ARE YOUR 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 1Liter Bottles

Protein Bars 10 Bars

Forever PRO X^{2™} High

What your

Forever Fiber™

30 Packets

Forever Lite Ultra® Shake Mix

2X Pouches

F.I.T. 1 Pak Includes:

> 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.*



FOREVER GARCINIA PLUS®
AND FOREVER THERM™ ARE
INCLUDED IN THE FOREVER
F.I.T.1 PAK. FOREVER LEAN®
CAN BE PURCHASED
SEPARATELY TO HELF







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

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

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."

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

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
- * 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



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



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