



OPTAVIA®



The Optimal
Weight 5 & 1 Plan®
An Introduction

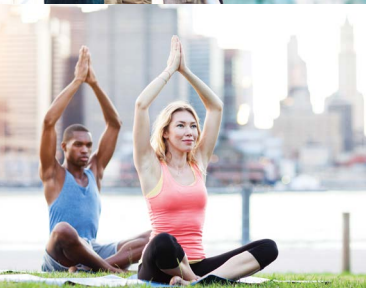
OPTIMAL WEIGHT

5 & 1 Plan[®]

Proven nutrition gets you where you want to go. Independent **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 1.5 million people have chosen our program to help them increase their health, confidence and vitality.





Joining the **OPTAVIA** Community

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 efficient 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 50 Fuelings to choose from, including shakes, bars, soups, brownies, 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.



Daily Support

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

Study after study shows that support and guidance increase your chances for success in reaching your optimal 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(21): 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 & 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® Transformational 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.

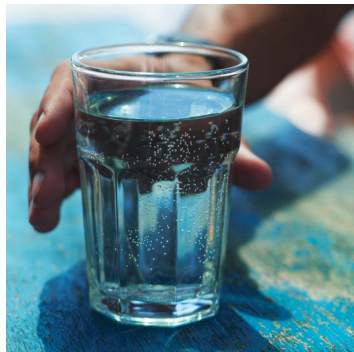
Simple & Convenient

A healthier you

While on plan, five of your total six meals a day are provided so you may 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 best life!

*Talk with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.



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

Name _____

Phone _____

Email _____

OPTAVIA Coach ID _____

MEDICAL DISCLAIMER:

The Company ("We") recommends that you consult your healthcare provider prior to starting any weight loss program, and during the course of your weight loss program. Do NOT use any **OPTAVIA**® plan if you are pregnant or under the age of 13.

Before starting a weight loss program, talk with your healthcare provider about the program, and about any medications or dietary supplements you are using, including especially Coumadin (warfarin), lithium, diuretics, or medications for diabetes, high blood pressure or thyroid conditions. Do not participate in any **OPTAVIA** Program until you are cleared by your healthcare provider if you have or have had a serious illness (e.g. cardiovascular disease including heart attack, diabetes, cancer, thyroid disease, liver or kidney disease, eating disorders such as anorexia or bulimia), or any other condition requiring medical care or that may be affected by weight loss.

The **OPTAVIA** for Teens plan is the only **OPTAVIA** Program appropriate for teens (13 to 17 years of age). The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens, sedentary older adults (65 years and older), nursing mothers, people with gout, some people with diabetes, and those who exercise more than 45 minutes per day - if you fall into one of these categories, please consult your healthcare provider and refer to www.OPTAVIA.com and talk with your independent **OPTAVIA** Coach about other **OPTAVIA** plans that may be appropriate. For special medical or dietary needs, including food allergies, refer to our program information online, consult your healthcare provider and talk to your **OPTAVIA** Coach. Do not consume an **OPTAVIA** product if you are allergic to any of that product's ingredients which are listed on the product packaging and on the **OPTAVIA** website.

We recommend drinking 64 ounces of water each day. Consult with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.

NOTE: Rapid weight loss may cause gallstones or gallbladder disease or temporary hair thinning in some people. While adjusting to the intake of a lower calorie level and dietary changes, some people may experience dizziness, lightheadedness, headache, fatigue, or gastrointestinal disturbances (such as abdominal pain, bloating, gas, constipation, diarrhea, or nausea). Consult your healthcare provider for further guidance on these or any other health concerns. Seek immediate medical attention if you experience muscle cramps, tingling, numbness, confusion, or rapid/irregular heartbeat as these may be a sign of a more serious health condition.

For avoidance of doubt, the **OPTAVIA** Programs and products are not labelled, advertised or promoted for any specific medicinal purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions.

The **OPTAVIA** programs, products, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. As individuals may have different responses to dietary products or changes in diet, consult with your healthcare provider regarding any medical concerns.

For further information regarding this Medical Disclaimer, call Nutrition Support at 1.888 **OPTAVIA** or email at nutritionssupport@OPTAVIA.com.



1.888.OPTAVIA
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Baltimore, Maryland



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