



# *Healthy aging starts with Reliv.*

A guide to maximizing the benefits of Reliv's Healthy Aging Systems  
and living your best life at any age.

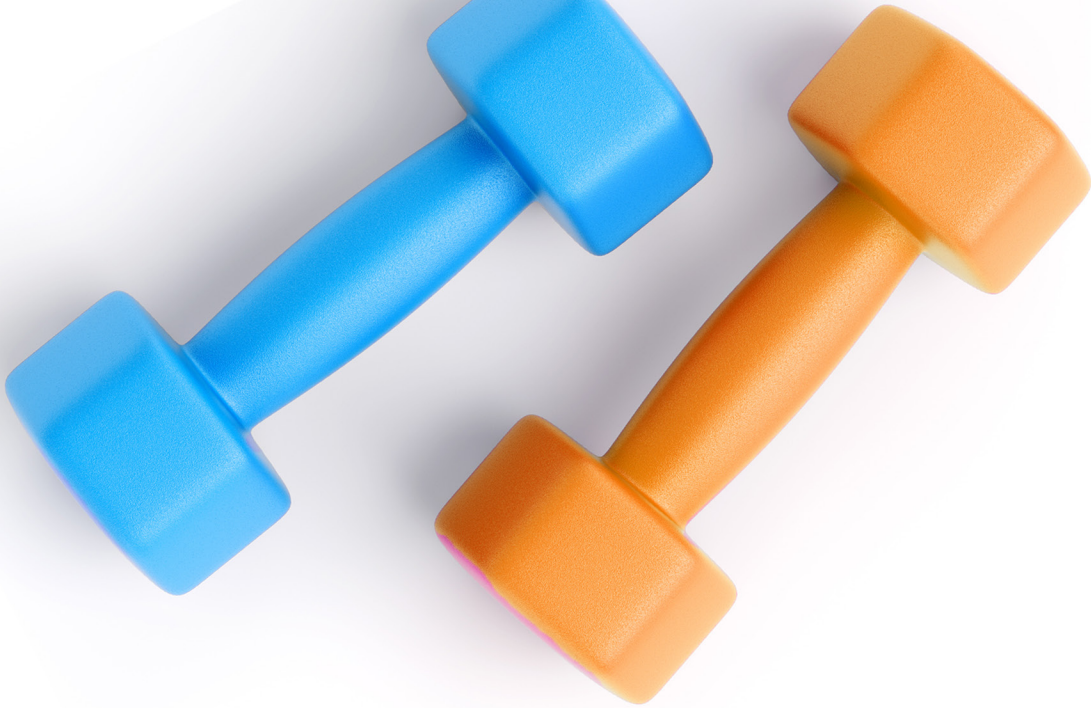


## Contents

- 03 INTRODUCTION
- 04 HEALTHY AGING SYSTEMS OVERVIEW
- 06 WHEN DO I TAKE EACH PRODUCT?
- 08 PERSONALIZE YOUR HEALTHY AGING SYSTEM
- 09 CREATE A HABIT
- 10 WHAT IF I GET OFF TRACK?
- 11 NUTRITION
- 16 MOVEMENT
- 18 COMMUNITY
- 19 STRESS MANAGEMENT
- 20 SLEEP
- 21 RECIPES
- 22 CONCLUSION







## Welcome

Congratulations! By purchasing a Reliv Healthy Aging System you have made a valuable investment in your healthy aging journey.

There's a lot of talk about healthy aging these days, but what does it even mean? It's not just about making it to your 90<sup>th</sup> or 100<sup>th</sup> birthday — it's about feeling good every single day along the way. And that's what we're here to help you do. We have all the tools and resources you need to help you live your best life.

In this guide we will cover nutrition, movement, community-building, stress management, sleep, and more. We have recipes and tips for incorporating healthy foods into your diet; exercises that will get you moving in no time flat; tips for connecting with others; techniques for managing stress so that it doesn't take over your life; tips for sleeping better than ever before; and so much more! And of course, how to maximize the Reliv Healthy Aging Systems. It's all here, so let's get started.



# Healthy Aging Systems Overview

Time is a precious commodity, and as you age, you become more aware of how quickly it passes. Feeling good is the key to enjoying each moment and each day to its fullest.

Reliv Healthy Aging Systems take the guesswork out of which products to choose and feature products strategically paired to optimize the aging process. There's no one-size-fits-all solution when it comes to supporting your health and wellness as you age. That's why we offer three different Healthy Aging Systems, each designed to meet you where you are in your journey and help you achieve your unique health goals. Whether you're just getting started or you're looking to take your health to the next level, Reliv's systems combine science-based nutrition with the power of nature to offer you solutions to help you **feel better today, function better tomorrow, and age better forever.**

## FEEL BETTER **TODAY** SYSTEM



### Fill nutritional gaps while staying hydrated and energized

Give yourself an edge throughout the day, filling nutritional gaps while supporting immunity and managing stress.\* With this powerful system, stay energized for longer to do more of what excites you.

-  Daily Nutrients
-  Gut Health
-  Energy

*\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



## FUNCTION BETTER TOMORROW SYSTEM



### Achieve long-lasting wellness while optimizing nutrition

Step up your efforts and keep your body functioning at its very best. Building on the benefits of Reliv's Today System, this system also features LunaRich®, The Healthy Aging Factor, designed to proactively interrupt the aging process\* so you enjoy long-lasting wellness!

-  Daily Nutrients
-  Gut Health
-  Energy
-  Cellular Health






## AGE BETTER FOREVER SYSTEM



### Your answer to peak performance and healthy aging

Go all in with the ultimate investment in your healthy aging journey to promote longevity from the inside out. Building on the benefits of Reliv's Tomorrow System, this system also contains ReversAge® to further disrupt cellular aging\* and keep your body functioning at peak performance so you can live your best life your whole life.

By choosing to take charge of your health and wellness with one of Reliv's Healthy Aging Systems you are poised to absorb each day with vitality and energy. Your body, mind, and those you show up for will thank you!

-  Daily Nutrients
-  Gut Health
-  Energy
-  Cellular Health
-  Longevity

*\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*



## *When do I take each product?*

Taking care of your health and wellness requires a comprehensive approach that addresses your body's needs throughout the day. That's why it's important to take your daily nutrition, energy supplements, and healthy aging products at the right time of day to support your body's unique needs.

### **MORNING: Reliv Now® and Fibrestore® (All Systems)**

In the morning, it's important to start your day off on the right foot with a healthy dose of core nutrition and fiber. This helps kick-start your metabolism and gives you the energy you need to tackle your day. Fiber also helps support healthy digestion and can help keep you feeling full throughout the morning.

Reliv Now® contains essential vitamins and minerals, and includes LunaRich® to support your immune system and promote healthy cholesterol levels and inflammatory response.\*

FibRestore® fills in your daily fiber gaps and is formulated with 10 grams of soluble and insoluble fiber per serving to help you feel fuller without the extra calories. FibRestore® also contains a unique and well-tolerated strain of probiotics (Bacillus coagulans), which adds an additional layer of health and protection for your gut.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





**MID DAY: Innergize!® Go (All Systems)**

At some point during the day (it could be mid-morning, after lunch, or mid-afternoon) you may start to feel a dip in your energy levels. This is where Innergize! Go comes in to help you power through the rest of your day, giving you the boost you need to stay focused and alert when you need it the most.

Innergize!® Go gives you even energy that keeps you going without the crash or unwanted side effects of harsh stimulants used in typical energy drinks. Unique added benefits include a premium hydration component that restores balance to your body, combating the diuretic effect of caffeine, and helping you rehydrate after traveling, exercising, or other strenuous activities.

**BEDTIME: LunaRich® & Reversage® (Function Better Tomorrow & Age Better Forever Systems)**

At night, your body naturally repairs and regenerates as you sleep. Taking healthy aging products during this time can support this restorative process and help your body recover.

LunaRich® contains liquid lunasin, the first dietary ingredient identified with a known epigenetic mechanism to act on the pathways involved in aging, and promotes youthful gene expression\*, defends against cellular aging\*, supports cellular energy and helps maintain healthy DNA\*, protects cells from oxidative damage\*, reduces inflammation related to exercise and activity\*, provides cardio-protective benefits\*, and supports youthful skin appearance (reduces puffiness)\*.

Reversage® is a patented formula that addresses aging at every level and enhances overall wellness, formulated with an exclusive blend of herbs and antioxidants to promote longevity from the inside out.\* Antioxidants CoQ10 and resveratrol fight free radicals to slow down the aging process.\* The longevity complex battles hormonal decline to help you look and feel younger, and promote mental focus.\*



FEEL BETTER <b>TODAY</b> SYSTEM	morning	morning	midday		
FUNCTION BETTER <b>TOMORROW</b> SYSTEM	morning	morning	midday	bedtime	
AGE BETTER <b>FOREVER</b> SYSTEM	morning	morning	midday	bedtime	bedtime

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



*Personalize your  
healthy aging system*

As we age, our health needs change, and it is important to have a personalized approach to meet those needs. Each person's healthy aging journey is unique, and Reliv offers additional products to personalize your Healthy Aging System to meet your individual health goals.

Reliv's Targeted Solutions are designed to complement any of our Healthy Aging Systems or may be used individually for personalized support. Whether you are looking to support joint health, improve cognitive function, or support your immune system, we have targeted products to meet your needs.

---

#### TARGETED SOLUTIONS

---



**Joint Health**



**Heart Health**



**Blood Sugar Support**



**Immunity**



**Cellular Health**



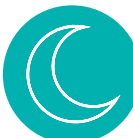
**Performance**



**Women's Wellness**



**Energy**



**Sleep Support**



**Cognitive Support**



**Kids' Nutrition**





## Create a Habit

Taking the products in your Healthy Aging System consistently and at the right times is crucial to achieving the best results. Below are some tips to help you create a habit of taking your products regularly:

### SET A REMINDER

The easiest way to remember to take your products regularly is to set a reminder. Use your phone's alarm or a reminder app to alert you at the same time every day. This way, you'll be less likely to forget.

### KEEP YOUR PRODUCTS VISIBLE

Keep your products in a visible place, such as on your kitchen counter, so you'll be reminded to take them every time you pass by. Consider arranging your products in an organizing bin or on a pretty tray to match your decor. This will not only remind you to take them but also add a personal touch to your home.

### TRAVEL WITH YOUR PRODUCTS

If you're planning to travel, make sure to pack your products. And don't forget to set a reminder to take them at the right times, especially if you're traveling.

### STAY ACCOUNTABLE

Find an accountability partner. It could be your spouse, friend, or family member. Share your goals and progress with them and ask them to check in with you regularly to make sure you're staying on track.

### KEEP TRACK OF YOUR PROGRESS

Use a calendar or journal to track your progress and celebrate your successes. This will help you stay motivated and committed to taking your products regularly.

### HABIT STACKING

Habit stacking is a technique that involves linking a new habit you want to form with an existing habit that you already do consistently. By doing this, you create a mental association between the two habits, making it easier to remember to do the new habit consistently. Consider taking your products with a healthy snack or beverage that you enjoy during the day. This will make it a more enjoyable experience and help you look forward to taking them every day.

By following these tips, you'll be on your way to creating a habit of taking your Healthy Aging Systems products regularly and reaping the benefits of a healthier, happier you!



## *What if I get off track?*

It's normal to occasionally forget or get off track with taking your products. Life can be busy and unpredictable, and sometimes things slip through the cracks. But the good news is that you can always pick right back up where you left off!

### **DON'T BEAT YOURSELF UP**

First and foremost, don't beat yourself up. It's okay to slip up every now and then. We're only human, and it's important to give ourselves grace and forgiveness.

### **START AGAIN**

The best thing you can do is start again. Don't let a missed day or two turn into weeks or months of neglecting your health. Start again as soon as you remember, and commit to taking your products regularly going forward.

### **KEEP A SUPPLY ON HAND**

Make sure you always have a supply of the products in your Healthy Aging System on hand. This way, you'll be less likely to run out and have to go without them. Signing up for autoship is a great way to make sure you never run out of your favorite Reliv products and save money!

**Remember, it's never too late to start again!**





## Nutrition

### TIPS

- Incorporate more whole foods into your diet, such as fruits, vegetables, whole grains, and lean proteins.
- Plan your meals ahead of time to ensure you're getting a balanced diet.
- Choose high-protein, low-sugar snacks to keep your energy levels up throughout the day.
- Be mindful of portion sizes, as eating too much can lead to weight gain and other health issues.
- Drink plenty of water throughout the day to stay hydrated.

A balanced diet based on whole foods can help you maintain optimal health as you age. Incorporating more fruits, vegetables, whole grains, and lean proteins into your meals can provide you with essential nutrients and help you feel fuller for longer periods. To ensure you're getting a balanced diet, plan your meals ahead of time. This can help you avoid reaching for unhealthy options when you're pressed for time.

Choosing high-protein, low-sugar snacks can help keep your energy levels up throughout the day. These options provide you with a healthy boost of energy without the crash that comes with sugary snacks. It's also important to be mindful of portion sizes, as eating too much can lead to weight gain and other health issues. Pay attention to how much you're eating and try to stop when you feel full.

Finally, drinking plenty of water throughout the day is essential for staying hydrated and maintaining good health. Not only does drinking water help keep your body functioning properly, but it can also help you feel fuller, reduce cravings, and avoid overeating. Make sure to drink water with every meal and keep a water bottle with you throughout the day.



**The Mediterranean Diet** is a great starting point for anyone looking to adopt healthier eating habits. It's not a strict diet, but rather a set of guidelines that can lead to a healthier lifestyle. It emphasizes whole, minimally processed foods, such as fruits, vegetables, whole grains, legumes, nuts, and seeds, as well as healthy fats, such as olive oil and fatty fish.

The benefits of the Mediterranean diet include:

### 1. REDUCED RISK OF CHRONIC DISEASE

Research has shown that the Mediterranean diet can help reduce the risk of chronic diseases, such as heart disease, type 2 diabetes, and certain types of cancer. This is likely due to the high levels of antioxidants, fiber, and healthy fats found in the diet.

### 2. IMPROVED COGNITIVE FUNCTION

Studies have also found that the Mediterranean diet may help improve cognitive function and reduce the risk of cognitive decline as we age. This may be due in part to the diet's high levels of omega-3 fatty acids and other nutrients that support brain health.

### 3. STRONGER BONES

The Mediterranean diet is also rich in nutrients that are important for bone health, such as calcium, vitamin D, and magnesium. This can help reduce the risk of osteoporosis and other bone-related conditions.

### 4. BETTER DIGESTIVE HEALTH

The Mediterranean diet is high in fiber, which can help improve digestive health and reduce the risk of gastrointestinal disorders, such as constipation and diverticulitis.

### 5. IMPROVED OVERALL HEALTH AND WELL-BEING

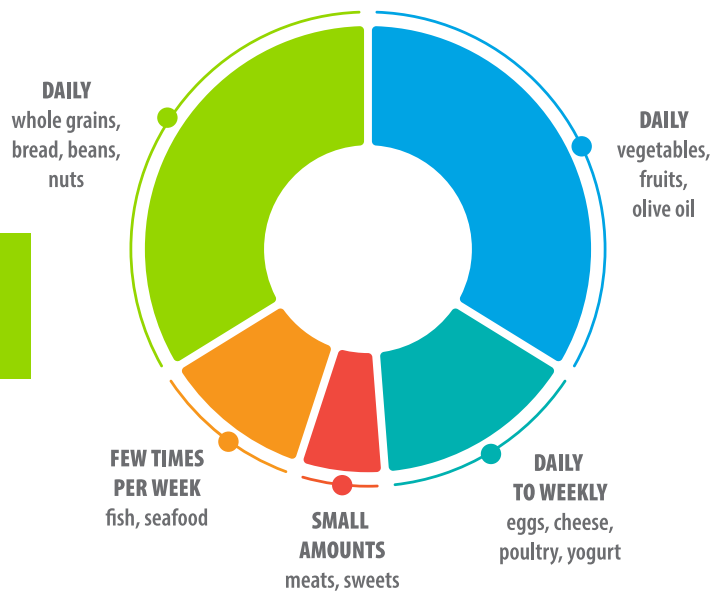
Finally, the Mediterranean diet has been shown to improve overall health and well-being, including reducing inflammation, improving sleep quality, and promoting a healthy weight. By following these guidelines below, you can promote heart health, support healthy blood sugar levels, and keep your brain healthy.



MEDITERRANEAN DIET



## MEDITERRANEAN DIET



### WHAT TO EAT

The Mediterranean Diet emphasizes whole, minimally processed foods. Focus on eating a variety of:

**Vegetables:** tomatoes, broccoli, kale, spinach, onions, cauliflower, carrots, brussels sprouts, cucumbers, potatoes, etc.

**Fruits:** apples, bananas, oranges, pears, strawberries, grapes, dates, figs, etc.

**Whole grains:** brown rice, quinoa, whole-grain bread, whole-grain pasta, etc.

**Legumes:** soy, chickpeas, lentils, beans, etc.

**Nuts and seeds:** almonds, walnuts, sunflower seeds, etc.

**Healthy fats:** olive oil, avocado, etc.

**Fish and seafood:** salmon, tuna, shrimp, etc.

**Herbs and spices:** garlic, basil, rosemary, oregano, etc.



### WHAT TO AVOID

**Processed meats:** hot dogs, bacon, sausage, etc.

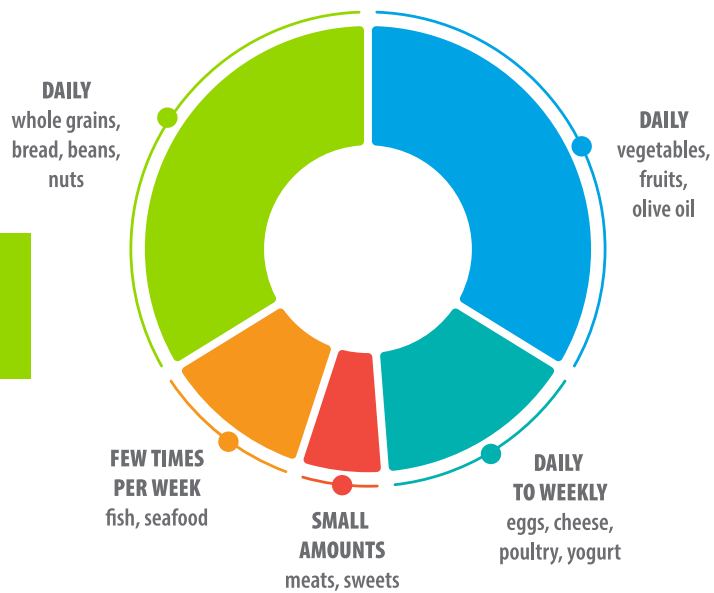
**Heavily processed foods:** frozen meals with high sodium, sugary desserts, candy, etc.

**Sugary beverages:** soda, sweet tea, etc.

**Processed cheeses:** American cheese, cheese spreads, etc.

**Refined grains:** white bread, white pasta, etc.

## MEDITERRANEAN DIET



### EAT IN MODERATION

**Poultry:** Poultry is a good source of protein, however, it is also a source of saturated fat, which can contribute to high cholesterol levels and increase the risk of heart disease when consumed in excess.

**Eggs:** Eggs are a great source of high-quality protein, vitamins, and minerals, however, one large egg contains about 186 milligrams of cholesterol, which is more than half of the recommended daily limit.

**Yogurt and Cheese:** Yogurt and cheese are good sources of calcium, protein, and other essential vitamins and minerals, however, they can also be high in saturated fat and sodium, which can increase the risk of heart disease and other health problems when consumed in excess.

### QUICK SWAPS

**Olive oil instead of butter:** This is an easy way to get some of those heart-healthy fats without drastically changing your routine.

**Raw nuts instead of processed snacks:** Raw nuts contain healthy fats, fiber, and protein. They can help keep you feeling full and satisfied between meals, and they also provide a variety of vitamins and minerals. Almonds, walnuts, and pistachios are great options to choose from.

**Fruit as dessert:** Know what's in season and have that instead of your nightly scoop of ice cream or chocolate bar.

**Oatmeal with fruit for breakfast:** This is an easy and much lighter option than something like cereal or pancakes.

**Whole-grain bread or other whole grains instead of white bread:** Whole-grain bread helps keep blood sugar levels stable and can help you feel full and satisfied longer. Other whole-grain options to try include quinoa, brown rice, and whole-grain pasta.

**Water, sparkling water, or unsweetened tea instead of sugary drinks:** Consuming too much added sugar can contribute to weight gain, insulin resistance, and other health problems. Water, sparkling water, and unsweetened tea are much healthier beverage choices because they are calorie-free and do not contain added sugars.



## MEDITERRANEAN DIET SHOPPING LIST

### Vegetables

The Mediterranean lifestyle focuses on the use of seasonal fresh vegetables. Frozen and canned veggies that are low-sodium are also okay to consume.

#### Must-have

- Garlic
- Onions/Spring Onions
- Leafy Greens
- Tomato (fresh, canned, sauce...)

#### Other

- Asparagus
- Artichokes
- Beets
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Eggplant
- Green Beans
- Mushrooms
- Olives
- Peas
- Squash (including zucchini)
- \_\_\_\_\_
- \_\_\_\_\_

### Nuts and Seeds

Nuts and seeds are used in cooking and also as snacks. They are a good source protein, fiber, and healthy fats.

- Walnuts
- Almonds
- Cashews
- Flax
- Peanuts
- Pine Nuts
- Pumpkin Seeds (Pepitas)
- Sunflower Seeds
- \_\_\_\_\_
- \_\_\_\_\_

### Healthy Oils/Fats

Quality extra virgin olive oil is the main fat used in our Mediterranean cooking. We use Greek extra virgin olive oils from organically grown and processed Koroneiki olives.

- Extra virgin olive oil
- Avocado Oil
- Grape Seed Oil
- Ghee (clarified butter, not very often)
- \_\_\_\_\_
- \_\_\_\_\_

### Dairy and Eggs

In the Mediterranean lifestyle, dairy, including a variety of cheeses, are enjoyed in moderation. Choose traditional "real" cheese and avoid highly processed cheeses.

- Yogurt (Greek yogurt preferred)
- Cheeses such as feta, ricotta and fresh mozzarella, burrata, Parmesan
- Eggs, preferably organic, free range
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Fruits

Fruits are a good source of energy and helpful to weight control. Include fresh fruit, dried fruit, and frozen without added sugars.

- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Cherries
- Dates
- Figs
- Grapes
- Lemons (used regularly)
- Melon
- Oranges
- Peaches
- Plums
- Pomegranates
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Beans and Legumes

Beans are used regularly in eating the Mediterranean way. They are budget-friendly, and a good source of fiber and protein. When using canned beans and legumes, opt for low-sodium. And be sure to rinse and drain before using.

- Black Beans
- Chickpeas (Garbanzo)
- Hummus
- Kidney Beans
- Lentils
- Pinto Beans
- White Beans (Cannellini)
- Soy Protein Products
- \_\_\_\_\_

### Herbs and Spices

Perhaps the most exciting part about eating the Mediterranean way is the generous use of fresh herbs and quality spices, which add bold and exciting flavor without the use of too much salt nor adding extra fat.

- Basil
- Bay Leaves
- Cilantro
- Mint
- Parsley
- Oregano

Spices such as Aleppo pepper, Allspice, cumin, coriander, harissa, paprika, sumac, turmeric, za'atar and more. Visit our shop for all natural and organic Mediterranean spices on [TheMediterraneanDish.com](http://TheMediterraneanDish.com)

### Grains and Such

Among other benefits, grains are a good source of fiber, vitamin Bs, and minerals. As much as possible, use wholegrain products, which are said to help with weight management and reduce the risk of heart disease.

- Barley
- Bulgur
- Freekah
- Couscous
- Oatmeal
- Pasta
- Polenta
- Quinoa
- Rice
- Breads (we use whole grain, or pita)
- \_\_\_\_\_

### Seafood

Fish is a good source of lean protein. Oily fish like wild salmon provide a great deal of Omega 3s. Eating the Mediterranean way allows you to incorporate fish and seafood at least twice a week (consult your physician). As much as possible, choose wild fish. Frozen fish is fine to use.

- Small fatty fish, such as sardines
- White fish such as cod
- Wild salmon
- Shell fish such as crab, shrimp, and lobster
- Tuna (including quality low sodium canned tuna)
- \_\_\_\_\_
- \_\_\_\_\_



## *Movement*

Regular physical activity is crucial to maintaining optimal health and wellbeing as we grow older. Finding physical activities that you enjoy can make it easier to stick to an exercise routine. Whether it's dancing, hiking, or cycling, there are plenty of ways to get moving and stay active.

To maintain good health, aim to get at least 30 minutes of moderate exercise most days of the week. This can include activities like brisk walking, jogging, or swimming. If you're just starting, begin with shorter sessions and gradually increase the length and intensity of your workouts.

Incorporating strength training exercises, such as weight lifting or yoga, can improve metabolic health, help you maintain function and prevent injury. Strength training also helps improve muscle mass and bone density, which can help prevent age-related muscle loss and reduce the risk of osteoporosis.



Finding ways to move when you are sitting and reducing sedentary behaviors are important steps to minimize your inactivity. In today's world, many of us spend a significant amount of time sitting, whether it be for work or leisure. However, prolonged sitting can have negative effects on our health, including an increased risk of obesity, heart disease, and diabetes. One way to combat this is to find ways to move more throughout the day. This can include taking frequent breaks to stand up and stretch, walking around the office or home, or using a standing desk. Additionally, incorporating physical activity into your daily routine, such as going for a walk or taking a fitness class, can help reduce sedentary behaviors and improve overall health. Making small changes to your daily routine can have a big impact on your health and well-being, so it's important to prioritize movement and minimize inactivity whenever possible.

Consider tracking your activity levels with a fitness tracker or app to stay motivated. This can help you set goals, monitor your progress, and stay accountable. Remember, it's never too late to start incorporating movement into your daily routine. By finding activities you enjoy and making small changes, you can support your body's natural aging process and enjoy a healthier, more active lifestyle.

## TIPS

Aim for at least 150 minutes of moderate-intensity aerobic exercise per week. This can include activities such as brisk walking, cycling, or swimming.

Incorporate muscle-strengthening activities at least two days per week. This can include weightlifting, resistance band exercises, or bodyweight exercises such as push-ups and squats.

Break up long periods of sitting with short bursts of activity. Take frequent breaks to stand up, stretch, or walk around.

Find activities that you enjoy and make them a regular part of your routine. This can help you stay motivated and committed to regular exercise.

Gradually increase the intensity and duration of your workouts over time. This can help you avoid injury and improve your fitness level.

If you have any health concerns or medical conditions, consult with your healthcare provider before starting a new exercise program.





#### TIPS

- Make time to connect with friends and family regularly, whether it's through phone calls, video chats, or in-person visits.
- Join a club or organization related to your interests to meet new people and build your social network.
- Volunteer for a cause you care about to give back to your community.
- Attend social events or networking opportunities to expand your circle.

## Community

Maintaining a strong social support system is an essential part of healthy aging. Whether it's through video chats, phone calls, or in-person visits, staying connected with friends and family can help reduce stress and promote overall well being.

Joining a club or organization related to your interests is a great way to meet new people and build your social network. This can help you stay engaged and connected with others who share similar hobbies or passions.

Volunteering for a cause you care about is a rewarding way to give back to your community and make a positive impact. This can also provide opportunities to meet new people and build meaningful connections.

Attending social events or networking opportunities is another way to expand your circle and stay engaged with others. Whether it's attending a community event, joining a business networking group, or taking a class, there are plenty of ways to stay connected and build new relationships.

Remember, staying connected with others is an essential part of healthy aging. By finding ways to stay engaged and build meaningful connections, you can support your overall wellbeing!





# Stress Management

## TIPS

- Practice mindfulness techniques, such as deep breathing or meditation, to reduce stress and anxiety.
- Take breaks throughout the day to recharge, such as going for a walk or reading a book.
- Identify your stress triggers and find ways to cope with them, such as talking to a friend or practicing relaxation techniques.
- Set boundaries around work and personal time to ensure you're not overextending yourself.
- Consider seeking professional help, such as therapy, if you're struggling to manage your stress levels yourself.

Stress can have a significant impact on our overall health and wellbeing, particularly as we age. Incorporating stress management techniques into your daily routine can help reduce anxiety and promote a sense of calm.

One effective stress management technique is practicing mindfulness, such as deep breathing or meditation. This can help you stay present in the moment and reduce the impact of stress on your mind and body.

Taking breaks throughout the day to recharge is another effective way to manage stress. Whether it's going for a walk, reading a book, or practicing yoga, taking time for yourself can help reduce stress levels and promote relaxation.

Identifying your stress triggers and finding ways to cope with them is also important. This may involve talking to a friend, practicing relaxation techniques, or seeking professional help if needed.

Setting boundaries around work and personal time is another effective way to manage stress. This can help ensure you're not overextending yourself and allow you to prioritize self-care and relaxation.

Finally, consider seeking professional help, such as therapy, if you're struggling to manage your stress levels. A mental health professional can provide support and guidance to help you better manage stress and promote overall wellbeing.



#### TIPS

- Establish a consistent bedtime routine to signal to your body that it's time to sleep.
- Avoid screens, such as phones or TVs, for at least an hour before bed to reduce exposure to blue light.
- Create a comfortable sleep environment, such as keeping your bedroom cool and dark.
- Aim for 7-9 hours of sleep per night to ensure you're getting enough rest.
- If you struggle with sleep, consider talking to your doctor or a sleep specialist for advice.

## Sleep

Getting enough quality sleep is essential for overall health and wellbeing, particularly as we age. Incorporating healthy sleep habits into your routine can help improve the quality of your sleep and promote better overall health.

One effective sleep habit is establishing a consistent bedtime routine. This can help signal to your body that it's time to sleep and promote relaxation. This may involve activities such as reading a book, taking a warm bath, or practicing relaxation techniques.

Avoiding screens, such as phones or TVs, for at least an hour before bed can also help reduce exposure to blue light, which can disrupt sleep patterns. Instead, consider engaging in relaxing activities such as reading or listening to calming music.

Creating a comfortable sleep environment can also promote better sleep. This may involve keeping your bedroom cool and dark, investing in comfortable bedding and pillows, or using a white noise machine to block out any disruptive sounds.

Aim for 7-9 hours of sleep per night to ensure you're getting enough rest. If you struggle with sleep, consider talking to your doctor or a sleep specialist for advice. They can help identify any underlying issues that may be impacting your sleep and provide guidance on effective treatments.



# Recipes



## BERRY BLAST SMOOTHIE

1 scoop Reliv Now®  
1 cup unsweetened almond milk  
½ cup frozen berries  
½ frozen banana  
1 cup spinach



## STRAWBERRY ORANGE SUNRISE

1 banana  
1 cup frozen strawberries  
1 small orange  
½ cup plain Greek yogurt  
1 scoop Reliv Now®  
1 scoop FibRestore®  
Ice



## GOOD MORNING MOCHACCINO

½ cup cold coffee  
½ cup soy milk  
1 scoop Reliv Now®  
1 tbsp. cocoa powder  
1 tsp. instant coffee granules  
1 tsp. stevia  
½ cup crushed ice



## DREAMY LEMON CREAM PROTEIN

1 scoop Reliv® Now  
½ scoop Innergize!® Lemon  
½ cup cottage cheese  
2 Tablespoons lemon juice  
1 teaspoon vanilla extract  
1 teaspoon sweetener (or to taste)  
¾ cup water  
¾ cup ice



## TONING GREEN SMOOTHIE

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



## FIBRESTORE REFRESHER

½ cup plain Greek yogurt  
1 cup frozen blueberries  
1 scoop FibRestore  
4 prunes  
1 cup water  
Ice





## Conclusion

**LIVE YOUR BEST LIFE AT ANY AGE!**

By incorporating these tips into your daily routine, you can start building healthy habits that will support your vitality and wellbeing as you age. Remember, healthy aging is a journey, and it's never too early, or too late, to start taking care of yourself. With the Reliv Healthy Aging Systems you have the tools and support you need to live your best life at any age!