



### **What's your good-health goal?**

It's good to have goals related to your health. It's well-documented that when you eat right and exercise, you can look good and feel great.

Different goals require different strategies. It's best to look beyond the "one size fits all" approach.... To create your own customized path, starting with what you eat and drink.

If you're overweight, you're not alone. According to the World Health Organization, more than 1.4 billion adults – one out of every three – were overweight in 2008, the most recent year available for global statistics.

"Successful weight loss means developing realistic, long-range goals that include healthy foods, exercise and supplements to meet your nutrient needs," said Kerry Grann, PhD, Nutrition Investigator for the Amway Nutrilite™ brand.

Start with a program that offers a self-assessment tool to help you create your own personal map for reaching your goals. One to try: BodyKey by Nutrilite™, which also includes suggestions for exercise and supplementation.

Keep in mind that your diet affects your weight and energy level – and your skin. "What we put into our bodies has a direct effect on the way our skin looks and feels," says Dr. Grann.

Start with foods such as olive oil, dark chocolate with 70% cacao, walnuts, kale, green tea, and a broad spectrum of brightly colored fruits and vegetables, and plenty of water – all of which deliver extra benefits for your skin.

Look for supplements containing antioxidants, wheat ceramides and botanicals. For example, the Truvivity™ Beauty System by Nutrilite™ offers a powder drink and a night time supplement for round-the-clock focus on healthy skin.

No matter what your health goals may be, they'll certainly help you on the road to better performance.