

28-Day Evolve Nutrition Program

Preparing For Your 28-Day Evolve Program

Congratulations on joining the Nutrition Program! This 28-day program is going to change your life in ways you never imagined.

Below is a list of ways to prep for your nutrition program to maximize your results. Please read through this entire document for action items, each will only take a few minutes.

- ◆ Login to your **Participant Homepage** [HERE](#) and complete the getting started steps and Prep Week Content. You'll receive your login details via email if you haven't already.

- ◆ Very important! Get a small notebook to use as you're on the myHealthDestiny Nutrition Program. This will be your journal. We'll talk about this more in your Prep Week Content once you receive your login details. A small 4x6 or 5x7 notebook would work perfect.

- ◆ Join the private myHealth Destiny Nutrition Program Facebook Forum

1. Create a Facebook account if you don't already have one, and please add a picture so we can see your lovely face! Go to <http://www.facebook.com/> to create your account.

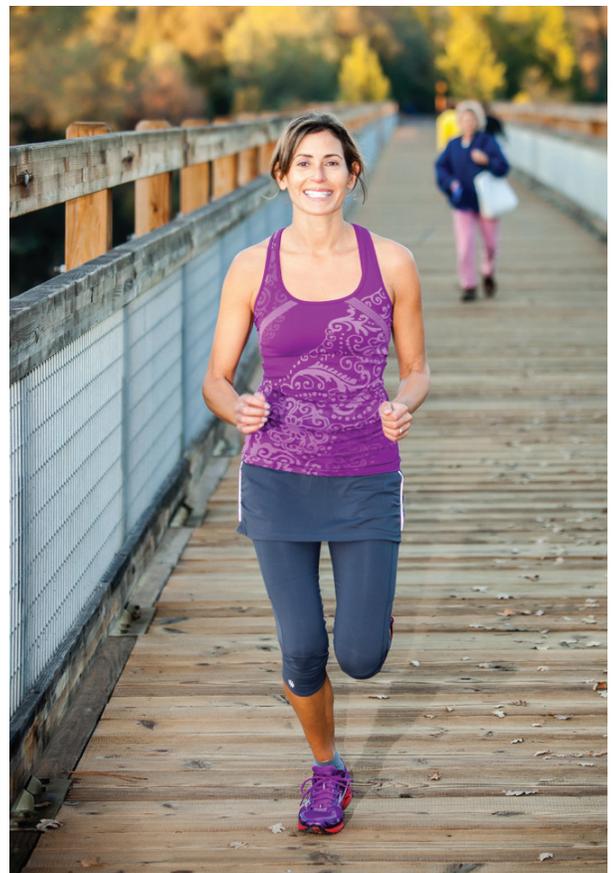
2. Click on this link: <https://www.facebook.com/groups/260322627410661/>, then click the "Ask To Join Group" button. Bookmark the group page <https://www.facebook.com/groups/260322627410661/> your web browser so you can easily navigate to it.

- ◆ Follow the optional pre-program routine. You'll receive your smoothies, bars and supplements sometime the week before or the week of your 28-Day Evolve Program. If you'd like, you can start having a smoothie for breakfast in the days leading up to your program. You can also start taking (and we recommend it!) the AM and PM supplement packs with your breakfast and dinner. Watch the Prep Week content on your Participant Site for more detailed information.

- ◆ Enlist your partner, family members or friends to do the myHealthDestiny Nutrition Program with you. We've found that our participants get the best results when they do the program with another friend – someone to cheer them on, moan with sometimes, hold each other accountable, etc. If it's just you – that's a-okay, too! You'll get tons of support and connection on the SNE Nutrition Program Facebook Group.

Prepare For Your Prep Week -- Healthy Living Tips To Prepare For Your 28 Day Program:

- ◆ Start eating healthy, mostly plant-based, organic fresh food. Increase your vegetable intake (green leafy veggies especially), organic fruit, low-glycemic grains (brown rice vs white rice) and lean animal protein if you are eating meat. Don't "diet" (it never works anyway), but eat as healthily as you can as it will make the first 5 days of the program easier on your body (less to detox).



💧 Don't be tempted to have your "last supper" or "last days of eating cookies and ice cream" before your nutrition program starts.

💧 This isn't a starvation cleanse, so you won't be going hungry.

💧 Begin to minimize your intake of sugar, alcohol and caffeine, especially in the few days leading to start. This also will make the 5 Day RESET so much easier as you'll have fewer toxins to "detox". If you do consume alcohol, choose red wine and skip the beer, hard liquor and other types of wine.

💧 Continue your current exercise program if you have one, and if you're just starting or restarting, commit to 4-5 days a week of 20-30 min exercise, even if it's just walking. Try something you thoroughly enjoy – i.e. yoga, running, spinning, pilates, a new class, weights, etc.

💧 If you're the type that "eats it if it's in the house", clean out your cupboards and fridge of all tempting foods – give to neighbors or donate it to your local food drive. This goes for cookies, ice-cream, crackers etc – anything you know isn't good for you.

💧 Replace with local, organic produce. You can eat as many fruits and vegetables as you want on this program! Lots of leafy green veggies, low-glycemic fruits (apples, grapefruit, "stone fruit" like nectarines and berries), whole grains, good fats (nuts, avocado, coconut oil, olive oil), and lean, complete proteins.

💧 Increase your water intake to 64 ounces minimum throughout the day – this will get your energy going even before the program and will get toxins out before hand.

💧 Be really proud of your commitment to taking care of your body and health! Know that all of your health goals can be reached, and that it just takes a little education and guidance. Know that you have complete control over how you look and feel, and that 2012 is going to be your best year yet!

A few to-do's:

1. Add martha@myhealthdestiny.com to your email contacts to be sure my emails don't go into your spam folder.

2. Weigh yourself first thing in the morning (in the buff) the day before you start and record your weight. You won't weigh yourself again until the end of the program. I don't believe in weighing yourself often, you'll just want to do it before the program starts so you can track and measure your results.

Feel free to email me at martha@myhealthdestiny.com between now and then with any questions.

To your ultimate health and happiness ...

Cheers!

Martha

