

FIND THE NEW *you*



fit 3TM



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Exercise is not without its risks and this or any other exercise program may result in injury. Consult your physician and follow all safety instructions before beginning any exercise program and nutritional plan. As with any exercise program, if at any point during your program you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician. Results will vary depending on starting point as well as effort. Consistent exercise and a proper diet are necessary to get fit, feel fit and stay fit.

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Author's Disclaimer

The authors of Reliv's Nutrition Guidelines are not doctors. The advice the authors provide herein, is based on years of practical application, dealing with the needs of their own health and physique as well as the needs of others. Any recommendations the authors may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor(s) to ensure protection for client and Reliv International, Inc.



WHAT'S *your* WHY?

*A journey of a thousand miles begins
with a single step.*

— Lao Tzu

Joining the Fit3 program was the first step in your journey. But now it's time for the most important step – understanding WHY you joined Fit3 in the first place. Of course, you want to be healthier, but WHY? How will improving your health improve your life? How will you measure your success? It isn't likely that your success will be strictly measured by the number of kilos that you lose or strength that you gain. Your success will be measured by things that you must define.

Let's get real

Along with taking your before pictures, this may be one of the most uncomfortable parts about getting started with Fit3. This is where you have to get personal, real and honest with yourself. This is where you have to come to terms with your weaknesses, face your fears and embrace the vulnerability. Because if you don't know WHY you are really here, every nutrition choice you have to make will be agonising. Every minute of exercise will feel like punishment and resentment will outweigh the rewards.

Write a letter to yourself

During the first week of your Fit3 journey, you are going to write a letter to yourself. It will symbolize the commitment you have made to yourself and your investment in better health through Fit3. Take your time and really give this letter some thought. Answer the questions below and identify what will inspire you to keep going when you want to quit.

Sign and date the letter, and then have a friend or family member read and sign it too. Make copies and keep the letter with you to help you through the tough moments.

Not every day with Fit3 is awesome. In the beginning, you may have more challenges than you have victories. But as you progress and embrace new habits, the better days start to outnumber the difficult days. And before you know it, you don't even recognize the person you used to be.

The What's My Why worksheet on the following page will give you some things to think about and help you get started on your letter.



Answer the following questions as honestly as possible.

- What do you want to change?
- Why do you want to change?
- How do you want to feel?
- What is distracting you?
- What scares you?
- What really motivates you?

Check all the boxes that most closely relate to your health and fitness goals.

Get Fit.

Whether it's been a few months or several years, you want to get back on track and start exercising and eating smart.

- ☐ I want more energy.
- ☐ I want to live longer.
- ☐ I want to climb stairs without getting breathless.
- ☐ I want to play sports again or be more active.
- ☐ I want to walk or run a 5k or other race.
- ☐ Other _____.

Feel Fit.

Shopping used to be easier, but your clothes just don't fit right anymore. You're ready to feel better about yourself.

- ☐ I want to fit into my skinny jeans.
- ☐ I want my muscles to be more toned.
- ☐ I want to feel more confident in my clothes.
- ☐ I want to feel younger.
- ☐ Other _____.

Stay Fit.

You've tried the fad diets and gimmicks and you're tired of starting over. You want a realistic fitness and weight loss plan you can maintain for life.

- ☐ I want to lose a few kilos/centimetres without starving or spending hours at the gym.
- ☐ I want to learn how I can still eat my favourite foods and maintain my ideal body image.
- ☐ I want to age gracefully.
- ☐ I want to avoid getting sick and prevent health problems in the future.
- ☐ I want to boost my immune system.
- ☐ Other _____.

BEFORE & AFTER *photos*

Fit3 Photo Requirements

Before you break a sweat, strike a pose! Take your before photo now so that when you look back at yourself after 90 days you can say "Wow, look at the new me!" We've even got some photo tips to help you out.

Before You Snap That Photo...

- Wear workout clothing in solids or simple patterns with no logo or a minimal logo.
- Have a plain background – ideally outside with natural daylight (indoor flash usually makes for bad shadows!).
- Recruit a friend or family member to take high-resolution photos with a good camera or even on your smartphone – just turn it sideways.
- Email your photos in "actual size" so they are high-resolution to relivaumkt@relivinc.com.

Suggested poses: Face and shoulders – not smiling and smiling



Full body – Front, side, back, and an extra to show some personality!



Protein 15-20 gr.
(serving size 85g/size of your palm)

Chicken Breast
Turkey Breast
Salmon
Lean Beef
Tofu
Tuna
Pork Loin
Cottage Cheese (1 cup low fat)
Shellfish
Greek Yogurt (1 cup plain)
Egg Whites (3)
Dairy Milk/Soy milk (90mls = ½ serving)



Fruit about 75 cal/serving
(maximum serving size 1 cup/fist size)

Apples
Berries
Watermelon
Rockmelon
Oranges
Apricots
Grapes
Kiwi
Mango
Peach
Nectarine
Pear
Pineapple
Banana



Vegetables about 50 cal/serving
(minimum serving size 1 cup/fist size)

Artichokes
Asparagus
Beets
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Green Beans
Mushrooms
Onion
Capsicum
Pumpkin
Radishes
Romaine
Spinach
Squash
Tomatoes
Zucchini



Complex Carbohydrates, Grains & Starchy Vegetables
about 100 cal/serving (serving size ½ cup cooked)

Sweet Potatoes
Quinoa
Rice
Oats – rolled or steel cut
Potatoes
Peas
Beans
Lentils
Barley
Buckwheat
Amaranth
Pasta (whole grain)
Bread (whole grain) – 1-2 slices
Tortilla (whole grain) – 10" tortilla



Healthy Fats
Nuts/Seeds/Cheese/Fats
100-150 cal/serving (weigh or measure serving!)

Avocado – ½ fresh 100 cal
Almonds – 24 nuts 160 cal
Peanuts – 39 pcs. 170 cal
Pecans – ¼ cup 210 cal
Walnuts – ¼ cup 200 cal
Sunflower Seeds – ¼ cup 190 cal
Pumpkin Seeds – ¼ cup 190 cal
Chia Seeds – 1 Tablespoon 137 cal
Flax Seeds – 2 Tablespoons 150 cal
Peanut Butter – 2 Tablespoons 190 cal
Almond Butter – 2 Tablespoons 190 cal
Cheese (28grams, Cheddar, Mozzarella, Provolone, Monterey Jack) 115 cal
Olive Oil – 1 Tablespoon 120 cal
Coconut Oil – 1 Tablespoon 120 cal
Butter – 1 Tablespoon 102 cal
Salad Dressing – 2 Tablespoons (varies)
Hummus – 2 Tablespoons 60 cal
Whole Eggs (2) – 140 cal



Snack Ideas

Small banana (90 calories)
14 seedless red grapes (48 calories)
1 miniature box of raisins (45 calories)
1 small apple (52 calories)
Wholegrain corn thin (rice cake) & 60g cottage cheese (114 calories)
½ cup natural fat-free fruit yogurt (85 calories)
1 cup lowfat, low-sodium vegetable soup (90 calories)
½ an avocado, topped with pepper, and a spoonful of salsa (175 calories)

Nutrition Guidelines:

- This is a guide and you can be as creative as you want - just watch those calories.
- Shakes can be taken breakfast, lunch or dinner based on convenience.
- Weigh or measure foods.
- Reduce/eliminate Alcohol (alcohol consumption restricts weight loss).
- Tea & Coffee can be substituted for water (preferably without sugar & use skim milk) - add to your daily calorie intake.
- Download the My Fitness Pal app to help calculate what your daily calorie intake should be. Another good tool is www.calorieking.com.au. They both help track your food and exercise too.

Need to lose weight - replace 2 meals

Lost weight and want help to keep it off - replace 1 meal



Reliv ReShape 2 scoops = 1 shake (206 calories)

A deliciously satisfying creamy shake with 12 grams of non-GMO high quality soy protein and half of the recommended daily intake of most vitamins and minerals, which makes it easier to reach your nutritional needs.

Shake Day Planner (Sample)

Morning

- o Drink 1-2 glasses of water

Breakfast

- o Enjoy 2 level scoops of ReShape with 250ml of water

Mid-Morning Snack

- o 1 Snack Idea
- o Drink 1-2 glasses of water

Lunch

- o Enjoy 2 level scoops of ReShape with 250ml of water

Mid-Afternoon Snack

- o 1 Snack Idea
- o Drink 1-2 glasses of water

Dinner

- o Eat a healthy, balanced 400-600 calorie meal
- o Drink 1-2 glasses of water





Chocolate Covered Strawberry Shake

- 1 scoop ReShape
- ½ cup strawberry Greek yogurt
- ¾ cup frozen strawberries
- 1 cup unsweetened almond milk
- 1 tbsp. cocoa powder



Toning Green Smoothie

- 1 scoop Reliv FibRestore®
- 2 scoop ReShape or 1 scoop of Now®
- ½ cup coconut water
- 1/2 banana
- 1 cucumber
- 2 tbsp. of fresh ginger
- 1 tbsp. apple cider vinegar
- ½ cup ice



Reliv Berry Smoothie

- 2 scoop ReShape or 1 scoop of Now®
- 1 cup unsweetened almond milk
- ½ cup frozen berries
- ½ frozen banana
- 1 cup spinach

All Reliv products are designed to work together and can be added to your Reshape shake or enjoyed on their own in one of our healthy recipe ideas. Remember to add them to your daily calorie intake. Visit reliv.com.au or reliv.co.nz to see the Reliv product range.



ReShape Cookies

Yields 18 Servings

1 cup whole wheat flour

1 scoop ReShape

½ teaspoon baking soda

¼ teaspoon salt

½ cup peanut butter

1 egg

1 ½ tablespoons unsweetened almond milk

2 tablespoons honey

Preheat oven to 350 degrees.

Mix together dry ingredients in a medium-sized bowl.

Add peanut butter, egg, almond milk and honey and stir until combined. May need to add more liquid if still crumbly.

Scoop 1 inch balls or use a cookie press.

Bake for 7-10 minutes until golden.



ReShape Chia Seed Pancakes

Yields 1 Serving

½ mashed banana

2 egg whites

1 scoop ReShape

2 tsp. chia seeds

1/8 tsp. vanilla extract

½ tsp. baking powder

1 Tbs. whole wheat flour or gluten-free alternative

1 Tbs. almond milk

Directions: Mash the banana, mix in all the other ingredients. Heat a small drop of coconut oil in a large skillet pan over medium-low heat. Pour to make small pancakes like above or one large pancake. When bubbles start to surface, flip! Keep an eye on the other side — when it's golden you are done! Serve.

Flavors: Add a spoonful of powdered peanut butter or a dash of cinnamon for a different flavor! Don't like chia seeds? Just remove them from the recipe!

Toppings: Drizzle with a bit of honey, pure maple syrup, unsweetened plain Greek yogurt, or top with lots of fruit!



CALORIES _____

Ⓛ = LUNCH

SUNDAY	B	S	L	S	D	WEIGHT TRAINING	WEIGH & LOG FOOD	READ A FITNESS ARTICLE
						CARDIO	TRY A NEW RECIPE	SLEEP
						WATER 2 LITRES		

BODY *measurements*

Date	Weight	Chest	Waist	Upper Arm	Hip	Thigh

Body Measurement Instructions

1. You're going to lose centimeters, so be sure to track them every week or at least monthly to celebrate every win!
2. Upper Arm: measure between the shoulder and elbow with your arm at your side
3. Chest: measure below the pecs/breasts, with arms extended out to sides
4. Waist: measure at the narrowest point above your belly button, but below your breast bone (sternum)
5. Hips: measure at the widest point of the hip or buttock region, with heels of feet together
6. Thigh: measure at the maximal width of the thigh

Tape Measure Tips

Remember that your measurements are only as good as your technique. Observe these guidelines:

1. Make sure the tape measure is even. A crooked tape gives crooked readings.
2. For the abdomen and waist, maintain normal breathing and take the reading at mid breath.
3. Take measurements directly against the skin where possible. Otherwise, wear something form-fitting. Bulky clothes will add inches to your measurements.
4. Pull the tape so that it's snug. Don't force it or pull it too tight. This will give you an artificially low reading.
5. Take measurements between meals. This will ensure your stomach is not distended and falsely increase the reading.
6. Need help? Ask a friend or family member to take your measurements.



Believe in yourself and you will be unstoppable.



fit3TM