



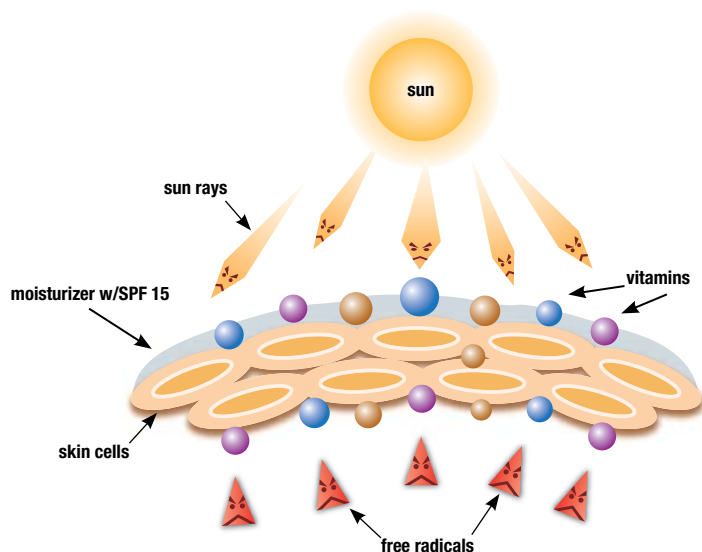
Skin Activator®:
Protects against
free radicals

Strong sunlight generates free radicals in the skin. The exposed parts of the body, particularly the face, are where the signs of aging show most.

To guard ourselves against free radical attacks, we must have a diet filled with antioxidants, vitamins and nutrients, and also protect our skin with moisturizers containing at least an SPF 15.



**Triple Berry
Complex:**
Super-powered
antioxidant support



HEALTHY LIVING

Exercise

Regular exercise is important to burn calories, build muscle mass and keep flexible. It's also good for the heart and lungs, and it is one of the best stress reducers available.



To exercise properly:

- Aim for at least 30 minutes a day of regular exercise that gets your heart pumping. If you can't do 30 minutes all at one time, break your exercise up into a couple of sessions

- Do some strength training exercises 2-3 times a week to build up your muscles
- Stretch every day to keep flexible
- Make sure to replace not just fluids that are lost in perspiration, but also important minerals, like electrolytes, which help your muscles work. Instead of water, use sports drinks or special products like H³O® Fitness Drink mix designed for hydration



H³O® Fitness
Drink mix: Energize,
Hydrate and Protect

Rest, relaxation and stress management

Stress management and adequate rest are critical for a healthy mind and body.

TIP

To achieve rest, relaxation, and stress management:

- Learn techniques to help you de-stress – talk to a friend, take a break from what you're doing, take a walk, try yoga or meditation
- Try to sleep on a regular schedule and aim for 7-8 hours of sleep a night