



- SUCCESS TIPS FOR YOUR BOD•Ē TRANSFORMATION:**
- 1 TAKE A BOD•Ē BURN**
within 30 minutes of waking and a second when desired
 - 2 EAT**
five times a day, every three hours; your daily goal is half your weight in grams of protein
 - 3 EXERCISE**
enhances your health potential; start out at 10 minutes each day and then add five minutes each week
 - 4 HYDRATE**
your body by drinking a minimum two liters of water per day.
 - 5 LIMIT ALCOHOL**
only once a week on your guilt-free day; one drink for women and two drinks for men
 - 6 MAXIMIZE RESULTS**
by taking Bod•Ē Rest 30-to-60 minutes before you go to bed

LOSE BIG TO WIN BIG!

Whether you want to make a life-changing transformation or fit into your skinny jeans again, you can with the Vemma Bod•Ē 12-Week Transformation Challenge. Get recognized and rewarded for your weight loss efforts with the chance to win amazing prizes!

You could win a fabulous trip, a stylish makeover, a professional photo shoot, an Apple® iPad and more! With Vemma Bod•Ē products as your ally, if you're enough of a loser, you just may walk away a winner!

[Join to win at vemma.eu/bode/challenge](http://vemma.eu/bode/challenge)



Join the Bod•Ē 12-Week Transformation Challenge!

COACHING AND SUPPORT FOR YOUR SUCCESS

With Vemma Bod•Ē™ it only takes 12 weeks to transform your body into a lean, mean, muscle toning machine.*/**

ENGAGE YOUR BOD•Ē!

Activate your online Bod•Ē Trainer to track your stats and transformation at vemmabode.com.

EMPOWER YOUR BOD•Ē!

Search Vemma Bod•Ē to download the Bod•Ē Mobile App to receive daily text and video notifications from Heidi Powell, Vemma Bod•Ē Spokesperson, Personal Trainer and Life Coach at vemmabode.com.



VERMA BRAND PARTNERS FIND PEACE OF MIND FOR THEIR HEALTH, AS WELL AS THEIR FINANCIAL FUTURE.

Unlike typical businesses with huge advertising budgets, Vemma empowers entrepreneurs and provides personalized support every step of the way. With our generous recognition programs, you have the opportunity to earn an unlimited income and a multitude of rewards, from home office training sessions to a brand-new BMW. And the best part about these programs is that anyone is eligible to qualify! Vemma's dynamic referral-based rewards model is projected to pay out almost €50 million this year to Brand Partners like you.

To learn more about Vemma's rewarding business opportunity, visit your Vemma Brand Partner's website:



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*These products are not intended to diagnose, treat, cure or prevent any disease. **To be used in conjunction with a healthy diet and daily exercise.



bod•Ē plan





WEEKLY CARB CYCLE SCHEDULE

WEEKS 1 to 3 (of each 4-week cycle)

DAY	1	2	3	4	5	6	7
TYPE	LOW CARB	LOW CARB	HIGH CARB	LOW CARB	LOW CARB	HIGH CARB	GUILT FREE

WEEK 4 (of each 4-week cycle)

DAY	1	2	3	4	5	6	7
TYPE	HIGH CARB	GUILT FREE					

LOW-CARB DAYS

Purpose: To help enhance your body's burning potential*



- 2 Bod•e Burn daily (one within 30 minutes of waking and one when desired)
- 1 Bod•e Cleanse daily (take for seven consecutive days at least once a month or a 7-day cycle every other week for a deeper cleanse)
- 1 Bod•e Rest daily (take 30-to-60 minutes before bedtime)
- First meal that consists of:** One serving of smart protein, one serving of smart carbs and unlimited veggies
- Remaining 4 meals that consist of:** One serving of smart protein, one serving of smart fats and unlimited veggies (spaced out every 3 hours)

HIGH-CARB DAYS

Purpose: To help boost your body's metabolism into high gear.* Now, a high-carb day doesn't mean a free pass to the pasta bar; eat a balanced serving of smart carbs with protein and veggies to keep your body revved.*



- 2 Bod•e Burn daily (one within 30 minutes of waking and one when desired)
- 1 Bod•e Cleanse daily (take for seven consecutive days at least once a month or a 7-day cycle every other week for a deeper cleanse)
- 1 Bod•e Rest daily (take 30-to-60 minutes before bedtime)
- 5 meals that consist of:** One serving of smart protein, one serving of smart carbs and unlimited veggies (spaced out every 3 hours)

GUILT-FREE DAY

Purpose: To reward yourself by indulging with foods you crave for one full day, on the last day of every carb cycle. Take 1 Bod•e Burn within 30 minutes of waking; then, eat what you want (without going over-the-top) and enjoy this day because it actually helps keep your body from adapting! The emotional side of eating can be powerful and this enables you to enjoy life's occasions, such as birthdays, holidays and special events.

For more examples and recipe ideas, simply login to your Vemma Bod•e Trainer at: vemmabode.com

SMART FOOD GUIDE

SMART PROTEINS

Protein is essential for weight loss since it helps build muscle.*



Recommended Serving Size:
Palm-size portion

- Dairy:** cottage cheese (low fat), eggs, egg substitutes, Greek yogurt (nonfat plain), yogurt (low carb/high protein)
- Poultry:** chicken, duck breast, ostrich, turkey breast (low sodium)
- Red Meat:** beef (lean cuts), buffalo (ground), elk, roast beef (low-sodium deli), venison
- Seafood:** catfish, clams, cod, crab, halibut, lobster, mussels, salmon, scallops, shrimp, snapper, tilapia, trout, tuna
- Vegetable Protein:** tempeh, texturized vegetable protein, tofu
- White Meat:** pork (lean)

SMART VEGETABLES

Vegetables fortify your body with vitamins, minerals and fiber.



Recommended Serving Size:
Two fist-size portions

- Artichokes, arugula, asparagus, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collard greens, cucumber, eggplant, endive, green beans, kale, lettuce, mixed greens, mushrooms, mustard greens, okra, onions, peppers, radicchios, radishes, rhubarb, romaine, rutabaga, snow peas, spinach, sprouts, squash, tomatoes, turnips, zucchini

SMART CARBS

Carbohydrates are vital for energy.*



Recommended Serving Size:
Fist-size portion

- Dairy:** milk (1% or skim), yogurt (low fat) with fruit
- Bread:** corn tortillas, whole grain breads, whole grain English muffins, whole grain tortillas
- Fruit:** apples, apricots, bananas, berries, grapes, kiwi, melons, oranges, tangerines, peaches, nectarines, pears, pineapple, plums
- Grain:** amaranth, barley, bran cereals, buckwheat, corn, couscous, long grain brown rice, oatmeal, popcorn, quinoa, spelt, whole grain cereals, wild rice
- Pasta:** brown rice pasta, whole grain pasta
- Root Vegetables:** potatoes (russet, red, gold; small 1-1/2" diameter), sweet potatoes/yams (small 2" diameter, 4" long)
- Legumes:** beans (boiled or low-sodium canned), edamame, lentils (boiled or low-sodium canned), peas

SMART FATS

Healthy fats help keep you feeling full longer.*



Recommended Serving Size:
Thumb-size portion

- Dairy:** cheese (low fat), feta cheese, heavy cream, mozzarella (low fat)
- Dressings:** balsamic vinaigrette, creamy salad dressing (low fat), mayonnaise
- Fruit:** avocado, olives (large)
- Nuts & Seeds:** almond butter (with salt), almonds (raw, whole), peanut butter (natural, with salt), peanuts (raw, chopped), pecans (raw, chopped), pumpkin seeds, sesame butter/tahini, sunflower seeds, soy nuts (roasted, lightly salted), walnuts (raw, chopped)
- Oils:** canola oil, fish oil, flaxseed oil, olive oil, safflower oil

SMART BEVERAGES

Water, tea, brewed coffee and Verve®, with noncaloric sweeteners (if desired). Limit specialty coffees, creamers and sugars as they are a source of refined carbohydrates

SMART CONDIMENTS

Vinaigrettes, barbeque and wine sauces, as well as herbs and spices are recommended; however, any condiment of choice should be used sparingly

EXERCISE

For maximum results, we encourage you to commit to exercising for 10 minutes a day to start with, followed by a day of rest on your guilt-free day. Exercise is a key component to helping shed the pounds and keeping the weight off.



Recommended Goal: work up to at least 30-to-60 minutes of exercise per day, utilizing cardio and strength training.

- Examples:** speed walking, jogging, biking, swimming, kickboxing, strength training, yoga, weights, boot camp training