

Welcome to the SLIMFX Challenge!

You have taken an important step towards healthier living. This program is geared to help you reach your goals, no matter what they are. From simply losing a few pounds, to getting fit and toned, we have the tools and the products to help you succeed. The SLIMFX Challenge is easy and fun. The SLIMFX Challenge is not another fad diet. The program is based on nutrition that helps you burn fat, keep lean muscle, boost your metabolism, and control hunger. The patented ingredients and formulas help you achieve your goals, are easy to use, and taste amazing. No other program offers so much, and so affordably. Also included in our program are nutrition guides, fitness tips and other downloadable tools. These are just a few of the many resources available online at www.myslimfx.com. Every 90 days, set a new "Challenge Goal". For example, want to continue to lose weight? Record your goal. If you've reached your ideal weight, then maybe your next goal is to maintain it, or get fit and active. We wish you the greatest luck and success as you embark on your challenge. We look forward to helping you reach your goals!

Starting the SLIMFX Challenge is easy

Each of the program contains the "shake mix that tastes like a cake mix" which is the perfect way to start you day because it fuels the body with high quality nutrients helping keep blood sugars in a healthy range, providing protein to help keep you feeling full, and supporting a healthy heart, digestive system, and more. A shake blended with non-fat milk, fruit, and your favorite flavor gives you powerful Tri-Sorb™ protein, a full serving of fiber, calcium, 23 Vitamins and minerals. Plus it has prebiotics that help support your body's natural 'detox' process and digestive enzymes to help you absorb more nutrition into your body! Compared to other shakes, our shake has lower sodium, lower fat, lower sugar, higher fiber, and superior nutrition. Other shakes can be gritty or leave a bitter after taste, but our shake is smooth, creamy, and sweet. Get started creating your own 'custom' shakes. In this guide are some ideas to get you started. Eat a healthy third meal and supplement your day with snacks like Special "K" bars or other nutritional grain bars. No plan is easier to follow! Our plan gives you an idea of what a week of eating will look like, and provides guidelines for snacks and meals. Drinking plenty of water to keep hydrated is crucial as you embark on helping your body feel and live healthier. Add Slim'nUP for healthy energy and to suppress the appetite and Reneu to safe and effective cleansing and detoxification. Adding exercise can enhance your results, whether you want to ease into the exercise walking 30 minutes per day or seriously work out to build muscle.

The Body Mass Index

"So what is a healthy weight? The weight tables used today are too one size fits all. Overweight, Healthy Weight, and Obesity can be defined by the Body Mass Index (BMI), calculated as weight in kilograms/height in meters squared. In the United States, the average adult man has a BMI of 26.6 and the average adult woman has a BMI of 26.5. Though BMI ranges are not exact ranges of healthy and unhealthy weight, studies have shown that health risk increases as BMI increases." * As a population, Americans are slightly taller, and MUCH heavier than 40 years ago. We are about an inch taller than we were in 1960 and almost 25 pounds heavier. The average man is now 5 feet 9 inches tall and weighs 191 pounds (vs. 166.3 pounds in 1960), while the average woman is 5 feet 4 inches tall and weighs 164.3 pounds (vs. 140.2 pounds in 1960). The table below shows what would be a healthy weight for the "average" man and woman today. To determine approximately how much you should weigh, see the BMI table below. Set a realistic expectation for yourself, given your age, lifestyle and activity level. Remember that any reduction in weight, no matter how small, has a very positive impact on your health.

If you want to see how to calculate a BMI without using this table:

1. Multiply your weight in pounds x 703.
2. Multiply your height in inches by itself.
3. Divide the first number by the second.

Here are the BMI guidelines:

Under 19 = Underweight

19-25 = Healthy weight

26-30 = Overweight

31-39 = very overweight

40+ = extremely overweight

$$\text{BMI} = \left\{ \frac{\text{WEIGHT (pounds)}}{\text{HEIGHT (inches)}^2} \right\} \times 703$$

Height in Feet and Inches	Weight in Pounds													
	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Healthy Weight
 Overweight
 Obese

Healthy Eating

If you want to lose weight, you need to make healthy food choices that will keep you full and satisfied without packing on extra pounds. Use the list below as a guideline to help you choose the kinds of foods you should be incorporating into your diet every day. Remember, fruits and vegetables are loaded with vitamins and nutrients, and fill you up without filling you out. A cup of rice or beans can yield 220 to 300 calories or more, while fruits and vegetables are typically only 30 to 85 calories.



Cooked Vegetables and Beans:	Portion	Calories	Fiber
Artichokes	1 large	30-44	4.5
Asparagus	1/2 cup	17	1.7
Beans, baked with pork & molasses	1 cup	200-260	16.0
Beans, kidney or black	1/2 cup	94	9.7
Beans, Pinto	1/2 cup	150	5.8
Beets	1/2 cup	33	2.5
Broccoli	3/4 cup	30	7.0
Cabbage, white or red	2/3 cup	15	3.0
Carrots	1/2 cup	20	3.4
Cauliflower	1 cup	20	2.3
Chickpeas (garbanzos)	1/2 cup	86	6.0
Eggplant	1 cup	30	6.0
Green Beans	1/2 cup	10	2.1
Greens, collard, chard, etc.	1/2 cup	20	4.0
Mushrooms	4 large	45	2.0
Okra	1/2 cup	13	1.6
Onion	1/2 cup	22	1.5
Peas, green	1/2 cup	60	9.1
Spinach	1/2 cup	26	7.0
Raw Vegetables:	Portion	Calories	Fiber
Avocado	1/2 cup	97	1.7
Broccoli (raw)	1/2 cup	20	4.0
Carrots	1/4 cup	10	1.7
Celery	1/4 cup	5	2.0
Cucumber	1/2 cup	12	0.7
Olives, green and black	6	42-96	1.2
Green Bell Pepper	2 tbsp.	4	0.3
Radishes	3	5	0.1
Tomatoes	1 small	22	1.4



Fruit:	Portion	Calories	Fiber
Apple	1 medium	70	4.0
Banana	1 medium	96	3.0
Berries	1/2 cup	20-33	1.5-4.6
Cherries	1/2 cup	55	1.0
Grapefruit	1/2 medium	30	0.8
Grapes	20	75	1.0
Melon, honeydew and cantaloupe	1/2 cup	42-76	1.5-2
Orange	1 large	70	2.4
Peach	1 medium	38	2.3
Pear	1 medium	88	4.0
Pineapple	1/2 cup	41	0.8
Plums	2 or 3 small	38-45	2.0
Raisins	1 tbsp.	29	1.0



Grains, Rice, Potatoes, Breads:	Portion	Calories	Fiber
Bread, Wheat	2 slices	120	3.6
Bread, White	2 slices	160	1.9
Lentils, brown	2/3 cup	144	4.4
Macaroni pasta	1 cup	200	5.7
Potato, baked	1 small	120	4.2
Sweet potato, baked	1 small	146	4.0
Rice, white (before cooking)	1/2 cup	79	2.0
Rice, brown (before cooking)	1/2 cup	83	5.5



Protein Sources (cooked):	Portion	Calories	Protein
Chicken or turkey breast	3 oz.	135-140	25.0
Chicken thigh	3.5 oz.	120	10.0
Lean red meat	3 oz.	145-160	25.0
Beef hot dog	1/4 lb.	352	4.0
Ham	2 thin slices	75	22.0
Shrimp, crab, lobster	4 oz.	120-150	22-24
Tuna	1/2 cup	90-120	25.0
Ocean fish	4 oz.	130-170	25-30
Egg whites	7 egg whites	115	25.0
Nonfat cottage cheese	1 cup	140	28.0

Small Successes & Building Lean Muscle

To improve your health, and burn more calories it is important to build Lean Muscle Mass. Muscle will burn 30 to 50 calories, while fat burns only 5–7 calories. You can build lean muscle mass with your diet, by eating healthy protein, and the right blend of carbs, or by drinking our nutritional shake mix! Exercise is also good at helping build lean muscle mass. In the U.S., 62% of all adults get no physical activity. Simple walking 30 minutes per day will help you burn fat, build muscle, and feel great. We recommend that you weigh yourself only once per week. Normal fluctuations and changes in your diet may provide mixed messages if you weigh yourself each day. Don't get discouraged if some weeks you seem to lose less. Think about each ¼ pound lost as a stick of butter! Imagine that coming off your hips or thighs. Do that each week and in 1 month it will be a pound of fat gone!

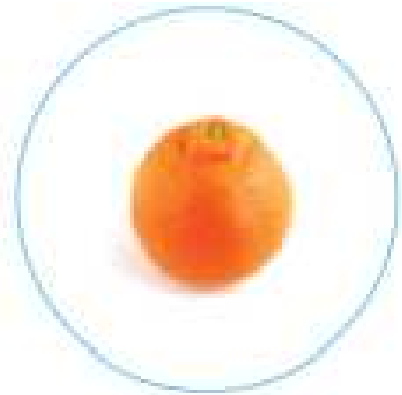
Muscle Mass Is Worth More – Smaller Size, Greater Health



1/4 LB OF FAT



1 LB OF FAT



1 LB OF LEAN MUSCLE

Muscle takes up much less space on your body than does fat. One pound of fat is about the size of a large grapefruit. Yet one pound of muscle is about the size of a small tangerine. Some dieters get discouraged when they don't see the scale going down, but they should not worry! If your dress size is shrinking, and your weight is not shrinking as fast on the scale...good! That means you are building lean muscle, which will help your body function better and help you feel better. And for more incentive, six pounds of fat lost is like losing a basketball. A little weight loss can make a big difference in how you look and feel. And if you feel younger, you are! Being overweight or obese is like adding 20 years to your life. If you are obese at 40, your body is struggling as if you were much older. So don't focus just on weight on the scale. Look at how your clothes are fitting. Take a measurement each week of your bust/hips/waist. Track your results and celebrate! You are taking control of your life and of your health. And to boost your weight loss results, and build lean muscle faster, begin an exercise program. The National Academy of Sciences recommends 30 to 60 minutes of exercise each day. Walking is a great calorie burner. So get moving!

Exercise your way to Transformation

Exercise boosts metabolism as well as mood. Jogging in place on a treadmill at the gym is not the only way to achieve results. Many different activities offer calorie burning potential. Check out the following list for some choices that will have you feeling better inside and out.

Exercise	Calories Burned per Hour (varies by body weight)		
	130 lbs	155 lbs	190 lbs
Aerobics	354	422	518
Basketball	354	422	518
Bicycling, moderate effort (12-14 mph)	472	563	690
Cleaning house	207	246	302
Dancing	266	317	388
Gardening	295	352	431
Golf	236	281	345
Hiking	354	422	518
Jogging	413	493	604
Mowing lawn	325	387	474
Playing catch, football or baseball	148	176	216
Pushing or pulling stroller with child	148	176	216
Race walking	384	457	561
Racquetball	413	493	604
Rowing, stationary, moderate effort	502	598	733
Running, 5 mph (12 min mile)	472	563	690
Running, 6 mph (10 min mile)	590	704	863
Running, 7.5mph (8 min mile)	783	880	1078
Soccer	413	493	604
Softball or baseball, fast or slow pitch	295	352	431
Stretching, hatha yoga	236	281	345
Swimming laps, freestyle, moderate effort	472	563	690
Tai chi	236	281	345
Tennis	413	493	604
Walk/run-playing with child(ren)	236	281	345
Walking, 3 mph, mod. pace, walking dog	207	246	302
Walking, 4 mph, very brisk pace	236	281	345
Water aerobics, water calisthenics	236	281	345
Weight lifting, light or moderate effort	177	211	259