Hello USANA!

Is there any doubt that we are "In Good Company," here at USANA? Not long ago, at one of USANA's Gold Retreats, I met a young, enthusiastic couple who had paid their own way from beautiful Brisbane, Australia to the US so that they could attend the Gold Retreat and see USANA's home office. Ian and Teresa King, impressed me with the sacrifice they made to be a part of the event, but I was even more impressed when I started to learn about their experience in the health and fitness industry. It became apparent that these two individuals were not your average couple.

Ian King is an Australian strength coach and former power lifting champion who has trained world-class athletes on four continents. A certified strength-and- conditioning specialist, he has a bachelor's degree in movement science and a postgraduate diploma in education from the University of Queensland. He has been asked to train elite athletes and entire teams around the world, and is a USANA Gold Director.

But, even more impressive, Ian is the author of "The Book of Muscle: the World's Most Authoritative Guide to Building Your Body." The book was published under the Men's Health logo, but it is excellent for women and is a beautiful -- coffee table quality -- book. I believe the power in the book is that it contains 3 x 6 month programs, one each at the beginner, intermediate and advanced level. And that these programs are based on Ian's superior program design methods, which give the reader superior results. The content is also well researched, well written and has fantastic photography.

Lyle MacWilliam's "Comparative Guide" ranks USANA's Essentials as the #1 nutritional supplement in North America, and it is obvious that we are when you begin to see the quality of the individuals (like the Kings) who have attached their good name and reputation to Dr. Wentz's vision.

Teresa and Ian King are two of the thousands of Associates who leave me grateful to be "In Good Company!"

Brett A. Blake
Vice President, Marketing
USANA Health Sciences