

FEEL *Great* WITH **GetFit** 
Creating Healthy Lifestyles

JOIN THE METABOLIC HEALTH AND MINDSET PROGRAM

Science Based Strategies for
Improved Health and Fitness





- ✓ Are you ready to improve your metabolic health?
- ✓ Have you been frustrated trying to lose weight?
- ✓ Do you think you know what to do but just are not doing it?





The Key Pillars of GetFit21



Nutrition

We'll show you what (and how) to eat to see improvements in your weight and metabolic health.



Exercise

We'll help you find the right kind of exercise that you enjoy and feel good doing, so it doesn't require discipline to exercise.



Supplementation

You will learn why integrating specific, targeted nutritional supplements are critical to achieving optimal metabolic health.



Lifestyle

You'll learn the most important elements in developing the type of mindset that is crucial to living a healthy lifestyle.

What is GetFit21?

GetFit21 is a 21-day metabolic health and fitness program that will transform the way you look at your health and your life. You'll connect with a certified coach and a group of like-minded individuals and get the encouragement, education, and accountability you need to make the kind of life change that lasts.

GetFit21 isn't a quick fix diet plan. It's the foundation for developing positive habits for a lifelong commitment to better health.

Who is GetFit21 For?

GetFit21 is for anyone who is ready to make necessary changes to improve their life and health. All ages, levels of fitness, and quality of health are welcome. Our focus is on improving your metabolic health and supporting you in achieving your personal goals.

Benefits of GetFit21



Every second there are 10,000 chemical reactions taking place in your body influencing every part of your health. When you improve your metabolic health, every bodily function improves. You will look better, feel better and live a better quality of life.

GetFit21 provides the following measurable health benefits.

- ✓ Promotes Fat Loss
- ✓ Improves Muscle Tone
- ✓ Helps Support Healthy Blood Sugar Levels
- ✓ Helps Improve Blood Pressure
- ✓ Helps Maintain Healthy Lipid Levels

People who complete a GetFit21 program often notice these changes in their lives:

- ✓ More Energy
- ✓ Improved Sleep
- ✓ Enhanced Strength and Fitness
- ✓ Less Aches and Pains

Because GetFit21 focuses on teaching you healthy habits that you can use for the rest of your life, many participants enjoy these benefits over the long term:

- ✓ Improved Overall Health and Fitness
- ✓ Higher Self Confidence
- ✓ Feel Great
- ✓ Are Happier



GetFit21 Coaches

Working with a GetFit21 coach means you're working with someone certified to help you reach your goals. You'll receive daily targeted advice, answers to your nutrition and fitness questions, encouragement, accountability, and support throughout your Program.

Your Program Team

You won't be doing this alone. Your GetFit21 Program Team will be beside you every step of the way, offering support, accountability and encouragement.

A Secret Facebook Accountability Group



All GetFit21 participants receive access to high quality training guides and targeted advice from certified coaches.

Our guides include...



The Metabolic Nutrition Guide

Everything you need to know to make healthy food choices to improve your metabolic health.



Healthy Nutrition Ideas

Enjoy many recipes for delicious low sugar, protein and fiber blended beverages.



100 Low-Carb Recipes

100 simple, delicious, and healthy low-carb recipes.



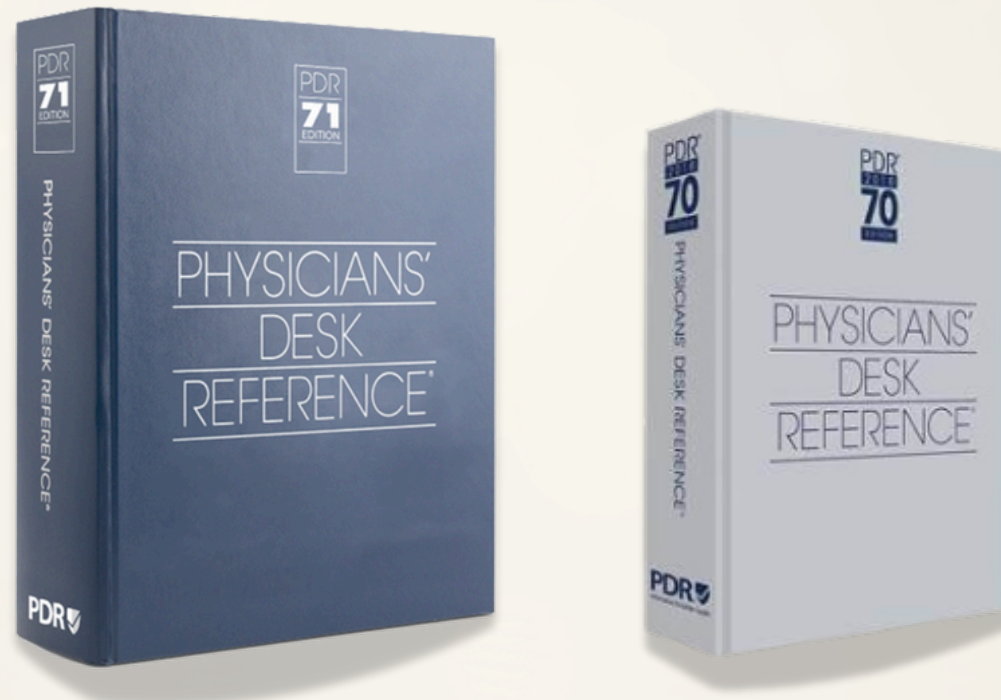
Bodyweight Exercise Guides

Expertly designed body weight exercise routines geared to your fitness level.



 healthpracticeadvisors

EAT... **DRINK...** **SHRINK...**



PHYSICIAN RECOMMENDED SUPPLEMENTATION FOR HEALTH AND FITNESS

Working with thousands of clients has taught us that integrating science-based supplementation can make habit change easier, creating faster progress and securing long-term healthier results. The Integrative Coaching Program, GetFit21 incorporates NON-PHARMACEUTICAL, medically endorsed supplementation that is published in Prestigious Medical Journals as well as the Physicians Desk Reference (PDR).



BALANCE

A Delicious Pre-Meal Drink for Glucose, Insulin, Cholesterol & Gut Support

Balances Blood Sugar

- Decreases Insulin Resistance
- Lowers HbA1c
- Increases Energy / No Stimulants

Facilitates Weight / Inch / Fat Loss

- Reduces Appetite / Diminishes Cravings
- Improves Digestion & Bowel Function
- Promotes Healthy Gut Bacteria

Balances Cholesterol

- Lowers LDL (Bad Cholesterol)
- Increases HDL (Good Cholesterol)
- Lowers Triglycerides

Special Features

- Safe for Children
- Gluten Free / Kosher
- Listed in Physicians Desk Reference
- 30 Year Track Record of Efficacy and Safety



The 7 Mechanisms of BALANCE

1) BALANCE Reduces Appetite and Cravings

Balance contains a patented fiber matrix that forms a soft gel solution in your stomach. This creates a feeling of fullness which reduces your appetite and prevents overeating. When taken before a meal, this also slows absorption of the food you eat. This simple concept is helping people feel full sooner and eat less.

2) BALANCE Absorbs and Removes Fat

The patented fiber matrix found in Balance binds with the fat from the food you eat. This reduces the amount of fat being absorbed by your body – and safely removes it from your system.

3) BALANCE Promotes Fat Burning

Taking Balance before a meal slows the rate glucose is released into your bloodstream, which reduces the amount of insulin the body needs. With lower insulin levels your body enters a “Fat Burning Zone” that allows you to burn the fat stored in your fat cells.

4) BALANCE Normalizes Blood Sugar, Lowers HbA1c, Decreases Insulin Resistance

It controls the glycemic response to meals while decreasing Insulin Resistance and Lowering HbA1c.

5) BALANCE Lowers Triglycerides

Triglycerides are a type of fat found in your blood. High triglyceride levels increase your risk of heart attack, stroke, diabetes, and obesity. Balance has been clinically proven to reduce triglyceride levels by an average of 40 percent in just 60 days.

6) BALANCE Improves Total Cholesterol, HDL and LDL

It is well known that high LDL or bad cholesterol and low HDL or good cholesterol increase the risk of heart attack and stroke. New research shows that high LDL levels also contribute to obesity and weight gain. On average, Balance reduces LDL 31% and increases HDL 29%.

7) BALANCE Decreases Leptin Resistance

Leptin is one of the communication links between your fat cells and your brain. When working properly, the brain stops craving food when it senses adequate leptin in the body. After taking Balance regularly, your fat cells and brain begin to communicate again, reducing cravings and appetite, increasing energy and ultimately leading to fat loss.

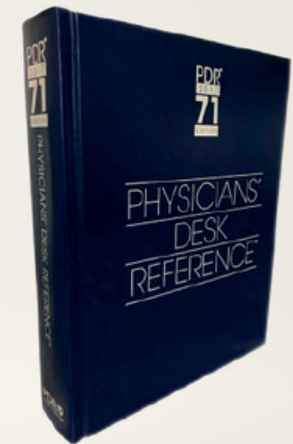




UNIMATE

A Pleasant Drink to Improve Cognitive Health

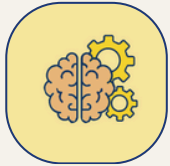
- Eliminates Cravings
- Accelerates Weight Loss
- Reduces Appetite
- Improves Cognition
- Elevates Mood
- Enhances Endurance
- Amplifies Focus
- Supports Healthy Cholesterol and Blood Sugar Levels
- Stimulates GLP 1 Hormone Naturally
- Promotes Ketone Production
- Makes Intermittent Fasting EASY!
- Sugar Free
- Listed in the Physicians Desk Reference
- Kosher



BENEFITS



Supports feelings of well-being*



Supports healthy cognitive processes*



Helps maintain endurance and stamina*



Promotes satiety*



Supports weight-management efforts*



Promotes the body's ketone production*

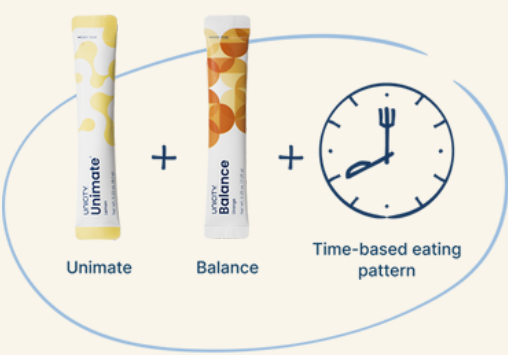
FEATURES

- ✓ High-quality, purified, ultra-concentrated yerba mate
- ✓ Rich source of
 - Chlorogenic acids
 - Theobromine
 - Mate saponins
 - Antioxidants
- ✓ Convenient single-serving packets
- ✓ No added sugar (sweetened with stevia)
- ✓ Kosher certified



OUR APPROACH

Feel Great is designed to bridge the gap between where you are and where you want to be. The Feel Great approach is simple.



THE PRODUCTS

UNIMATE

Get up and go with Unimate. This highly concentrated yerba mate drink contains a unique blend of plant compounds known to:



- Improve mood
- Boost energy
- Heighten mental clarity
- Suppress appetite
- Plus, it's sugar free!

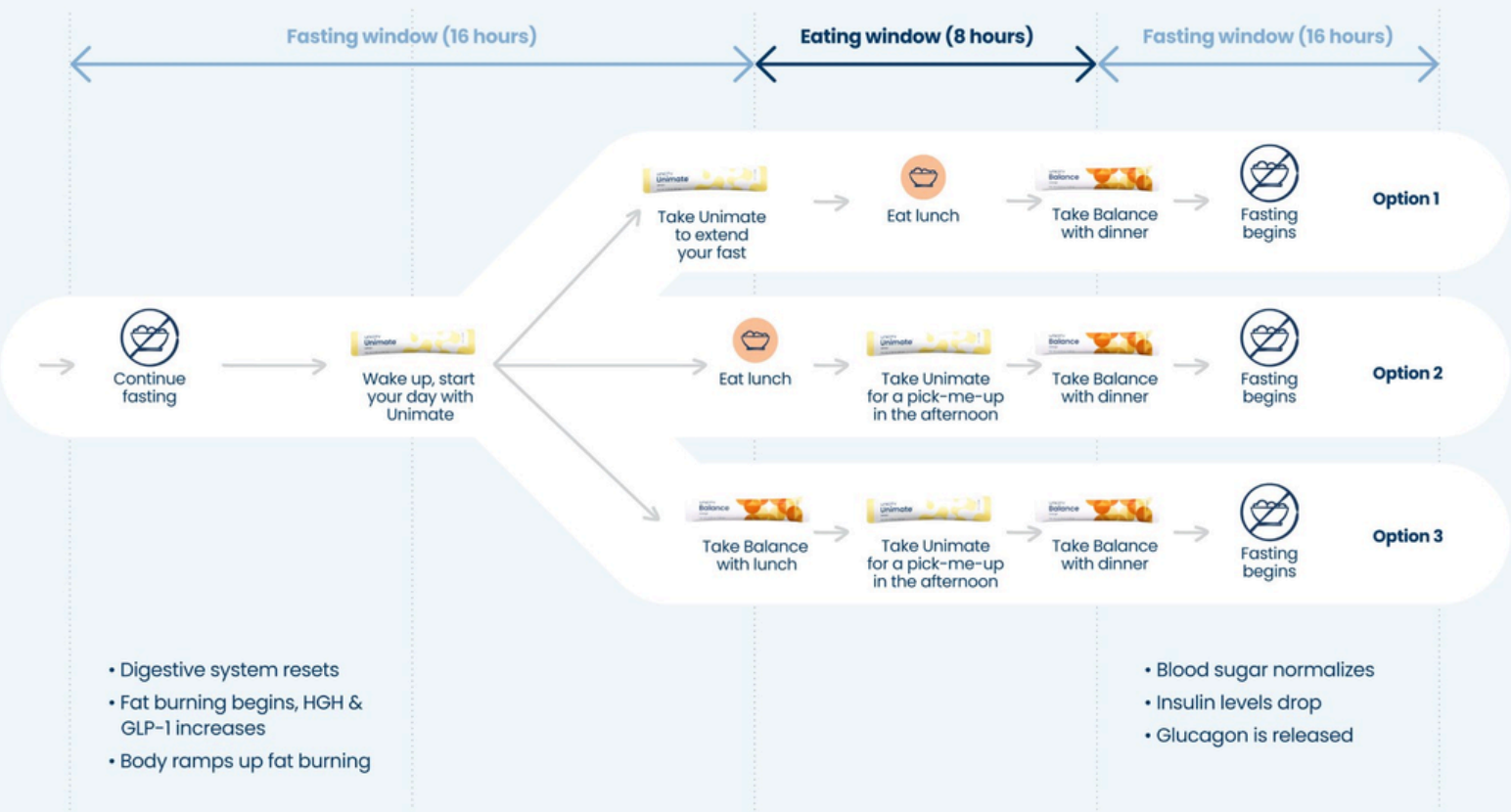
BALANCE

Balance is the smart solution to balanced nutrition. This patented blend of fibers, nutrients, and plant compounds are specifically designed to:



- Slow carbohydrate absorption so you stay full longer
- Promote proper digestion and cholesterol absorption
- Provide 9 essential vitamins and minerals

HOW TO USE FEEL GREAT FASTING



HOW TO USE FEEL FEEL GREAT



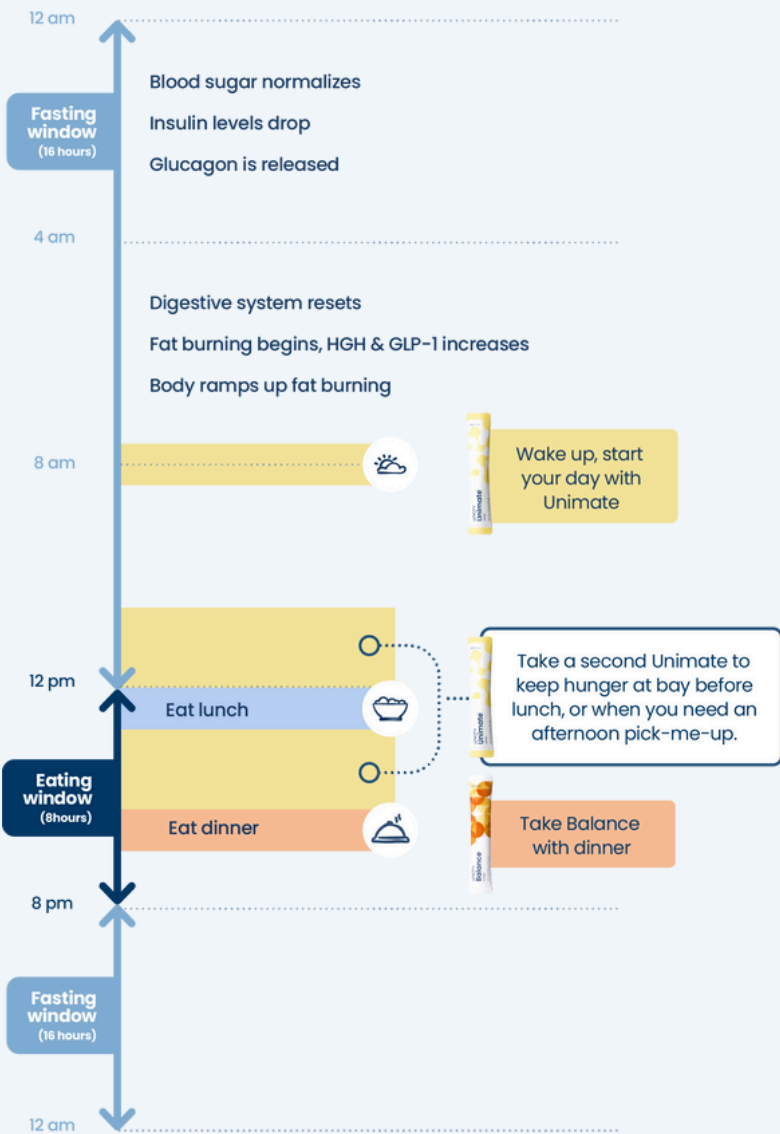
THE PRACTICE

Time-based eating, often referred to as intermittent fasting, has been associated with numerous health benefits:

- Healthy blood pressure
- Improved heart health
- Improved body composition

Sounds great, right? Well, it's easier said than done. The trouble with intermittent fasting is that it is HARD. Few people are able to stick with the practice long enough to achieve real results.

That is where Feel Great comes in. Uimate and Balance work together to help you extend the time between dinner and your first meal of the following day.



HOW IT WORKS

7 AM – 9 PM:

Start your day with Uimate. Uimate boosts your morning's focus and energy without breaking your fast.



11 AM – 4 PM:

Have Uimate again with lunch to support satiety or as an afternoon pick-me-up, before your workout, or anytime during your eating window!



6 PM – 8 PM:

Drink Balance with dinner (or your heaviest meal of the day) to slow the impact of the carbohydrates you consume.



8 PM:

Start your fast after dinner and wait 16 hours before your next meal.



REAL PEOPLE... REAL RESULTS...



I'm down 4 lbs which I think is amazing for me and feel great. I drink my Unimate in the morning and after lunch during afternoon and have balance before dinner. I have less cravings and I don't eat before noon or usually after 8 pm unless it's an occasional weekend. I'm so happy.

KARIN G.

I have been searching for a sustainable health and fitness program that fits into my lifestyle for the long time. What I love about your program is that it is adaptable to the individual. For the first time a very complex challenge in my life has become clear. I can see all the pieces coming together into something that works for me and still holds me accountable for the long term. I've now lost 39 lbs and a ton of inches.

JENNIFER M.

Today is the first time in months (almost years!) that I woke up feeling energized, lighter instead of bloated, & ready to tackle the day with a positive attitude! I'm going to bed feeling satisfied with no hunger pains and no need for snacking. That's a big change for me. I'm not only feeling accountable & committed to myself, but also to you!

DIANE A.

I just got my blood test results back and it's the first time in 15 years that my Alc is in the normal range and I lost 9 Pounds!! So thank you very much! That BALANCE really works! WOW! I actually have only been doing it once a day anyway, and it still got me back in the normal range! The doctor asked if I changed anything and I told her I am drinking this BALANCE POWDER and she said everything was good for the first time in years and to keep on using it! I'm Ready for another box please. Thanks VERY Much.

PAM P.

Today marks exactly 2 weeks and it has really changed my life! I think I had an undiagnosed case of IBS (not failure of the dr but failure to actually go to the dr). Drinking the balance before dinner (which is also the meal I usually end up making not so healthy choices) helps with a lot of the symptoms that I knew mirrored IBS but was just living and dealing with. Even my boyfriend has started drinking the Unimate regularly and asks me to make one for him every morning when I'm getting mine ready. He tried the balance a few times and said it isn't bad but he doesn't ask for it the way he asks for the Unimate!

AMANDA P.

GetFit21 has forever changed my life. I feel amazing, my cravings are gone and I am in control of my body again. This program is truly for everyone!

KENDRA H.

I am a 69 year old woman and I live in Florida. I am extremely active for my age! I play tennis 7 days a week. Before I started using the program I was drinking Diet Coke every morning! Being afraid to switch, I tried the Unimate! Wow.... It worked amazing and not only does it taste great.. but it gives me the energy I need! I also take the balance before my meals. I feel great, and I am down 5 lbs. and haven't been this weight in 9 years. My friends ask me how I look this good....so now they too are now enjoying the benefits of this amazing feel great system! Hey, if I could do it, anyone could. I am a true believer and so grateful to Jan for sharing this!

JODY A.

I'm so excited today! I reached my goal and didn't really think it was possible because I can never get those last few pounds off. But I did it. I seriously haven't been this weight since before I was married, thirty years ago! Thanks to you and the GetFit21 day program. I was able to lose weight and fat, and gain muscle at the same time. I feel amazing and have the energy I had was I was in my 20's.

MONICA W.

I am very happy with my results. I now feel armed with the information to better control my health. Yesterday had to cinch up my belt on my suit. It felt good. I have tried many things over the years. Including a \$5000 week long trip to Florida to participate in the corporate athlete program. None have been as effective, nor taught me as much as GetFit21. I'm down 17 lbs. and 7.5 inches. I am a true believer. Thank you! Thank you!

BARRY H.

Since I've been on the Feel Great System, I'm feeling more energy and definitely more clarity... which is great... because I've of late been misplacing things and forgetting lots of stuff... I also will tell you that my stomach is felling flatter as well!!! My sleeping has improved too...

SALLY P.

I started this program in Oct, and I have lost 31 lbs... I feel energetic, full & satiated! The intermittent fasting is something I have never tried before & in conjunction with the balance & Unimate I am never craving anything!!! I love the taste & if I ever forget it in my house, I am actually missing it!!!! It has become a way of life for me in such a short time I cannot imagine not drinking it!!! I highly recommend!!!

CHERYL M.

I have been searching for a sustainable health and fitness program that fits into my lifestyle for the long time. What I love about your program is that it is adaptable to the individual. For the first time a very complex challenge in my life has become clear. I can see all the pieces coming together into something that works for me and still holds me accountable for the long term. I've now lost 39 lbs and a ton of inches.

JENNIFER M.



**Your Health Is Your Most Precious Asset.
Don't Put Off What Your Future Self Will Thank You For.
Begin Today!**