



OPTAVIA™



The Optimal
Weight 5 & 1 Plan®
An Introduction



Joining

It's so easy to join OPTAVIA™

Getting started is easy. Once you enroll in our program you'll receive all the most popular Fuelings to get you going, along with lifestyle guides and tips. Everything comes directly to your doorstep and most people start the very next day.

As a member of **OPTAVIA Premier™** you'll receive your Fuelings on a monthly basis to keep you in a gentle, but effective fat burning state while on the Optimal Weight 5 & 1 Plan®, as well as other benefits like free or reduced shipping and Rewards.* In your first month you'll start to find your favorite Fuelings and see some new things you'll want to try. With more than 60 Fuelings to choose from, including shakes and bars, mac & cheese and smashed potatoes, and everything in between, there's something for everyone.

About three weeks into your program we will celebrate all the progress you've already made and I will teach you how to customize your second order. As you get to know what you like you'll enjoy placing your own orders based on the choices you love and what works best for your lifestyle. Our goal is to help you reach & maintain your healthy weight, so we'll be working together every step of the way to help you stay on track.

*Terms and conditions apply.

OPTIMAL WEIGHT

5 & 1 Plan®

Proven nutrition gets you where you want to go. **OPTAVIA** Coaches™ make sure you never go it alone. The Optimal Weight 5 & 1 Plan is perfect for you; it's a proven system that's simple and easy to follow. When you know what optimal nutrition looks like, healthy eating becomes second nature.

Let me show you the reasons why over 1 million people have chosen our program to help them increase their health, confidence and vitality.





Daily Support

Your **OPTAVIA Coach™** is always there for you

Study after study shows that support and guidance increase your chances of success in losing weight.* That's why one of the biggest differences we offer is your very own **OPTAVIA Coach** and I'm here to support you!

I'll be there to guide you and help you develop healthy new habits and make healthy decisions that lead to lifelong transformation. I will support and guide you and I will also keep you accountable. We'll celebrate all your successes together, the little ones and the big ones.

I'll contact you every week to talk about all the progress you've made; knowing that call is coming helps keep you on track! Our community is so important, so from time to time we will connect to others for tips to help you along your transformation.

Community

The **OPTAVIA™ Community** is really inspiring

As your **OPTAVIA Coach**, I'll be your main point of support and we'll be part of the **OPTAVIA Community** together, which is full of thousands of like-minded, like-hearted people that help and encourage each other.

We have local and virtual community events, support calls, video calls, and an amazing Nutrition Support team. I know you're going to love our delicious well balanced and family friendly recipes. There are so many to try!

We also have dedicated Facebook pages that you can join, to connect with others on the journey to Optimal Health™. We find it's a great place to share your triumphs, encourage each other, and ask questions.

*Appel, L.J., et al., Comparative effectiveness of weight-loss interventions in clinical practice. N Engl J Med. 2011. 365(2): P. 1959-68.

Proven Nutrition

OPTAVIA™ makes nutrition simple

OPTAVIA gets your body healthy. With the Optimal Weight 5 & 1 Plan®, your body enters a gentle but efficient fat burning state, which is essential for helping you achieve a healthy weight.

You'll enjoy six small meals a day, five of them are delicious, scientifically-designed **OPTAVIA** Fuelings and the sixth meal consists of cooked lean protein and veggies, it's what we call the lean and green meal. It's a healthy amount of lean protein and three servings of non-starchy vegetables. You will also drink 64 oz. of water a day. Staying hydrated is essential to health and helps fight food cravings.

It's a proven system and it's easy to follow. All **OPTAVIA** Fuelings are nutritionally interchangeable so you can grab whatever you enjoy at each meal. We'll also give you guides to follow and lots of different, easy, tasty recipe ideas that you and your whole family will enjoy.

Learning

OPTAVIA gives you learning for a lifetime of Optimal Health™

OPTAVIA will help you achieve your healthy weight and what's even more exciting is that you'll soon see how a healthy weight is the catalyst for bigger changes in your life.

That's why we are here to help you successfully maintain your Optimal Health and enjoy all the other benefits it brings. Our Habits of Health system will help you achieve Lifelong Transformation, One Healthy Habit At A Time™.

You'll discover how to incorporate simple, easy and powerful healthy habits into everything you do. That's how **OPTAVIA** will help you get your mind and body working together to work for you.

Simple & Convenient

A healthier you

While on plan, five of your total six meals a day are provided so you can save time, effort, and money in shopping, preparing, and cooking, so you have more time to focus on becoming a healthier you.

You are just a few simple steps away from living your bigger life!





OPTAVIA™

Your **OPTAVIA** Coach's™ Contact Info:

Name _____

Phone _____

Email _____

OPTAVIA Coach ID _____



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