

# Find Your Rite Shape

with ShapeRite® by 4Life®

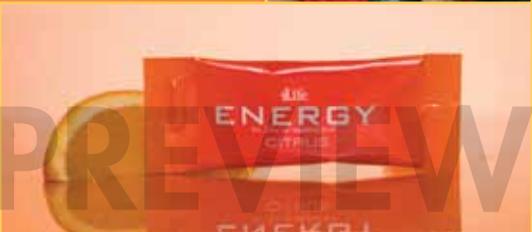
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**4Life**

TOGETHER, BUILDING PEOPLE®





# Find Your Rite Shape

We've all heard the experts say it over and over again—to maintain a healthy weight, you need to eat healthy foods and exercise regularly. But it's not always easy to control your appetite, fight against cravings, find the energy to lace up your walking shoes, or cook up a healthy meal.

ShapeRite® by 4Life® products support the idea that every individual—no matter your genetics, body size, or goals—can find his or her own “rite shape” through a combination of exercise, healthy eating, and proper supplementation.

Maintaining a healthy weight can reap big dividends in terms of your overall health and quality of life. Learn how ShapeRite products can help you maintain a healthy weight and meet your lifestyle goals.

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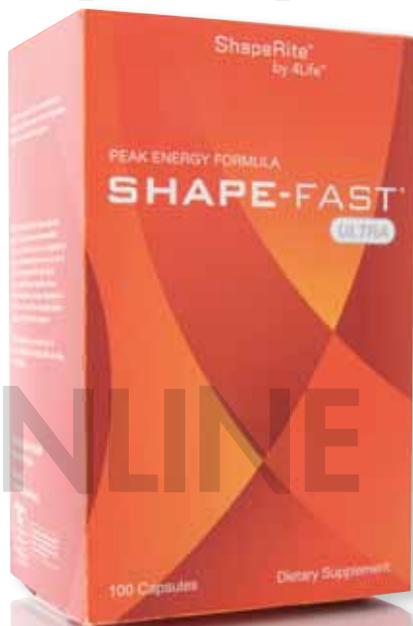


# Keep Calories in Check

Ever wanted to be one of those people who can easily eat when you're hungry and stop when you're full? If you're not perfect, there's still a lot you can do to keep those calories in check. Regulate your portion sizes, keep your glucose levels balanced, control your appetite, or even, substitute a protein shake for a regular meal.

Did you know? Portion sizes have gotten larger over the last few years. Larger portions can easily lead to significant excess calorie intake, especially when eating high calorie foods. When eating at a restaurant, share a meal or take half of your food home with you. At home, choose smaller plates and skip second portions.

[http://www.cdc.gov/healthyweight/healthy\\_eating/portion\\_size.html](http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html)



## Shape-Fast Ultra® Controls appetite

- Promotes fat burning and lean body mass
- Includes 4Life Transfer Factor E-XF™ immune system support



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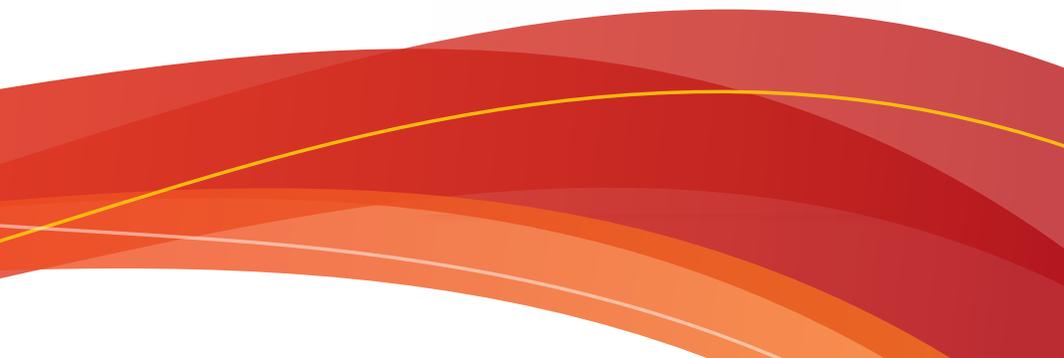
### NutraStart®

Provides balanced nutrition as a replacement meal or snack

- Contains 170 calories, 11 grams of fiber, and 18 grams of protein to create a feeling of fullness
- Includes Transfer Factor E-XF immune system support



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# Block Calories from Carbs and Fat

Whether we like it or not, calories do count. But even people with perfect willpower might sometimes eat a few too many chips or cookies. Block those calories before they hit your waistline!



## Carb BLX™

Inhibits carbs and fat from being absorbed

- Inhibits the digestion and absorption of fat and carbs
- Promotes fat burning and healthy energy levels



## ChitoLite®

Binds up fat

- Discourages absorption of fat in the body
- Maximizes fat-binding ability of standard chitosan



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# Neutralize Sugar Cravings

It's the middle of the afternoon, and you're craving a freshly baked pastry from the corner bakery. Giving into your cravings can derail your healthy eating efforts. Fight those cravings instead!



## Catalyst® Plus

Neutralizes sugar cravings

- Supports healthy glucose levels
- Supports healthy energy levels

# Support Metabolism

Keep your metabolic rate humming along with all-natural products that support your body's ability to burn fat and maintain thyroid function.



**Citri-Shape®**  
Burns body fat as fuel

- Inhibits fat storage
- Promotes healthy energy levels



**MetaboLite™**  
Promotes a healthy functioning thyroid

- Promotes healthy thyroid function
- Supports digestion with natural enzymes

# Get Energized

If you don't have the energy to make healthy choices, you'll probably struggle to meet your goals. Whether you need a boost of energy to make it through the afternoon or a way to amp up for your workout without hitting the wall, we've got an energy product for you.

## Energy Go Stix®

Helps you zip through your day

- Boosts your energy naturally with green tea, yerbe mate, and guarana!
- Includes 4Life Transfer Factor® immune system support
- Is available in citrus and berry flavors!



## ReZoom® Promotes peak performance

- Provides support for exercise enthusiasts
- Supports stamina and endurance and restores essential nutrients

# Your Daily Regimen

Need a starting point? Here's an example of a healthy eating plan and supplementation plan. Make sure to add 30–60 minutes of daily exercise to help you achieve and maintain your goals.

Healthy Eating Plan			
<b>Breakfast:</b>	NutraStart®		
<b>Mid Morning Snack:</b>			
<b>Lunch:</b>	Shape-Fast Ultra®		ChitoLite®
<b>Afternoon Snack:</b>			
<b>Dinner:</b>	Shape-Fast Ultra®		ChitoLite®
<b>Evening Snack:</b>			

Optional anytime: Energy Go Stix®!

Other optional products: ReZoom®, MetaboLite™, Carb BLX™, Catalyst® Plus, and Citri-Shape®

## Exercise for weight management

How many calories can you burn in an hour? These examples are based on an individual who weighs about 160 pounds.

Activity	Calories	Activity	Calories
Basketball game	584	Swimming laps	423
Bowling	210	Tennis	584
Bicycling (10 mph)	292	Walking (3.5 mph)	314
Hiking	438	Weight training	365
Running (5 mph)	606		

Source: <http://www.mayoclinic.com/health/exercise/SM00109>

"I'm a mother of three kids. When I had my last baby, I started running to get into better shape. It would take an hour to get through my workout. I began increasing how far I could run. After two years of running, I just ran my first ½ marathon. I know I couldn't have done it without Energy Go Stix to help support my energy levels!"

**Hilda Karina Arteaga**

4Life distributor  
Texas, USA

"My doctor told me that I needed to start a weight management program. I ordered Energy Go Stix®, Flex 4Life®, Shape-Fast Ultra®, and NutraStart®. I followed the regimen faithfully and started jogging again. After three months, I was pleased to show my doctor the results I had experienced. My doctor and her staff were so thrilled and surprised. Thank you, 4Life!"

**Richard Darvas**

4Life Diamond  
Florida, USA

For more information about 4Life products and the 4Life opportunity, contact:

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