

# RESET

## team challenge

Lose Weight, Win BIG  
Starts January 30<sup>th</sup>

### 4 WEEKS TO A NEW YOU...

1. Create a team of 3 (*or register solo & we'll place you!*)
2. Commit to 4 weeks of hard work
3. Register & get initial weigh-in at Energie Gym
4. Jumpstart your weight loss with the 5-day RESET program

Each member of the winning team will receive:

Package of 4-Small Group Training sessions

1-month supply of USANA Essentials

Energie Gym T-shirt

**PLUS** the team will win \$100 cash toward a celebration dinner!

The Challenge includes:

- **Weekly seminars** on health, nutrition, & fitness
- Pre- and post- **measurements & weigh-in**
- **FREE** to enter + cost of product!

You do not need to be a member of Energie Gym to participate. To be eligible for prizes, teams must consist of 3 members, have all members present at weigh-in (pre & post), and submit a completed scorecard by Feb 28<sup>th</sup>. The team with the greatest combined loss (inches + % of weight) wins!

# RESET™

## Have You Ever Wished Your Body Had A Reset Button?

It's no secret that the key to effective weight loss is making positive changes in diet and exercise. However, making those healthy lifestyle changes and improving eating habits can often seem like an insurmountable task. With that in mind, USANA scientists developed The RESET™ weight-management program to help people jumpstart healthy eating habits and begin to make a clean break from unhealthy, high-glycemic foods.\*

### Five Days to a New You

The 5-Day RESET program is a nutritionally balanced program of macronutrients (high-quality protein, good carbohydrates, and healthy fats) and micronutrients (vitamins, minerals, and antioxidants). The program is simple—every day you drink three **Nutrimeal™** shakes and eat an Oatmeal Raisin **Nutrition Bar**, a Peanut Butter Crunch **Nutrition Bar**, a serving of fruit, and a serving of vegetables. You should also take the AM and PM **HealthPak™**, drink 64–80 ounces of water, and walk for approximately 20–30 minutes (about 3,000 steps) every day. The 5-Day RESET kit is available in a flavor variety pack—with a mixture of Dutch Chocolate, French Vanilla, and Wild Strawberry **Nutrimeal**—that includes everything you need:

- 15 single-serving pouches of **Nutrimeal**
- 5 Peanut Butter Crunch **Nutrition Bars**
- 5 Oatmeal Raisin **Nutrition Bars**
- 5 AM/PM **HealthPak** packets

To help you get the most out of **RESET**, the kit also comes with a helpful program guide, a motivational magnet, and an exclusive DVD packed with information and featuring a 30-minute fitness program with world-class athletes Jennifer Azzi and Derek Parra.

### Control the Cravings

Nutritional science has linked high-glycemic foods to the incidence of obesity, insulin resistance, and type 2 diabetes. All of the USANA® Foods in **RESET** are guaranteed to be low glycemic. As the foundation of a nutritious diet, low-glycemic foods release energy slowly and do not cause drastic blood glucose spikes and crashes. Therefore, you don't feel hungry as quickly, so you don't feel an overwhelming need to eat, which may help you lose weight.† In addition, the fiber content of **RESET** helps provide a long-lasting sense of fullness to help reduce hunger levels throughout the day.\*

### Lose the Pounds

The 5-Day **RESET** program is not about starvation. It is a nutritionally balanced, low-calorie system to help you lose the first few pounds and find the motivation to keep working toward your total weight-loss goal.\*

### Transform You!

After you have completed the first five days with the 5-Day **RESET** program, make the new healthy habits part of your lifestyle by choosing the next phase: **TRANSFORM!**

- Replace two meals with **Nutrimeal** shakes and eat one low-glycemic meal.
- Eat one USANA bar as a snack and one other low-glycemic snack.
- Follow a moderate exercise program.



Meals	5-Day RESET	TRANSFORM PHASE
<b>Breakfast</b>	<b>Nutrimeal shake</b>	<b>Nutrimeal shake</b>
<b>Snack</b>	<b>USANA bar</b>	<b>USANA bar</b>
<b>Lunch</b>	<b>Nutrimeal shake</b>	<b>Nutrimeal shake</b>
<b>Snack</b>	<b>USANA bar</b>	<b>Low-glycemic snack*</b>
<b>Dinner</b>	<b>Nutrimeal shake</b>	<b>Low-glycemic meal* with plenty of fresh vegetables and fruits</b>

\*These statements have not been evaluated by the Food and Drug Administration. The USANA Reset Weight-management System is not intended to diagnose, treat, cure, or prevent any disease.

†It is suggested that you take these products to your physician and secure his or her advice if you intend to change your diet, begin an exercise program, are pregnant, lactating, have allergies, are taking medications, or are under the care of a physician. The components of the USANA Reset Weight-Management System are FOODS, not DRUGS.

## RESET

- 15 Servings of Nutrimeal
- 5 Peanut Butter Crunch Nutrition Bars
- 5 Oatmeal Raisin Bars
- 5 Health Pak 100 AM/PM Packets
- 1 RESET DVD & Program Guide

**(\$99.95 + T/S)**

## TRANSFORM

- 5 Bags of Shakes of Your Choice (Chocolate, Vanilla, Strawberry)
- 2 Boxes of Bars of Your Choice (Peanut Butter Crunch, Oatmeal Raisin, Chocolate Fusion)

**(\$184.15 + T/S)**

## ENERGIE GYM

**3065 Northern Kingman, AZ 86409**

**Winners Announced February 29!**

**For more information & to register, visit:  
www.EnergieGym.com**



OneBody, Inc.