



# Better Health

CHALLENGE

[YGYBETTERHEALTH.COM](http://YGYBETTERHEALTH.COM)

*Russell*  
**WILLIAMS**

**2018 GRAND CHAMPION**

**85**  
**POUNDS LOST!**

“Make a choice, make the commitment to yourself, stick to your goals, give yourself grace, give yourself love, give yourself the credit for your progress no matter how small. You are worth it!”





# I will achieve better health now

## MAKE THE COMMITMENT TO BETTER MYSELF

Welcome to the Better Health Challenge, and congratulations on taking an important first step! We're here to help you safely and effectively shed unwanted pounds, while achieving better overall health and wellness.

**And with our approach, you should feel good knowing you're not alone!** People everywhere are ready to lose weight and commit to healthier living. And it's much easier to succeed, and have **a lot more**

**fun** when you participate with fellow Youngevity Members around the world. Finally, you can commit to a program that gives you the **long-term results** you want.

And because we understand **not all routines fit all lifestyles**, we provide more diversified options with the Better Health Challenge. With different food programs to choose from, ongoing encouragement from fellow Challenge participants and Youngevity Nation Members, and great tips from our expert health coaches, you always have a **solid support system**.

At Youngevity, we believe in taking manageable steps to improve your life each and every day. In that spirit, we cordially invite you to join a weight loss challenge that gives you **better health now**. . .and for life.

**PAULA STERRET**  
2018 Finalist

**73 POUNDS LOST!**

**JENNIFER BAKER**  
2018 Grand Champion

**80 POUNDS LOST!**

**VICENTE GUITERREZ**  
2018 Finalist

**87 POUNDS LOST!**



## GET ONGOING SUPPORT FROM OUR EXPERT HEALTH & WELLNESS COACH

Your Health & Wellness Coach, Sanjeev Javia (pictured right), specializes in nutrition, exercise education and support for clients including Super Bowl MVPs, Stanley Cup Champions, MLB Hall of Famers and Olympic medalists.



### SANJEEV JAVIA EXPERT HEALTH & WELLNESS COACH

"My philosophy to health is pretty simple: do what you can, when you can, the best you can," says Sanjeev. "Although our weight loss program is simple to follow, the results are powerful thanks to Dr. Wallach's 90 essential nutrients."

## WINNERS & PRIZES

Because this challenge can truly have a life-changing impact, everyone who sticks to their program is ultimately a winner!



### GET A PRIZE FOR GETTING STARTED

When you purchase your weight loss kit, you'll receive a **Better Health Bracelet**, a daily reminder to stay on track and stay in touch. Give it 90 days (or more) and get the results you've always wanted. For Distributors, it's also a great conversation starter to help build your business.



### 9.0 CLUB

Down 9lbs?! You just earned **\$9 store credit!** Enroll in our Better Health Challenge, then share a current photo and your story on our Facebook, Twitter or Instagram. You're in our 9.0 Club!

Learn more at [www.YGYBetterHealth.com](http://www.YGYBetterHealth.com).



### SEMIFINALISTS & GRAND CHAMPIONS

At the end of each quarter, semifinalist winners will be selected from the individual and team option categories, and entered to win the Grand Champion prizes in September 2019. Semifinalists from Q3 and Q4 2018, as well as Q1 and Q2 2019 are eligible to for the 2019 Grand Champion Prizes.

#### ENTER TO WIN:

Enter to win within a cycle or stay in more than one to finish your goal.

**Cycle 1:** Jan - Mar

**Cycle 2:** Apr - June

**Cycle 3:** July - Sept

**Cycle 4:** Oct - Dec

## Better health challenge results!



Learn more at [www.YGYBetterHealth.com](http://www.YGYBetterHealth.com).

Prizes include: trip to Youngevity Convention in San Diego, photoshoot, prize pack, cash awards, and more!

# HOW THE BETTER HEALTH CHALLENGE WORKS

Because one size **does not fit all**, we give you **three programs to choose from**, so you can commit to a routine that's better for your lifestyle and better for **you**.

Once you choose a program, simply order the corresponding program kit and enroll. That's it. When you send us your results, you're eligible to win prizes and even cash, simply for losing weight and following your chosen program. Give it 90 days and see how good you can feel.



## Keto 90

Follow a ketogenic program that's low in carbs, with moderate protein and higher fat levels to leave you feeling full and satisfied.

- High fat
- Moderate protein
- Very low carbohydrate



## Rev 90

High-density, Low calorie. Take in fewer calories and get greater results on this program. Eat filling foods that are good for you and low calorie, too.

- High density
- Low calorie
- Fast results



## Wellness 90

Live healthier eating a balanced diet of healthy fruits, vegetables, nuts, lean proteins and fats.

- Healthy fats
- Lean protein
- Fruits & vegetables



## HEALTHY FOR LIFE

Each program recommends a **Healthy Body Start Pak** for 90 essential nutrients, and each comes with a kit that includes delicious protein shakes,

supplements, and other products that help fuel nutrition and support muscle. The programs also include 7-day meal plans and a myriad of recipes to help keep you on track to meet your goals.

## HOW YOU ENTER TO WIN

You can take on this challenge solo, or grab some friends and form a team! Either way, you'll need to register to join the challenge, and later

update your results with images, measurements, weight information, and your health journey story. Find everything you need at [YCYBetterHealth.com](http://YCYBetterHealth.com)!



# Keto 90 PROGRAM



A high-fat, moderate protein, low carb plan that gives you fast results, while leaving you full, but satisfied.

## HOW IT WORKS

This high-profile diet has many proven benefits for weight loss, health, and performance that millions of people have already experienced. **Low carbohydrate consumption** is the key element in all versions of the Ketogenic approach, which is designed to turn your body into a fat-burning machine.

### A very simple Ketogenic meal includes:

- A small amount of protein.
- A source of natural fat like butter, avocado, or nuts.
- Carbohydrates in the form of leafy greens and fibrous vegetables. The Keto 90 Program targets a daily intake of 15-30 grams of net carbs.

**(Net Carbs = Total Carbs - Total Fiber)**

## SAMPLE KETO 90 DAILY MEAL PLAN

### DAY 1

**Breakfast:** Slender Fx™ TrueKeto Strawberry Crème Shake

**Lunch:** Broccoli Bacon Salad with Onions & Coconut Cream

**Dinner:** Creamy Tomato Basil Chicken Zucchini Pasta

**Snack:** Slender Fx™ Keto Caramel Bar

### DAY 2

**Breakfast:** Eggs, Ham & Veggie Scramble

**Lunch:** Slender Fx™ TrueKeto Strawberry Crème Shake

**Dinner:** Thai Chicken & Cauliflower Rice

**Snack:** Slender Fx™ Keto Caramel Bar

Please visit [YGYBetterHealth.com](http://YGYBetterHealth.com) for recipes and a full list of suggested meal plans.



## KETO 90 PRODUCTS

Achieve optimal results with support from our Slender Fx™ TrueKeto Strawberry Crème Shake, Slender Fx™ Keto Caramel Bars, Slender Fx™ REV and Ultimate Mineral Caps.



# Rev 90

## PROGRAM

## SAMPLE REV 90 DAILY MEAL PLAN

### DIET PHASE

**Breakfast:** Coffee or Tea (no sugar) & Healthy Body Start Pak™

**Lunch:** FitShake™ Blueberry Smoothie

**Dinner:** Curry Shrimp & Cabbage Stir Fry

**Snack:** Water, Coffee or Tea (no sugar)

### TRANSITION PHASE

**Breakfast:** FitShake™ Blueberry Smoothie

**Lunch:** Chicken Strawberry Spinach Salad

**Dinner:** Thai Beef Skewers

**Side:** Spiced Coleslaw

Please visit [YGYBetterHealth.com](http://YGYBetterHealth.com) for recipes and a full list of suggested meal plans.

This high-density, low calorie approach offers filling food options with no unwanted calories.

### HOW IT WORKS

Targeted for **weight loss**, this program uses a simple set of nutrient-dense foods and portioned meals.

- Start by choosing foods from a select list and restricting your meals to lunch and dinner.
- To ensure you **get nutrition three times a day**, take your **Healthy Body Start Pak** in the morning with your black coffee, tea or other recommended beverages. For an easy solution try our **Be The Change Coffee Products**, which are a great way to start your day.
- **IMPORTANT:** Be sure to take your Youngevity Healthy Body Start Pak Supplements each day. Take Slender FX™ REV 15 minutes before breakfast, lunch and dinner.



## REV 90 PRODUCTS

Delicious protein sources like FitShake, Super Greens and Slender FX™ REV provide the necessary nutrients to ignite your metabolism.



# Wellness 90

## PROGRAM



A healthy plan full of fruits, vegetables, lean proteins, legumes and other healthy options will help your body feel its best.

### HOW IT WORKS

The **Wellness 90 Program** will help you lose weight with simple, balanced eating. Supported by a diet of colorful fruits and vegetables, nuts, lean proteins and healthy fats, it makes eating a simple balanced diet easy and convenient.

Your body needs **specific nutrients** to maintain healthy weight, improve mobility and enhance your overall health. Through well-designed combinations of colorful foods, this plan delivers complete and balanced nutrition for optimal wellness.

## SAMPLE WELLNESS 90 DAILY MEAL PLAN

### DAY 1

**Breakfast:** Almond Banana TMR™ Shake

**Lunch:** Green Salad with Spiced Chickpea 'Nuts'

**Dinner:** Roasted Salmon with Fennel & Cauliflower Rice

**Snack:** ½ Medium Apple with 1 Tbsp. Almond Butter

### DAY 2

**Breakfast:** Pumpkin Blueberry Breakfast Bars

**Lunch:** Beyond Tangy Tangerine Shake

**Dinner:** Tomato & Artichoke Gnocchi, Side Salad with Balsamic Vinegar

**Snack:** 2 Small Clementine Oranges

Please visit [YGYBetterHealth.com](http://YGYBetterHealth.com) for recipes and a full list of suggested meal plans.



### WELLNESS 90 PRODUCTS

Reach your goals with the help of TMR Vanilla Shake, Slender FX™ SweetEze, Slender FX™ REV and True Detox Tea.

# JOIN THE BETTER HEALTH CHALLENGE!

AND TRANSFORM YOUR BODY  
AND LIFE

TO SIGN UP AND LEARN MORE,  
VISIT [YGYBETTERHEALTH.COM](http://YGYBETTERHEALTH.COM) TODAY

**Erwin**  
**SOTO**

**2016 GRAND CHAMPION**

“I feel fantastic, like a new person. It’s transformed and completely changed my life. My weight loss has boosted my confidence. I feel like a teenager.”

800

**POUNDS LOST!**



YOUNGEVITY