

ForeverFit

health transformation program



Pleasure!

A new approach to Body Transformation

Welcome to **ForeverFit™ – The Health & Body Transformation Program** that focuses on total health to transform your body into a healthier, slimmer you! This unique product combination works safely, harmoniously, and naturally through highly effective formulas that keep the body functioning at optimal performance so you can enjoy weight management and total wellness. The ForeverFit™ Program is not a crash diet – it's a program that can fit into your individual lifestyle for long term, healthy results. ForeverFit is a healthy habit.



DISCLAIMER: Read and follow all label instructions before use. Not all dietary supplements, exercises or weight management programs are suitable for everyone. As in any weight management or dietary supplement program, we recommend you consult your physician before taking this product if you have a medical condition, if you are taking any medication, or if you are pregnant.

As with all effective and healthy weight management programs, the dietary supplements provided by ForeverGreen are designed to work with your body to achieve results over time. It is highly recommended that you stay on the ForeverFit™ program for a minimum of 90 days. Results, however, may occur sooner.

The instructions and advice presented on any ForeverFit™ Body Transforming Program product or literature are in no way intended as a substitute for medical counseling.

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.

As simple as 1, 2, 3...

Thunder

The one and only low carb CHOCOLATE THUNDER! Give your body a rest while complimenting it with this unique healthy blend. This unique blend consists of a low calorie high protein content that provides a low sugar solution with the added benefits of probiotics and enzymes which support the Gastro Intestinal System. Each day you take Thunder you receive 28.3 grams of protein and over 30% of Recommended Daily Allowance of Fiber. Also provided in each serving are 15 major vitamins and minerals including Vitamin A, Vitamin C, Vitamin E, Vitamin K, Vitamin B1, Vitamin B2, Vitamin B5, Vitamin B6, Vitamin B12, Potassium, Calcium, Niacin, Folic Acid, Biotin, Magnesium, and a proprietary blend of 72 trace minerals. Thunder has a base of 24 Karat Chocolate™ powder to provide you with the benefits of the highest Antioxidant food on the planet.

Is Meal Replacement Right For Me?

Most of us are so busy with our life; we don't really have time to prepare a nutritionally balanced meal everyday. Now with the onset of high protein low carb diets, many people are wondering, "How does it work", "How do I get my protein without the carbs and extra calories?" Instead of eating a microwave meal or fast food, choosing the right meal replacement will be a good start to your diet plan. With Chocolate Thunder you are provided with everything you want from a healthy balanced meal without the negatives; high protein, almost no fat, very low carbs, and minimal calories. Thunder also contains probiotics, enzymes, and apple fiber, which will help improve your overall health. Do you want to pay \$5-\$7 for a fast food meal or would you rather pay \$1 for a healthy, high-nutrition, delicious Chocolate Thunder?



*Give your body a rest
while feeding it from
head to toe!*

Lightning

Empower all systems of the body by treating yourself to the beneficial cleansing properties of Lightning. Combine the antioxidant, and circulatory properties of 24 Karat Chocolate™ with essentially all of the cleansing properties known to man. Give your body a natural, effective, yet gentle cleanse. Empower all systems of the body, from the heart, to the liver, to the kidneys, to the digestive tract. Increase your metabolism and provide added weight management benefits.

Does cleansing Promote weight loss?

Surprisingly, the average person, who is neither overweight or noticeably reactive to allergies, is carrying around 7 to 25 pounds of dried fecal matter in their system. Overweight and allergic people may be harboring more. The toxins from this accumulated waste are responsible for many imbalances in the body, which may create weight problems. In fact, one of the most common complaints men and women have about their figures – a potbelly – this is a classic sign of colon toxicity. Virtually all weight challenges can be traced to imbalances in the colon and digestive tract as either a primary contributor or secondary problem.



*That Gentle 24/7
cleanse!*

Product Comparison

	Nationally recognized diet shake	THUNDER
Approximate Cost per serving	\$1	\$1
Calories	220	72
Calories from Fat	25	3
Protein	10 g	14 g
Total Fat	3 g	Less than 1 g
Saturated Fat	1 g	0 g
Cholesterol	5 mg	0 mg
Sodium	220 mg	55 mg
Potassium	600 mg	168 mg
Total Carbohydrates	40 g	4 g
Fiber	5 g	3.75g
Sugar	25 g	Honey Crystals 1 g (no sugar)
Vitamin A	35%	50%
Vitamin C	100%	175%
Calcium	40%	25%
Vitamin E	100%	50%
Vitamin K	25%	75%
Thiamin	35%	50%
Riboflavin	35%	50%
Niacin	35%	50%
Vitamin B6	35%	50%
Folic Acid	30%	18.5%
Vitamin B12	35%	54%
Biotin	35%	5%
Magnesium	35%	25%

Each Serving of Thunder also Provides the following which are not found in the competitors shake.

Peptide Amino Acids	--	14 mg
Omega 3 Fatty Acids Oil	--	9 mg
72 Trace Mineral Blend	--	5 mg
Digestive Enzyme Blend	--	50 mg
Probiotic Blend	--	12.5 mg

To buy all components of Thunder separately you would pay up to 3– 4 times as much!

Cost Comparison (1 Month Supply)

Chocolate Protein drink	\$45.95—\$49.99
Probiotic blends	\$39.95—\$44.99
Digestive Enzyme blend	\$29.95—\$38.99
Fiber	\$13.95—\$20.99
Full Vitamin source	\$24.95—\$39.99
Full Mineral Blend	\$14.49—\$24.49
Total	\$169.24—\$219.44

Thunder **\$69.95***Retail*/**\$59.95***Wholesale*

- 24 Karat Chocolate™**
- Unmatched Meal Replacement**
- Low Calorie, Low Carb**
- All of your vitamins**
- 72 Trace minerals**
- Organic Whey Protein**
- Apple Fiber**
- Digestive Enzymes**
- Probiotics (Broad Spectrum)**



ForeverFit Leader Bonus Products

Green Dragon

Green Dragon's benefits are numerous. The proprietary blend of organic Green Tea, Chamomile, Peppermint, Spearmint, Lemon, Lemon Grass, and Parsley extracts are the key to total health and nutrition. Processed using the AMP technology for instant bio-availability, Green Dragon alkalizes the body's pH by neutralizing acidity. Green Dragon naturally boosts energy levels, increases oxygen in the cells, works to enhance digestion, purifies and detoxifies major organs and the blood. Enjoy the power of green!

Power of pH

The human body, in a natural, healthy state, is slightly alkaline when all metabolic and enzymatic reactions are functioning efficiently. Proper pH balance helps maintain resistance to illness, physical vitality, stamina, mental clarity, optimism, vision, speedy recovery from illness, injury, and exertion. Unfortunately, as we age, our ability to maintain alkaline balance in our cells and tissues diminishes. Many factors, including poor diet, affect the acid/alkaline balance in our bodies. As a result, more and more individuals who formerly had a good pH balance become overly acidic. An acidic pH condition is believed to accelerate aging, system degeneration and susceptibility to sickness, fat, and disease. A few common signs and symptoms of an "acidic" pH balance are: chronic fatigue, weak kidneys, sudden weight gain, excessive stress, difficult weight loss, constipation, chronic aches, frequent colds, headaches, and skin problems. Properly balancing your pH level is essential for life, health, and vitality.



*All of your Greens...
All of the time!*

Rainmaker

This proprietary blend of Yakave with extracts of Rose, Neroli, Ylang Ylang, and Geranium provide the electricity of the floral kingdom. Research shows that florals, like roses, emit electrical frequencies as high as 320 MHz. Processed using the AMP technology for instant bio-availability, Rainmaker powerfully impacts digestion and intestinal function. These florals have the well-known history of promoting feelings of calm, well being, joy, and relaxation. Raise the frequency bar!

What is frequency?

Frequency is the measurable rate of electrical energy flow that is constant between any two points. Everything has frequency. Dr. Robert O. Becker in his book *"The Body Electric"* establishes that the human body has an electrical frequency and that much about a person's health can be determined by its frequency. The average frequency of the human body during the daytime is 62 - 68 MHz. (A healthy body frequency is 62 - 72 MHz.) When the frequency drops, the immune system is compromised. If the frequency drops to 58 MHz, cold and flu symptoms appear, at 55 MHz, diseases like Candida take hold, at 52 MHz, Epstein Bar and at 42 MHz, Cancer. According to Dr. Royal R. Rife, every disease has a frequency. Substances with higher frequency will destroy diseases of a lower frequency. Processed/canned food has a frequency of zero. Fresh produce has up to 15 MHz, dry herbs from 12 to 22 MHz and fresh herbs from 20 to 27 MHz. Plant extracts start at 52 MHz and go as high as 320 MHz, which is the frequency of rose. Our exclusive AMPed PLC's are unparalleled! Rainmaker contains the extract of Rose, Neroli, Ylang Ylang, and Geranium. All these flowers are known to have high frequencies, which can promote well-being and inner beauty.



Life through Rose colored glasses!

Eat to live

Most people *live to eat*, which has led to the ever-increasing health problems including obesity faced by millions today. The ForeverFit™ Program can help you *eat to live* (or eat your way to good health), while still enjoying a lifestyle of delicious food. Nutrition is pleasure! It's a meal in a cup!

Questions to ask yourself before eating:

- *Am I watching my portions?* Try not to over-eat in one sitting.
- *Will I regret it afterwards?* Avoid foods high in sugars and simple carbohydrates. Eat them never, or only on occasion.

Questions to ask yourself throughout the day:

- *Am I eating more small meals throughout the day instead of big portions?* Stick to an eating schedule that keeps you satisfied so you do not overeat.
- *Have I nourished my body?* Proper vitamins and minerals such as those found in the ForeverFit™ program are essential to total health and weight management.
- *Am I hydrating myself throughout the day?* Drink at least 2 liters (or 8 glasses) of water every day. Avoid over-the-counter fruit juices and sodas.

TIP: Eat only half of what your appetite desires. You'll be surprised that you may not want seconds. Your brain takes about 20 minutes to recognize you're full, so eat slowly.

Choosing the right foods

There are only 3 ways for your body to consume calories – Proteins, Carbohydrates, and Fats. The ForeverFit™ Program does not rely on restricting calories, but instead on the proper balance of proteins, carbohydrates, and fats. This approach is not only essential to good health, but it maximizes your body's calorie and fat burning process. **If Mother Nature made it, eat it. If man made it, leave it alone or eat in moderation.**

Proteins

Proteins come in many forms. They are vital for constant building and repairing of bones, skin, nails, hair, muscle, blood, and more. Eating protein causes your body to release a fat burning hormone that helps you maintain healthy weight and ongoing energy. This hormone, glucagon, helps use stored energy to burn fat. Insufficient protein consumption not only weakens your immune system, but causes the body to start "cannibalizing" itself to obtain the protein supply needed.

Best sources of protein: Fish, nuts, chicken, legumes, turkey, and lean meats. Choose portions roughly the size of your palm.

Carbohydrates

Carbohydrates are a vital nutrient composed of sugar. The body needs them for energy. Lack of good carbohydrate consumption causes low blood sugar levels and triggers the brain to produce cravings. All carbohydrates in the body are broken down into a sugar called glucose, but not all carbohydrates are equally healthy. The healthier the carbohy-

drate (complex carbohydrates), the more efficiently it is used as energy instead of being stored as fat. However, when you eat too many carbohydrates or large portions in one meal, insulin is released. Higher levels of insulin cause fat storage.

Best sources of complex carbohydrates: Whole grains, seeds, legumes, whole grain pasta, yams, and vegetables.

Fats

Fats are the most misunderstood nutrient, which has caused much of the obesity in the world today. The truth is– it takes “dietary fat” to burn body fat. Fats contain essential fatty acids (EFAs) that supply the body with energy and blood sugar balance. Fats are essential to dieting because they release the hormone, CCK (cholecystokinin) that controls hunger and signals your brain to stop eating. Just as there are healthier proteins and carbohydrates, there are healthier fats. Of the three different types (monounsaturated, polyunsaturated and saturated), monounsaturated fats are best.

Best sources of fats: Nuts, especially macadamia nuts, fish and fish oils, avocado, occasional 24 Karat Chocolate™, flaxseed and olive oil. Unhealthy fats, such as processed oils (shortening and margarine) contribute to long-term harm.

Remember – not consuming adequate protein and fat causes the body to eat into its own muscle and bone. Less muscle mass = more fat storage.

Fiber

Fiber is very important in controlling weight. It is the so-called “yield” sign for carbohydrate absorption. The higher the fiber content of the carbohydrate, the slower the rate carbohydrate sugars enter the blood stream.

Best sources of fiber: Less processed foods, such as fruits and vegetables.

TIP: MAKE DEPOSITS Treat food like a prescription for good health. Understand which foods are the best at making your body function efficiently, and enjoy them. Never deprive yourself. Even if you veer off course, don’t give up. Just continue to follow your new lifestyle, and exercise regularly. Remember, health is a habit not an event. To be responsible for your health is ForeverGreen!

- Snack on fruits and nuts throughout the day
- Enjoy 1-2 24 Karat Chocolate™ Teasers each day.
- Reward yourself twice a week with fondue and fruits & nuts.



Thunder & Lightning are an enhancement to any Lifestyle!

Sample Meal Chart

	Breakfast <i>7:30 am</i>	Snack <i>10:00 am</i>	Lunch <i>12:30 pm</i>	Snack <i>3:30 pm</i>	Dinner <i>7:00 pm</i>
sample day 1	Thunder 1 scoop in 8 oz of water or skim milk. Lightning Take 2 capsules with plenty of water.	See healthy snack options listed below	Thunder Lightning	See healthy snack options listed below	1½ cup of pasta with ¼ cup marinara sauce, Protein portion of your choice, Mixed vegetables, Salad with 2Tbsp olive oil, fresh lemon, and squeeze of Red Dragon
Sip on 2 Liters of water with Green Dragon and Rainmaker throughout the day.					
sample day 2	Thunder 1 scoop in 8 oz of water or skim milk. Lightning Take 2 capsules with plenty of water.	See healthy snack options listed below	Thunder Lightning	See healthy snack options listed below	Protein portion of your choice, Steamed mixed vegetables 1 C brown rice
Sip on 2 Liters of water with Green Dragon and Rainmaker throughout the day.					
sample day 3	Thunder 1 scoop in 8 oz of water or skim milk. Lightning Take 2 capsules with plenty of water.	See healthy snack options listed below	Thunder Lightning	See healthy snack options listed below	Protein portion of your choice, Small baked potato w/ 1 Tbsp. of fat-free sour cream Mixed vegetables 1 slice whole wheat bread
Sip on 2 Liters of water with Green Dragon and Rainmaker throughout the day.					
sample day 4	Thunder 1 scoop in 8 oz of water or skim milk. Lightning Take 2 capsules with plenty of water.	See healthy snack options listed below	Thunder Lightning	See healthy snack options listed below	Protein portion of your choice, 1 medium baked potato 1 C mixed vegetables 1 C fresh fruit ¾ C brown rice
Sip on 2 Liters of water with Green Dragon and Rainmaker throughout the day.					
sample day 5	Thunder 1 scoop in 8 oz of water or skim milk. Lightning Take 2 capsules with plenty of water.	See healthy snack options listed below	Thunder Lightning	See healthy snack options listed below	Protein portion of your choice, Salad w/ 2 tsp low fat salad dressing 1 C fresh fruit or vegetables.
Sip on 2 Liters of water with Green Dragon and Rainmaker throughout the day.					

Times and meals indicated above are samples, and may be adjusted to fit your personal lifestyle.

Modify this chart according to your Health or Weight Management goals.

Snacks

A handful of:

- fruits
- nuts
- raw/steamed or cooked vegetables

Proteins

- beans
- fish
- beef
- nuts
- chicken

Thunder recipes

Thunder tastes great mixed with water or skim milk, but you may also enjoy it using these simple recipes:

“Chocolate Banana Pie”

8 oz. of water	1 half cup of ice (3 cubes)
Half of a banana	1 tsp. Rainmaker
1 whole (light or low-cal) graham cracker	

Blend the above ingredients well (60 seconds).

Next, add 1 scoop of Thunder and blend for an additional 15 seconds.

Enjoy in a chilled glass!

“Peanut Butter Power”

8 oz. of water	1 half cup of ice (3 cubes)
1 Tbs. of organic peanut butter	1 tsp. Rainmaker
3 (low-fat) vanilla wafers	

Blend the above ingredients well (60 seconds).

Next, add 1 scoop of Thunder and blend for an additional 15 seconds.

Enjoy in a chilled glass!

“Berry Bliss”

8 oz. of water	1 half cup of ice (3 cubes)
1 tsp. Rainmaker	Half of a banana
Half cup raspberries	

Blend the above ingredients well (60 seconds).

Next, add 1 scoop of Thunder and blend for an additional 15 seconds.

Enjoy in a chilled glass!

TIP: Add more or less fruit to suit your taste. Add less liquid and more ice for a thicker ice cream consistency. Explore and develop your own favorite recipe.



Exercise options...

Walk with your Training Wheels CD!

Most people don't have time for a daily exercise routine at the gym. Therefore, the ForeverFit™ Program recommends the exercises below to help with your weight management goals. Morning is the best time to exercise to jump-start your energy and calorie burning potential throughout the day. Studies indicate that the thyroid loves morning activity. We suggest you start your cardio exercise program with at least 20-30 mins a day, 3 times a week.

Maintain an exercise program that is suitable for you. Finding a friend to exercise with makes the effort more fun and simple.

Cardiovascular

Cardiovascular exercises enhance your mind and stimulate your body's metabolism, circulation, and function. Here are some exercise options that are great for your cardiovascular system, and fun too:

- Walking
- Bike Riding
- Jump Rope
- Volleyball
- Jogging
- Basketball
- Skating
- Dancing
- Rollerblading
- Aerobics
- Racketball
- Pilates

Try walking, jogging, rollerblading, bike riding, or volleyball at the park or beach where you can be with friends, family and enjoy the scenery.

Weight training

Weight training exercises use resistance and increase lean muscle mass. It has been proven that the more muscle mass your body has, the more calories your body burns. Generally lighter weights with more repetition are best for most people. Here are some resistance options that you can do in the gym or in the comfort of your home:

- Dumbbells
- Resistance Cables
- Floor Exercises

TIP: View this program as an improvement in lifestyle. Don't over-do it when you get started. Pushing too hard may cause you to experience nausea, or the urge to quit. If you feel your enthusiasm decreasing, try rotating activities. Keep it fun so it's easier to stick to, and you'll soon find yourself reaping the rewards.

Don't forget the bottled water to keep you well hydrated! (Enjoy with a trace of Rainmaker if you wish!)



Optional Progress Record

Take your "before" measurements

Date: _____

Weight: _____

Measurements

Chest: _____

R. Arm (*peak of biceps*): _____

L. Arm (*peak of biceps*): _____

Waist: _____

Hips: _____

Left Thigh: _____

Right Thigh: _____

Optional

Cholesterol: _____

Blood Pressure: _____

Heart Rate (at rest): _____

Before Photo

Check these figures on the same day and time each week. Make several copies of the chart to track your weekly measurements. Take a "before" photo and keep it here in the space provided. At the end of your transformation take an "after" photo and compare your results.

TIP: Try on new clothes, or set aside clothes that you want to fit into and make them your goal. Keep your old clothes for your record.

Track your progress

Date: _____

Weight: _____

Measurements

Chest: _____

R. Arm (*peak of biceps*): _____

L. Arm (*peak of biceps*): _____

Waist: _____

Hips: _____

Left Thigh: _____

Right Thigh: _____

Optional

Cholesterol: _____

Blood Pressure: _____

Heart Rate (at rest): _____

After Photo



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