

# *Maximizing Your At-Home Workouts*

Benefits of Exercise

Workout Tips

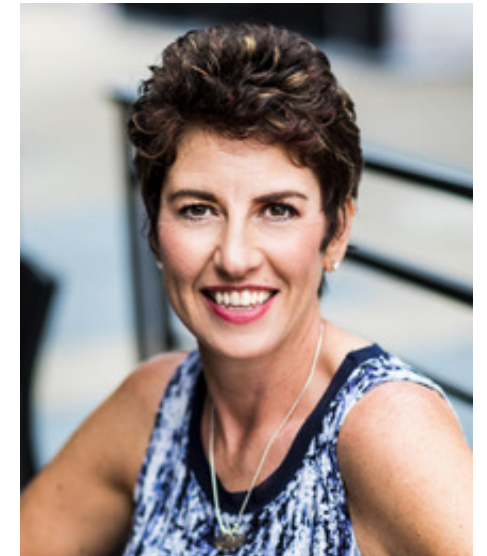
Body Types

Nutritional Support

Wednesday, May 6, 2020



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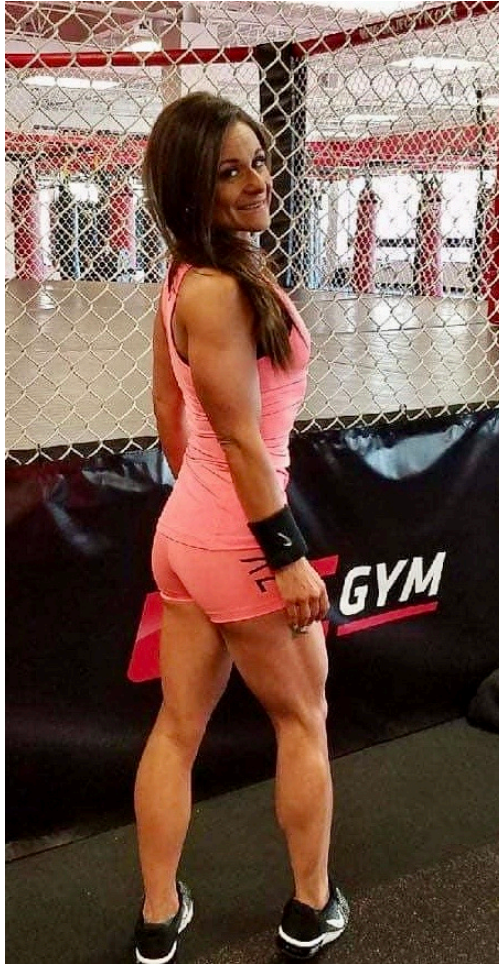
**YOUR HEALTH IS AN  
INVESTMENT,  
NOT AN EXPENSE**

# *Pam's Shaklee Story*



- Raised on Shaklee products
- Former Corporate Buyer for Aldi
- Left corporate job with 6-figure income to raise 5 kids
- Love helping others learn & earn
- 22 years later – earning \$\$, trips, love the community
- Scalable, ownable, inheritable business; building a legacy

# *Paola's Shaklee Story*



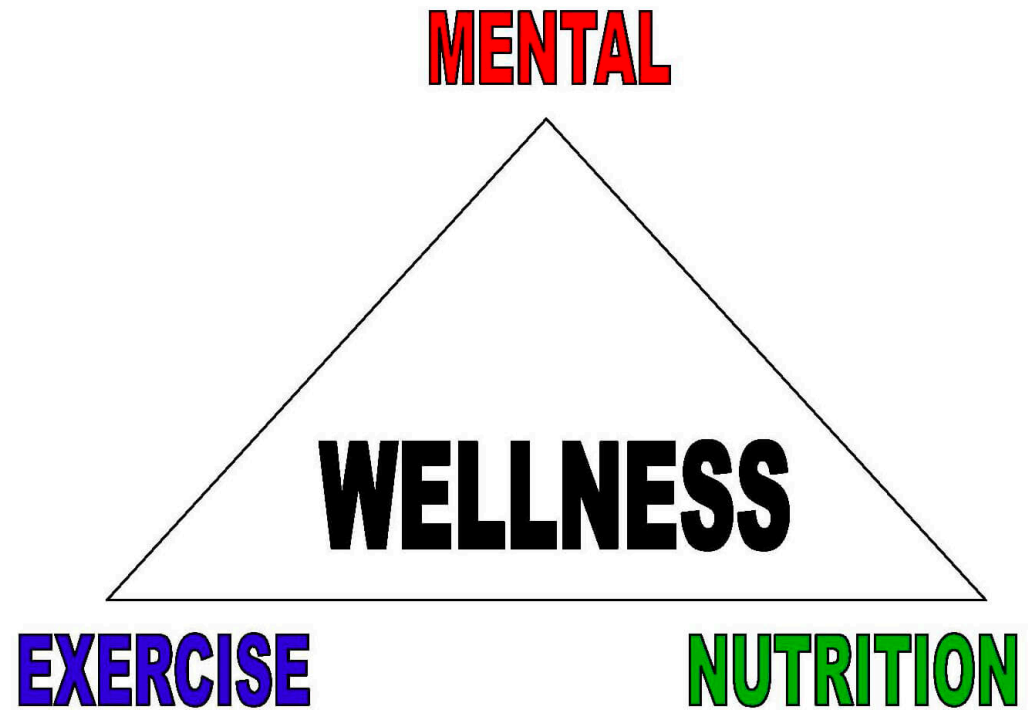
- Certified Personal Trainer – 19 yrs
- Personal Training Business – 15 yrs
- 8 year old son, Lucas
- Introduced to Shaklee in Oct 2019
- Accepted the Prove It Challenge
- Saw the opportunity to share products with clients, family, etc.
- Looking forward to the future with Shaklee and training clients



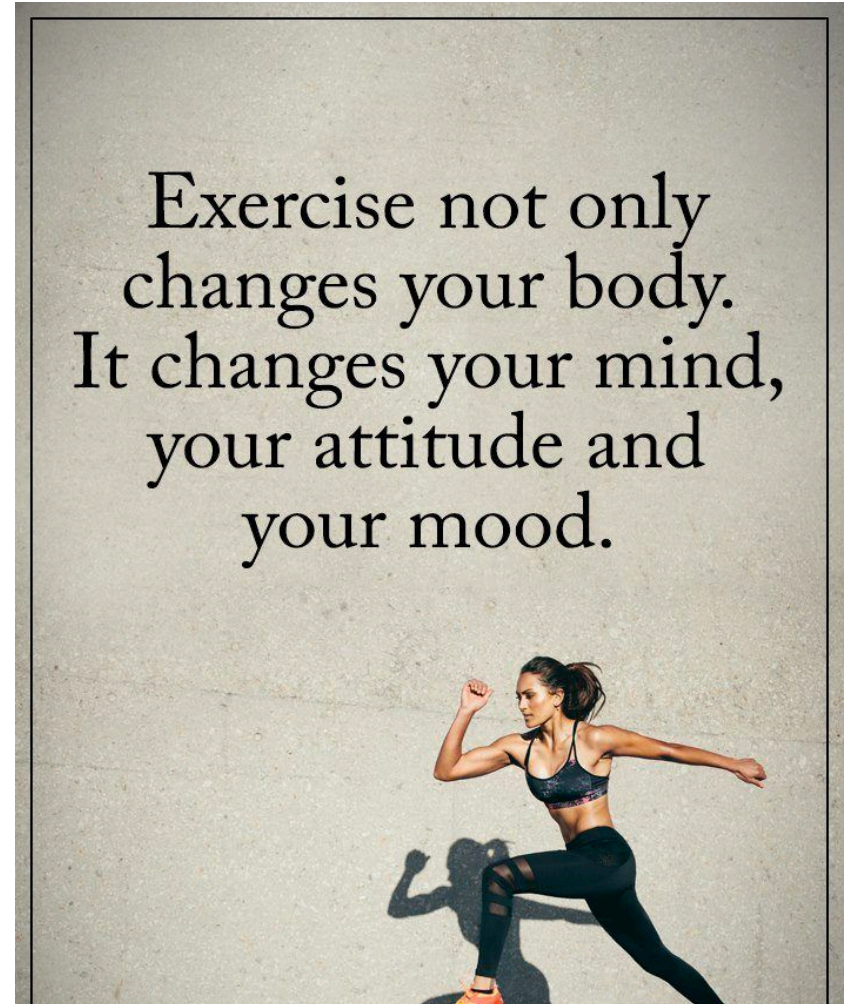
# *The Challenge*

Staying  
Fit...While  
Staying at Home

- Exercise is important physically, as well as mentally
- Workout options at home –
  - Videos (YouTube, Peloton, gyms, etc)
  - Strength Training
  - Yoga
  - HIIT workouts
  - Walking/Running outside
  - Personal Training via zoom
  - In-home equipment – treadmills, stationary bikes, etc.



Exercise not only  
changes your body.  
It changes your mind,  
your attitude and  
your mood.



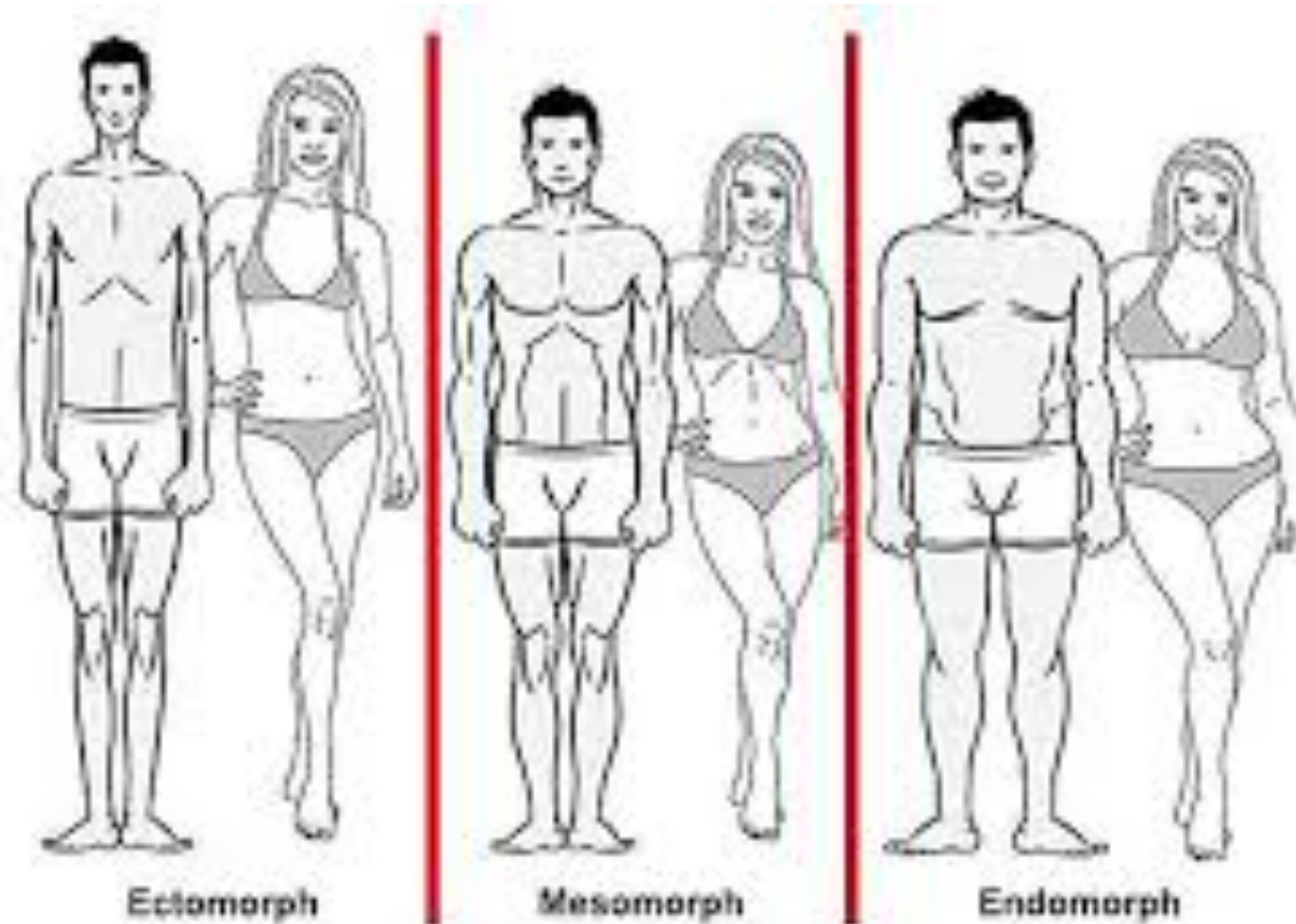
# 3 Different Body Types

Require different types of workouts

and

Different macro & micro nutrients

*\*\*Important NOT to compare yourself to others.*



# Tips for At-Home Workouts

- Put your clothes out the night before.
- Think about how you will feel after....both mentally and physically.
- Choose the right time for your workout....and commit to that time everyday.
- Prepare your water bottle, pre-workout, recovery shake....all ready to go.
- It's okay to workout around your kids; even include them in your workout.
- Improvise with equipment...jugs of water/olive oil, mop/broom, chairs, stairs, couches, coffee tables, etc.
- Add body weight movements...jumping jacks, squats, mountain climbers, burpees, etc.
- Alternate inside and outside the house..warmups & cool down/stretching

# Additional Tips

- Above all....Find a workout program that is engaging to you.
- Workout at a pace that is challenging, yet comfortable for you.
- Alternate types of exercise...HIIT, steady-state cardio, etc.
- If limited on time, do a 20 min HIIT workout every day.
- Beginners....Do strength training on different days; take small steps; celebrate wins
- Advanced....Continue to work out hard; want to maintain endurance and muscle mass; find workouts that continue to challenge you; stay motivated
- When strength training, focus on form over weight; important to avoid injury.
- Remember to recover....just as important as doing the workout.

# Optimal Sports Performance Starts with a Healthy Diet

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- Eat a variety of foods, including 7+ servings of colorful fruits and vegetables—not juice
- Get plenty of whole grains, beans, and legumes
- Choose lean meats, fish, poultry, nonfat or low-fat dairy, and soy foods
- Select “healthy fats”—eat more omega-3 fatty acids and monounsaturated fats (olive oil, nuts, seeds)
- Avoid ALL trans fats and saturated fats



# Start the Day Right... Don't Skip Breakfast

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- Eating a good breakfast will give you nutrition and energy for the day
- Choose foods that are rich in protein and fiber that will help energize your body
- And no—drinking just coffee doesn't count as breakfast
- Life Shake™ makes an excellent healthy meal-on-the-go



# Making Healthy Food Choices Every Single Day Can Be Hard

Vitalizer™ can help fill in nutrient gaps

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# Vitalizer™

## Tailored for men and women of all ages

Supported by 12 clinical studies with the nutrients your body needs to create the foundation for a longer, healthier life  
Supports: Heart, immune, joint, bone, digestive, breast, and reproductive health and physical energy\*

Vitalizer™ includes:

- Vita-Lea® Advanced Multivitamin
- B+C Complex with advanced absorption
- Caroto-E-Omega with 500 mg omega-3 fatty acids, carotenoids, vitamin E
- Optiflora® Pearl Probiotic
- Patented S.M.A.R.T.™ delivery system

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

### WOMEN

Excellent as a prenatal/postnatal multivitamin

- 800 mcg of folic acid
- 290 mcg of iodine
- 18 mg of iron



\$81.60 MP

### MEN

Higher magnesium and more lycopene to support prostate health

- 400 mcg of folic acid
- 150 mcg of iodine



\$81.60 MP

### GOLD

50+ men and women with coenzyme Q<sub>10</sub> and the powerful antioxidant N-acetylcysteine

- With or without vitamin K







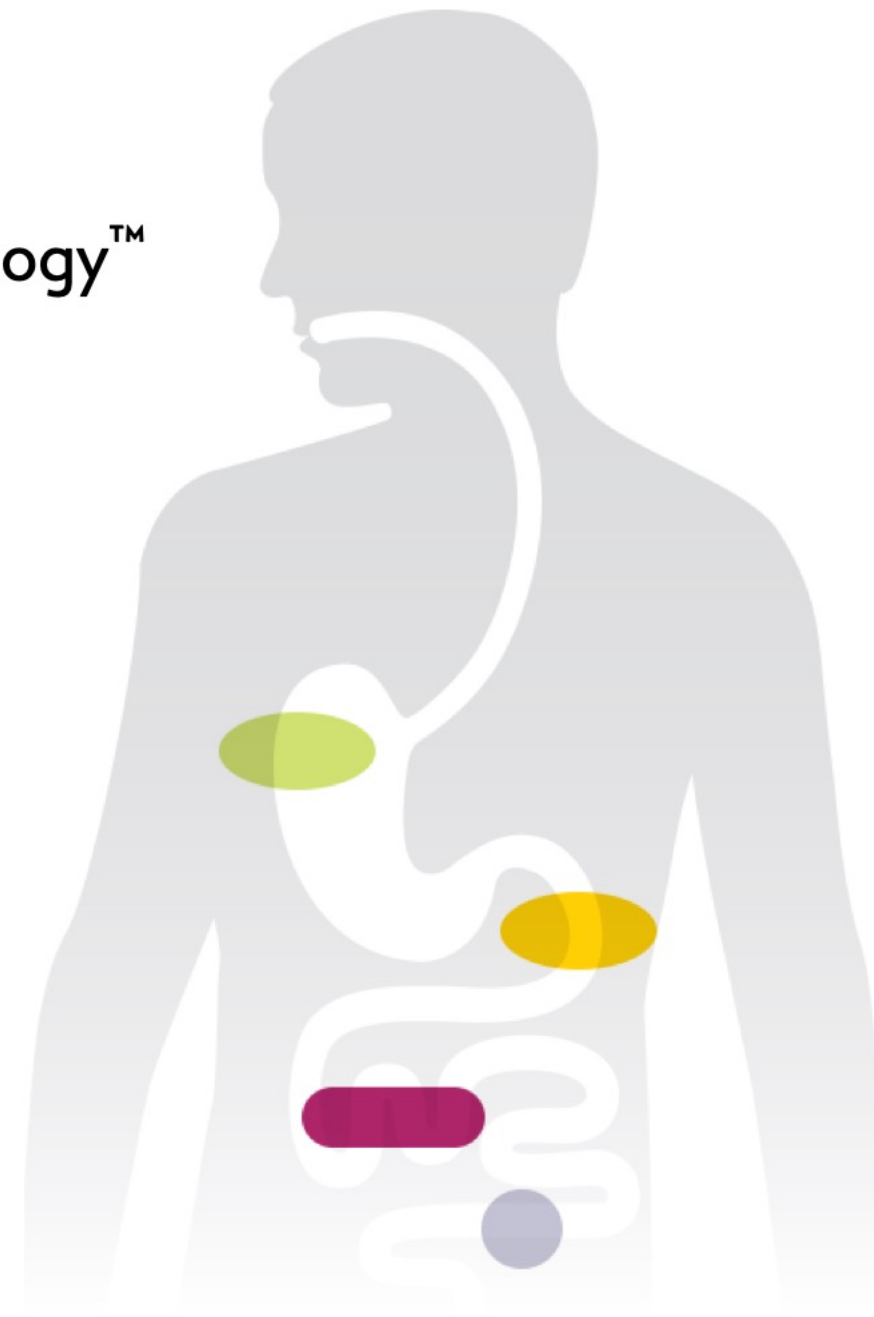
\$87.55 MP

# S.M.A.R.T.™ Delivery

## Shaklee Micronutrient Advanced Release Technology™

A unique, patented delivery system designed to dramatically improve absorption of key nutrients in the body.

-  **Vita-Lea® Advanced Multivitamin**  
Designed to dissolve in less than 30 minutes in the stomach and designed to enhance absorption of folic acid from the patented microcoating.
-  **B+C Complex**  
Provides up to 198% greater absorption of B vitamins over 12 hours, as shown in a clinical study, through sustained-release delivery to the small intestine.
-  **Caroto-E-Omega**  
Omega-3 fatty acids, carotenoids, vitamin E, and other fat-soluble nutrients are delivered to the stomach and upper intestine.
-  **Optiflora® Pearl Probiotic**  
Delivers healthy microflora to the lower intestine through our triple-layer encapsulation technology, protecting them from stomach acid.



# Life Shake™: One Shake Does It All

**Protein for increased energy.** 20 grams of ultra-pure, non-GMO plant-based protein.

**Powered by Leucine®** to help you build lean muscle, burn fat, and improve metabolism.

**Healthy digestion, regularity, and digestive comfort.**

Our proprietary prebiotic comes from an ancient grains blend. Plus added digestive enzymes for improved protein digestion.



\$44.05 MP

# Prove It Challenge Kits



Includes 30 Vitalizer Strips, 30 Life Shakes  
and a **FREE 7-day Healthy Cleanse Kit**.  
#89544 | SPECIAL PRICE \$159



Includes 30 Vitalizer Strips, 30 Life Shakes  
and a **FREE bottle of NutriFeron**.  
#89549 | SPECIAL PRICE \$159

***\*Both Prove It Challenge Kits Include Free Shipping and Free Shaklee Membership. First Time Purchase Only.***

Pam



# *Shaklee*<sup>®</sup> Performance<sup>®</sup>

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Maximize your athletic  
performance and recover faster.

# Pure Proven Performance

## Shaklee Pure Performance Guarantee

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Shaklee contracts with the Banned Substances Control Group (BSCG) to perform analytic testing for banned and other substances on our entire Sports Nutrition product line.

- 485 compounds
- 274 substances banned in sports
- 211 additional substances not banned in sports (such as prescription or over-the-counter drugs)



## Shaklee Pure Performance Team athletes have earned 146 gold, silver, and bronze medals.

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“As a competitive athlete at the world class level, I was subject to 24/7/365 drug testing. I trusted Shaklee Performance® to give me pure and clean nutrition so I could train and compete with confidence.”

### **Caryn Davies**

Rowing, silver & two-time gold medalist  
(London 2012, Beijing 2008, Athens 2004)



# Fuel Your Workout from Start to Finish

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Products designed by Shaklee scientists and leading sports nutritionists to address the needs of every stage of physical activity

## ENERGIZE

Improve physical performance & mental alertness

## HYDRATE

Replenish electrolytes & increase endurance and stamina

## BUILD

Protein with leucine to repair & build lean muscle faster

## RECOVER

Reduce post-workout muscle soreness & optimize recovery

Shaklee Performance® Sports Nutrition. Powered by nature, proven by science.

# Energize

## Before You Work Out



Why is energy important?

No matter what your goal is, you want to have plenty of ENERGY for your workouts.

- Gets you motivated to work out
- Sustains energy during a workout
- Helps you stay focused
- Improves performance



# Zero Calorie and Natural Carbohydrate Options for Your Activity Level and Goals



## **ENERGIZE** **ZERO CALORIE ENERGY DRINK**

Clean energy without the artificial ingredients found in traditional energy drinks. Powered by guayusa and green coffee bean extracts.

**20 stick packs**     \$20.60 MP

**Flavors:** Lemon-Lime



## **ENERGIZE+** **ENERGY CHEWS**

Clean burst of energy to help you get that extra edge when you need it most. Contains a scientific blend of caffeine from natural green tea extract plus L-tyrosine, L-theanine, B vitamins, and vitamin D.

**20 chews (10 servings)**

**Flavors:** Citrus Burst     \$20.60 MP

# Hydrate

## While You Work Out

- During physical activity it's easy to become dehydrated
- When you're dehydrated your body loses fluids and electrolytes, which can impact performance and cause you to become fatigued faster
- It's important to replenish electrolytes lost during physical activity
- Electrolytes help regulate nerve and muscle function, hydrate the body, and optimize performance



# Clinically Tested to Hydrate Better Than Water<sup>†</sup>



## **HYDRATE LOW CALORIE ELECTROLYTE DRINK**

Provides the essential electrolytes your body needs without the extra sugar, calories, and artificial ingredients typically found in leading rehydration beverages.

**20 stick packs**     \$20.60 MP

**Flavors:** Orange, Lemon-Lime



## **HYDRATE<sup>+</sup> ENDURANCE ELECTROLYTE DRINK**

Powered by our proprietary OPTI-LYTE<sup>®</sup> blend of six electrolytes plus our unique mix of carbohydrates to deliver instant and sustained energy.

**30 servings**     \$30.90 MP

**Flavors:** Orange, Lemon-Lime

<sup>†</sup>Clinical test used 2 sticks in 8 oz. of water.

# Build

## After You Work Out

- Muscle tissue breaks down during exercise
- Protein is needed to rebuild muscle and increase the beneficial results of exercise
- Leucine, an essential amino acid, helps build lean muscle, burn fat, and reduce cravings



# Recover, Build, and Repair Lean Muscle Faster



## **BUILD** **ADVANCED PHYSIQUE® 100% GRASS-FED WHEY PROTEIN**

Helps you recover, repair, and build lean muscle faster.\*  
Contains 50% more leucine<sup>†</sup> than traditional whey protein, the key branched chain amino acid proven to help preserve and build lean muscle.

- No sugar added
- Contains the full spectrum of essential amino acids
- Fast absorbing and easy to digest
- For best results, take within 30 minutes after workout

**20 servings**

**Flavors: Vanilla, Chocolate**

**\$51.50 MP**



## **BUILD<sup>+</sup>** **PHYSIQUE® + BIO-BUILD®**

A pure, natural high-octane fuel for rapid muscle recovery. Our powerful Bio-Build® blend, a mix of intelligent-release protein and carbohydrates, is clinically shown to naturally activate the body's recovery process and delivers more energy to the muscle than either carbohydrates or protein alone.

- Restores energy to your muscles when taken immediately after working out, and again two hours later

**15 servings**

**Flavors: Banana**

**\$46.35 MP**

\*Based on leucine to protein ratio.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# Recover

## After You Work Out



- It is important to give muscles time to repair, rebuild, and strengthen
- One main reason people stop exercising is from post-workout soreness and fatigue
- Underrecovery is more of an issue than overtraining or overexertion



# Recover

## PM Recovery Complex

- Powered by an ultra-pure, polyphenol-rich Tart Cherry extract clinically proven to optimize recovery and reduce post-workout muscle soreness, which helps improve sleep quality\*
- Contains our patented Pain Relief blend to relieve pain caused by overexertion\*
- Clinically proven Boswellia extract, along with safflower extract, helps relieve discomfort from overexertion and promote flexibility and comfortable movement\*

60 capsules (30 servings)

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



\$30.90 MP

# Performance<sup>®</sup> Fitness Pack

## Low Calorie Sports Nutrition

### Formulated to:

- Enhance performance with less sugar and fewer calories
- Burn more fat and build lean muscle mass during your regular exercise routine
- Help you recover faster and stay on track

This pack is formulated for those who are engaged in spinning, strength, and cross-training classes or anyone looking to tone their body and live a more active lifestyle.



\$123.60 MP

### Includes:

**ENERGIZE** Zero Calorie Energy Drink

**HYDRATE** Low Calorie Electrolyte Drink

**BUILD** Advanced Physique<sup>®</sup> 100% Grass-Fed Whey Protein

**RECOVER** PM Recovery Complex

# Performance<sup>®</sup> Endurance Pack

## Designed for High-Intensity and Longer-Duration Exercise

### Formulated to:

- Take intensity to the next level with a perfect balance of protein and carbohydrates to give your body the energy it needs
- Help build firm, lean muscle; restore muscle energy; and support muscle repair
- Help you recover faster and train harder

This pack is formulated for those who are engaged in long-distance running or cycling or any athlete involved in extended, high-intensity aerobic activities.



### Includes:

**ENERGIZE+** Energy Chews  
**HYDRATE+** Endurance Electrolyte Drink  
**BUILD+** Physique<sup>®</sup> + Bio-Build<sup>®</sup>  
**RECOVER** PM Recovery Complex

\$149.35 MP



# Performance<sup>®</sup> Sports Nutrition for Kids

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# Performance<sup>®</sup> for Kids of All Ages

## Kids: 5–12 Years Old



**HYDRATE**  
**LOW CALORIE**  
**ELECTROLYTE DRINK**



**HYDRATE+**  
**ENDURANCE**  
**ELECTROLYTE DRINK**

## 12 Years and Up



**BUILD**  
**ADVANCED PHYSIQUE<sup>®</sup>**  
**100% GRASS-FED**  
**WHEY PROTEIN**



**BUILD+**  
**PHYSIQUE<sup>®</sup>**  
**+ BIO-BUILD<sup>®</sup>**



**ENERGIZE+**  
**ENERGY CHEWS**  
**(supervised use)**

# Your personalized health assessment

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## Next Step:

- Five minutes
- 20 questions
- Receive your personalized Health Assessment



# Shaklee Guarantee

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- All of our products are 100% guaranteed
- We test every new botanical ingredient for over 350 chemicals and contaminants
- Shaklee conducts over 100,000 quality tests per year on our nutritional products
- No artificial flavors, sweeteners, or preservatives
- Gluten free
- If you're not satisfied, you can send them back to us for a full refund, even if the container is empty. No questions asked.



# A Business Designed with You in Mind

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## Simple

A straightforward, proven system for sharing

## Flexible

You decide what your income goals are and how much time you want to dedicate

## Social

It's about people, conversations, and community

## Mobile

Anytime, anywhere business tracking and digital tools for sharing and training



# Earnings Opportunity



\*Average annual income is based on the monthly amounts reported on Form 1099-MISC for all Business Leaders at that rank. The sum of these monthly averages is the figure reported in the income disclosure statement. Results will vary with effort. Shaklee Corporation does not guarantee that any particular income level will be achieved.

Shaklee

Event

Specials

Free Vita-D3

- Purchase a *Prove It Challenge Kit*, with your choice of a FREE 7-Day Healthy Cleanse or NutriFeron and get a **FREE Vita-D<sub>3</sub>**.
- Order any 2 *Performance products* and get a **FREE Vita-D<sub>3</sub>**.

Offer expires 5/31/20.



\$11.75 SRP



# *Event Specials - “Workout with Paola”*

- *FREE Workouts on Zoom –*
  - Monday, May 11<sup>th</sup> – *Total Body Conditioning* – 11:00am CT
  - Wednesday, May 13<sup>th</sup> – *Strength Training* – 5:00pm CT(Both classes will be held here on this Zoom link)
- *Personal Training –*
  - Free Personal Training Consultation\*
  - Purchase a 6-session package, get 2 extra sessions for FREE.\*

\*First time clients only. Offer expires 5/31/20.

Contact Paola Rosenick on Facebook or via Facebook Messenger.

Next Event –

*Stress, Anxiety and Fear  
...while Staying at Home*

Wed, May 13th, 3:00pm CT

