ARE YOU READY?

THERE ARE MANY VARIABLES THAT CAN AFFECT YOUR ABILITY TO LOOK AND FEEL BETTER.

LEARNING WHAT THESE VARIABLES ARE, AND HOW TO USE THEM TO YOUR ADVANTAGE, IS HALF THE BATTLE.

FOREVER F.I.T. 1 WILL TEACH YOU HOW TO CHANGE THE WAY YOU THINK...

...about food and exercise and provide you with the knowledge you need to get inspired and change your body for the better!

You CAN lose weight, you CAN look better and feel better than ever before, and you CAN make a permanent change for the better. Forever F.I.T. 1 will show you how.†

FOREVER F.I.T. 1 PAK INCLUDES:

- Forever Aloe Vera Gel®
  - 4X 1 Liter Bottles
- Forever PRO X2™ High Protein Bars
  - 10 Bars
- Forever Fiber™
  - 30 Packets
- Forever Garcinia Plus®
  - 70 Softgels
- Forever Lite Ultra® Shake Mix
  - 2X Pouches
- Forever Therm™
  - 60 Tablets

†Please consult with a licensed physician or other qualified healthcare professional for more in-depth information before beginning any exercise program or using any dietary supplement.
ACCELERATE YOUR WEIGHT LOSS.

Forever Lean®, Forever Garcinia Plus® and Forever Therm™ work synergistically by targeting the three variables that science has identified that lead to effective weight management, when used in conjunction with a healthy diet and exercise program.*

The ingredients in Forever Lean® have been shown to bind to fat in the digestive tract and help to reduce fat absorption in the body when taken before a meal.*

Forever Garcinia Plus® contains powerful ingredients that can assist in curbing cravings and hunger, thereby helping to limit the number of calories you consume.*

Forever Therm™ provides well-researched botanical extracts and nutrients that are proven to increase thermogenesis and boost your metabolism to help you burn more calories.*

TOGETHER WITH A BALANCED DIET AND MODERATE EXERCISE, THESE PRODUCTS CAN HELP TO SUPPORT HEALTHY WEIGHT LOSS AND ASSIST WITH LONG-TERM WEIGHT MANAGEMENT.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
YOUR DAILY ROUTINE FOR FOREVER F.I.T.1

WARM UP

Each time you exercise, it is essential to take the time to warm up and stretch to ensure an effective workout and reduce the possibility of injury. Complete the following to properly warm up your body.

+ 30 BACKWARD HIGH KNEES
+ 30 ANKLE WALKS
+ 30 FORWARD ARM CIRCLES
+ 30 BACKWARD ARM CIRCLES
+ 30 HIP CIRCLES
+ 30 STANDING ALTERNATE LEG RAISES

DON’T FORGET TO STRETCH

After working out, stretching is very important to help increase blood and nutrient supply to your muscles, reduce muscle soreness, support flexibility and lengthen muscle fibers and tissue. Complete the following stretches after each workout.

+ QUAD STRETCH
+ CALF STRETCH
+ TRICEPS STRETCH
+ BACK STRETCH
+ SHOULDER STRETCH
+ HIP FLEXOR STRETCH
+ HAMSTRING STRETCH
+ BICEP STRETCH
+ IT BAND STRETCH
+ CHEST STRETCH
+ ABDOMINAL STRETCH
+ GLUTE STRETCH

CARDIO

Throughout the Forever F.I.T. program, you’ll be asked to complete cardiovascular exercises. Cardio refers to any movement that helps increase heart rate and blood circulation. Cardio exercise can help boost metabolism, help support a healthy heart and can help you recover more quickly after strenuous exercise. Cardio includes:

+ RUNNING
+ HIKING
+ AEROBICS
+ TREADMILL
+ CYCLING
+ DANCING
+ SWIMMING
+ KICKBOXING
+ ELLIPTICAL OR STAIR STEPPER MACHINE

Please consult with a licensed physician or other qualified healthcare professional for more in-depth information before beginning any exercise program or using any dietary supplement.

To be effective...

Each stretch must be held for a minimum of 30 seconds. You may not need each stretch after each workout.

TO SEE PHOTOS AND VIDEOS OF ALL WARM-UPS, STRETCHES AND EXERCISES IN THE FOREVER F.I.T. PROGRAM, VISIT WWW.DISCOVERFOREVER.COM