



Jump start your healthy new lifestyle with a simple, nutritionally balanced 5-day program.

5-Day Jump Start



Experience continued improvement as you introduce one low-GI meal back into your daily diet.

Phase 1 Transform



Maintain optimal health as you enjoy two delicious low-GI meals each day.

Phase 2 Maintain



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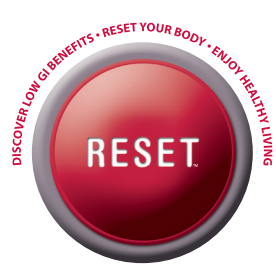
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USANA 12-Week RESET™ Program

Simple and convenient to follow, the **USANA RESET™ Program** takes the guesswork out of obtaining good nutrition and offers three core health benefits:

1. Discover Low GI Benefits
2. RESET Your Body
3. Enjoy Healthy Living

The **5-Day Jump Start** is an intense phase to kick off the program. Follow with **Phase 1 Transform** for continued improvement, and then **Phase 2 Maintain** to help you consolidate your new, healthier lifestyle. With your purchase of a Phase 1 or 2 product pack, you will receive member access to the **Healthy for Life ANZ Program** - a unique online tool that will support you on your journey to a healthy lifestyle.

To find out more about the **USANA 12-Week RESET™ Program** and what steps you can take to improve your health, visit www.usana.com/resetanz

It is possible to **RESET** your body, contact me to find out how

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Content approved for Australia and New Zealand.



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