

MySMARTSTART Kit

GETTING STARTED THE SMART WAY

The seven-day USANA MySmart™Start kit is an easy and convenient way to tackle your fitness goals. And the good news? You will see and feel a difference. Not only that, but we give you everything you need to succeed. Every day, simply replace any two meals with tasty MySmartShakes, fruits and veggies, and eat one low-glycemic meal of your choice (we even provide you with a list of foods to help you get the best results). You'll also enjoy 1–2 MySmartBars anytime each day. On top of this, we supply you with our award-winning supplements—our daily HealthPak™ pouches are included in this kit.

MYSMARTSTART CHECKLIST

- Morning MySmartShake (with your choice of Flavor Optimizer)
- AM HealthPak
- MySmartBar (choose 1 of 3 delicious choices)
- Low-glycemic meal or a MySmartShake
- MySmartBar or a serving of fruit or veggies
- Evening MySmartShake or a low-glycemic meal
- PM HealthPak

For best results, we suggest eating your low-glycemic meal for lunch.

SMARTIPS

- Stay hydrated by drinking water every day (4–6 glasses in addition to the water used to make your shakes)
- Avoid strenuous exercise during the program
- Eat 3 servings of fruit (a great addition to your shakes) and 3 servings of vegetables (as part of your low-glycemic meal)
- Walk for 20–30 minutes each day (about 3,000 steps)

The MySmart™Start fitness system lowers your daily caloric intake and recommends moderate exercise for best results. It is suggested that you take these products to your physician and secure their advice if you intend to change your diet, begin an exercise program, are pregnant or lactating, have allergies, are taking medications, or are under the care of a physician. Children under the age of 18 should not participate in the MySmartStart program, except on the advice of their health-care professional.