamari

### Meat

Beef  
Pork  
Ham  
Veal  
Venison

### Poultry

Chicken  
Cornish hen  
Turkey  
Duck  
Goose

### Eggs

Omelets  
Scramblers Eggs  
Fried Eggs  
Hard-boilers Eggs  
Poached Eggs

### Salad/Vegetables

Artichoke    Onion        Tomatoes    Chicory  
Broccoli     Green Beans Celery        Radishes  
Asparagus   Cabbage    Cucumbers   Endive  
Beans         Spinach     Peppers      Peas  
Mushrooms   Beans        Eggplant     Zucchini  
Brussel sprouts

### Cheese

Cheddar        Farmers  
Swiss            Goat  
Mozzarella     Cheese  
Feta             Blue Cheese  
Jariberg

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## Extras for Your Salad

Avocado ● Sour Cream ● Bacon ● Low-fat Yogurt ● Eggs ● Grated cheese ● Mushroom

### Drinks

Water

Mineral Water

Herbal Teas

Spring water

Clear broth

### Oils

Olive

Avocado

Sunflower

Walnut

Sesame

Macademia Nut

Soy

### Herbs

Dill

Cilantro

Basil

Parsley

Oregano

Thyme

Rosemary

### Spices

Make sure there's no

sugar added!

### Salad dressings

Olive Oil with Vinegar

Lemon Juice with spices. Balsamic vinegar.

### Sugar Substitute

Splenda is the choice.

Avoid saccharine, Aspartame, Sorbitol and Mannitol.

\*\*\*Best Choices are cold pressed oils. Avoid margarine. Try to stay away from processed foods as much as possible.

## Recommended foods for Phase II

### Nuts and Seeds

Almonds

Pecans

Sunflowers seeds

Walnuts

Brazil Nuts

Pumpkin Seeds

### Grains, Beans, and Legumes

Lima Beans

Soybeans

Black Beans

Kidney Beans

Oatmeal

Wheat Germ

Peas

### Fresh Fruits and Berries

Blueberries

Apple

Cranberries

Mandarins

Strawberries

Raspberries

Sour cherries

Plum

Pear

Blackberries

Peach

Grapefruit

Oranges

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## Let's talk WellnessPro!

**WellnessPro's Health-Management Program** features a product line exclusively developed under the supervision of Professor William E. Wheeler. Professor Wheeler, with over 27 years experience, used the technology to make the most scientifically advanced nutrition products on the market today. The products are **100% Natural, Ecologically Clean, and Environmentally Friendly**. The products meet the highest international standards (GMP, NNFA, USP/NF). For more information, testimonials, and much more call toll free 973.854.6959!

**Our signature product is the WellnessPro's Balanced Nutrition Meal Replacement Shake for Women and Men** formulated to deliver gender specific vitamins, minerals, antioxidants, and fruit and vegetable extracts as well as **5 important proteins: whey protein concentrate, calcium caseinate, milk protein isolate, soy protein isolate, and soy extract.**

**WellnessPro's Dfense** cleanse your body, **with probiotics**, of harmful impurities, restore normal digestion, increase energy levels as well as support healthy skin, hair and nails.

**WellnessPro's Block n Burn** blocks the absorption of carbohydrates by up to 80%...just take an hour before eating.

**WellnessPro's Multivitamin** is formulated for Men and Women to deliver gender specific vitamins and minerals.

## Get Started!

- 1) [www.Wellnesspro.com/mhull](http://www.Wellnesspro.com/mhull)
- 2) Select 'Join' (Sponsor ID # 1130)
- 3) Click 'I agree'
- 4) Fill in the information
  - a. Be creative but short with your replicated website: [www.WellnessPro.com/](http://www.WellnessPro.com/) \_\_\_\_\_
- 5) Choose the 'Distributor Kit' for you.
  - a. Balanced Nutrition Meal Replacement Shake for Men or Women
  - b. Discount of future orders
  - c. Promotional items: WellnessPro lapel pin and Pen
  - d. A Replicated Website

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