

ARE YOU READY?

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.†

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
Aloe
Vera Gel®
4X 1 Liter
Bottles

Forever
PRO X2™ High
Protein Bars
10 Bars

Forever
Lite Ultra®
Shake Mix
2X Pouches

What your
F.I.T. 1 Pak
Includes:

Forever
Fiber™
30 Packets

Forever
Therm™
60 Tablets

Forever
Garcinia Plus®
70 Softgels

†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.



FOREVER GARCINIA PLUS® AND FOREVER THERM™ ARE INCLUDED IN THE FOREVER F.I.T.1 PAK. FOREVER LEAN® CAN BE PURCHASED SEPARATELY TO HELP ACCELERATE YOUR WEIGHT LOSS!

* 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



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

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



To be effective...

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



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