

Hi5 CHALLENGE

HEALTH INSPIRED™

Health and Nutrition Handbook

A decorative pattern of light blue hexagons arranged in a honeycomb-like structure, spanning the width of the page and partially overlapping the text area.

Live a Healthy Life

Your quest to live a better life starts here! Millions of people every year want to look and feel better but don't always know how to go about it. You can be different. The Hi5 Challenge Kit makes changing your life and achieving your goals easy by incorporating programs and health inspired products that make a difference.

It's not just about losing weight—it's a life-enhancing program. With the Hi5 Challenge Kit, you'll be focusing on losing unwanted fat, toning up, then building muscle and enhancing your wellbeing. We promise your journey will be fun and rewarding.

This daily guide will help you get on the fast-track to changing your life. It will help you create the habits necessary to maintain your new healthy lifestyle.

Here are a few tips to getting the results you want:

- 1. The past is the past.** Today is a new day. It doesn't matter what results you've seen before.
- 2. Set goals, but treat each day as a new day.** If you stray from the plan, get back on track as quickly as possible. Don't take this as an opportunity to continue down an unhealthy path.
- 3. Commit. You can do this!** Take the pledge and start changing your life today at www.5LINXwellness.com/pledge
- 4. Track everything.** Use the tracking guide on page 6 every day.
- 5. Take the challenge.** Take the Hi5 Challenge for your chance to win a share of \$55,000 in cash and prizes. For more information on the Hi5 Challenge visit www.5LINXwellness.com

Traditional diets require drastic calorie cuts and exercise in an attempt to conform to an “eat less, exercise more to lose weight” mentality.

Unfortunately, most traditional diets result in the opposite effects that people are striving for. Once they finish the program, they have less muscle and end up actually gaining weight because they feel deprived and fall back into old eating habits.

Break the yo-yo cycle and be your healthiest self!

BURN

SHAPE

The Hi5 Mission:

Wellness is achieved through a conscious and consistent effort in making decisions for a more satisfying lifestyle. To achieve this, you must make positive choices in all areas of wellness: physical, financial, emotional, social and occupational.

BURN

If you're currently unhappy with your shape and your goal is to lose weight, the Burn phase is the perfect solution for you!

To track your progress, be sure to take your "Before" measurements now, so you can see how far you've come after you've completed the program.

1. Take your photos and upload them to the link in your Hi5 Challenge Subscription email

Side • Front • Back

(Be sure to include that day's newspaper for date verification). For instructions on how to take accurate measurements, visit 5LINXwellness.com

2. Measurements:

Age _____
Height _____
Weight _____
Hips _____
Waist _____
Chest _____
Arms _____
Legs _____

3. Choose your level: Moderate or Extreme

Are you already in good shape and happy with your weight, but want to take your physical fitness to the next level? Choose the "Moderate" level.

Are you overweight or want to make an extreme transformation? Then "Extreme" is for you.

For the moderate level, drink one shake per day and take one Hi5 Boost once a day and Hi5 Edge supplement, two times per day.

For the extreme level, drink two shakes per day and take one Hi5 Boost once a day and one Hi5 Edge supplement two times per day.

Setting S.M.A.R.T. goals is critical to achieving success. Take a moment to think about where you want to be at the end of the Hi5 Challenge. Focus your lifestyle changes on items that will result in your desired goal.

S.M.A.R.T. = Specific, Measurable, Attainable, Realistic, Timely

Hydrate!

Need a simple equation to calculate the appropriate amount of water you should be drinking per day? Just divide your body weight by two and drink up!



Lifestyle Goals:

Weight Goals:

Here are a few tips to getting the results you want:

- 1. Clean out your cupboards.** Go through your house and minimize everything that is going to keep you from your goal. Get rid of sweets and snacks as well as refined or processed foods containing corn syrup or sugar. If it's not available, you won't be tempted! Remember you are committing to this lifestyle and this is just the beginning.
- 2. Go shopping.** Protein and healthy carbohydrates such as: oatmeal, grits, cream of wheat, rice, potato, or sweet potatoes are essential for maintaining a healthy lifestyle. Look for fresh fruits, vegetables and proteins that can be baked, grilled or steamed like chicken, turkey or fish. Eating less is not a solution. We suggest eating more healthy foods daily. If you're eating correctly, you will not be hungry; instead you will feel full and satisfied.
- 3. Sleep.** Make sure you are getting at least eight hours of sleep each night. If you do not sleep that much now, this may take time for you to change. Try to turn the TV and computer off at least 30 minutes before you go to bed to improve your night's sleep.



BURN

1. **Take the tracking guide out of the booklet and hang it on your refrigerator or in a place that you will see it and use it every day.**
2. **Get active:** Daily activity will help you feel better and get your blood flowing

Week	Daily Activity Time
Week 1	15 minutes
Week 2	20 minutes
Week 3	25 minutes
Week 4	30 minutes
Week 5	35 minutes
Week 6	40 minutes
Week 7	45 minutes
Week 8	50 minutes

3. **Find buddies.** Recruit friends and family to support you and complete the program with you! Your results will be best if you have a support system and workout/eating buddies.
4. **Get an accountability partner.** Find someone that can hold you accountable. Tell them what you are doing and check in with them at least once a week to review your progress.
5. **Let the challenge begin.** Your healthy life starts now!



Hi5 Edge — Total Wellness

- Helps improve endurance*
- Enhances metabolic activity*
- Boosts cognitive function*
- Supports healthy aging*
- Helps maintain healthy cholesterol*†

*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.

† When cholesterol is within a healthy range

Hi5 Lean — Supports a Healthy Weight Loss Program*

- Delicious shake mix packed with protein and nutrients
- 25g protein
- 5g fiber
- Gluten Free



Hi5 Boost — Appetite Suppressant with Energy

- Helps control hunger*
- Boosts energy*
- Improves focus*
- Delivers antioxidants*

SAMPLE MEAL PLAN—MODERATE LEVEL

Breakfast

- Hi5 Lean
- MontaVida™ Coffee
- Hi5 Edge
- Hi5 Boost

Lunch

Eat what you'd like! Rule of thumb:
Always eat protein with carbohydrates:

WOMEN

- protein-rich foods
- 1/2 cup vegetables
- 1/2 cup carbohydrates

MEN

- protein-rich foods
- 1 cup vegetables
- 1 cup carbohydrates

Snacks

Enjoy high-protein snacks between 1:00pm and 8:00pm

Dinner

Eat by 8:00pm.

WOMEN

- 3 oz. protein-rich foods
- 1/2 cup vegetables tossed salad

MEN

- 5 oz. protein-rich foods
- 1 cup vegetables tossed salad

For Extreme Level replace your protein with a Hi5 Lean shake for lunch.

See page 9 for a complete food guide and all your options for healthy proteins, fruits, vegetables and carbohydrates

SHAPE

You have reached your target weight and now it's time to shape up! Outlined here is your weekly guide to strength training. This, along with a balanced nutrition plan and devoting 20 minutes (or more) 3-5 days a week to cardio—walking, running, treadmill, elliptical machine will help you get the shape you want.

See this section for exercise suggestions. Try each, decide what you like and stick with those. Additional content will become available on [YouTube.com/5LINXvideo](https://www.youtube.com/5LINXvideo)

See your doctor before you begin any type of exercise program and modify the exercises where needed.

Reps

Reps (repetitions) define the number of times to perform an exercise.

Sets

Sets refer to how many times you will repeat that exercise for the set number of repetitions.



12-WEEK EXERCISE PLAN

MONDAY

Chest & Biceps

12-15 sets (Choose three exercises from the following list) and 8-12 reps each set. If you can do more than 12 reps your weights are too light. If you can do fewer than 8 reps, your weights are too heavy.

Pushup

Lie face-down on the floor and start with your hands about shoulder-width apart, with your legs stretched behind you. Push your body up from the floor with your hands until your elbows are straight, then lower yourself back to the floor.



Barbell Bench Press

Lie on a step or bench and hold a heavy barbell a few inches above the chest. Keeping trunk braced, exhale and push weight up overhead without locking elbows. Lower the weight until it's just over the chest and repeat.



Monday/Chest & Biceps

Incline Dumbbell Press

Lie down on an incline bench or step and begin with heavy dumbbells in each hand straight up over the chest, palms facing out. Bend the elbows and lower the arms down until the elbows are just below the chest. Press the weights back up without locking the elbows.



Incline Barbell Press

Lie on a bench or step and hold a heavy barbell with hands wider than shoulders. Begin with the weight over the chest and bend the elbows, lowering the bar until it's hovering just over the chest. Press the weight up without locking the elbows.



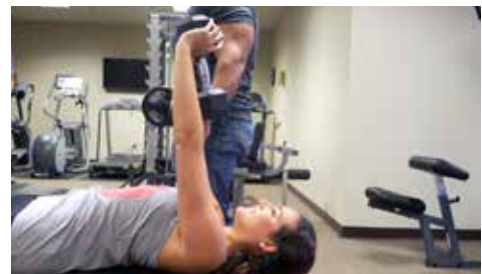
Dumbbell Incline Chest Fly

Lie on a bench and hold weights over the chest with the palms facing each other. Keeping the elbows slightly bent, lower the arms out to the sides until they're level with the chest. Squeeze chest to bring the arms up, rotating the weights.



Pullover

Lie on a bench or ball (as shown), holding a heavy dumbbell straight up overhead. Lower the weight behind your head, arms slightly bent, until you're level with the bench. Squeeze your back to pull the weight back up.



Monday/Chest & Biceps

Dumbbell Hammer

Grab a dumbbell in each hand and let your arms hang naturally down at your sides. Curl the dumbbells to the top. Keep your wrists locked with your thumbs pointing up. Be sure to squeeze your biceps for a one-count at the top of the movement. Lower the dumbbell back down to the starting position and repeat.



Seated Dumbbell Row

Grab a dumbbell in each hand and let your arms hang at your sides. Slowly curl both dumbbells up while keeping your elbows stable against your sides. Rotate your palms upward and squeeze your biceps for a one-count at the top of the movement. Lower the dumbbells down to the starting position and repeat.



Seated Dumbbell Press

Grab a pair of dumbbells and sit down on the bench with the ends of the dumbbells on your thighs. Raise the dumbbells above your head and twist so that your palms are facing forward. Slowly lower the dumbbells to the sides of your shoulders. Once they are at shoulder height, contract the shoulder muscles and raise the dumbbells back to the starting position. Begin lowering the dumbbells back down for the next rep and repeat.



Wide-grip Pushup

Start from a basic pushup position but spread your hands wider than shoulder length. This will force your chest to pick up the brunt of the work from your triceps and shoulders.



Quads & Hamstrings

20 sets (10 sets quads/10 sets hamstrings) and 15 reps each set.

Squats, Leg lifts, Lunges, step ups, deadlifts and presses are some of the best exercises for the quads, hamstrigs, glutes and thighs.



WEDNESDAY

Rest Day

It is important to have days off in between workouts. Not only does it give your body a chance to rest, but it also gives your muscles time to rebuild and recover. Be sure to stick to your nutrition plan on your rest days.

THURSDAY

Shoulders & Triceps

12-15 sets (Choose three exercises from the following list) and 8-12 reps each set. If you can do more than 12 reps your weights are too light. If you can do fewer than 8 reps, your weights are too heavy.

Narrow-grip Pushup

Start from a basic pushup position with your hands just a few inches apart from each other underneath your chest.



Overhead Arnold Press

Hold heavy weights in both hands with elbows bent, weights next to the ears (like a goal post). Press the weights overhead, lower back down and then press the weights half-way up and down. That's one rep.



Thursday/Shoulders & Triceps

Close Grip Bench Press

Lie on a bench or step and hold a heavy barbell just over the rib-cage, hands close together (just inside the shoulders). Press the weight up over the ribcage, lower the weight down and then press half-way up.



Barbell Bench Press

Lie on a bench or step and hold a heavy barbell with hands wider than shoulders. Begin with the weight over the chest and bend the elbows, lowering the bar until it's hovering just over the chest. Press the weight up without locking the elbows.



Skull Crushers

Lie on a bench and hold a medium-heavy barbell in a narrow grip (about shoulder-width apart). Begin with the bar straight up over the chest, palms facing out. Bend the elbows and lower the weight down towards the head, stopping when the elbows are at 90 degrees. Push the weight back up and repeat .



Reverse Flies

Hold medium-heavy dumbbells and begin seated, bent over with arms hanging down and weights under the knees. Lift the arms out to the sides, up to shoulder level, squeezing shoulder blades together. Keep the elbows slightly bent and repeat.



Thursday/Shoulders & Triceps

Dips

Sit on a chair or bench and balance on your arms, moving backside in front of the step with legs straight. Bend the elbows and lower down, keeping the shoulders down until elbows are at 90 degrees. Push back up and repeat.



FRIDAY

Back & Abs

12-15 sets (Choose 3 exercises and do each for 1 set) and 8-12 reps each set. If you can do more than 12 reps your weights are too light. If you can do fewer than 8 reps, your weights are too heavy.

Try these exercises for strengthening the abdominals and the lower back.

Bridge with Leg lift

Lie face up on the floor, knees bent. Push body into a bridge position, supporting your weight on your feet and arms. Straighten one leg up, heel flexed and slowly lower leg out to the side a few inches without moving the rest of the body. Use the abs to stabilize your body and don't hold your breath. Do all reps on one leg, then switch sides.



Friday Back & Abs

Single Arm Bent Over Row

Place left foot on a step and support the body with the left hand as you hold a heavy weight in the right hand, hanging the weight down towards the floor. Squeeze the back to pull the elbow up in a rowing motion until it is level with the torso. Lower down and repeat. Alternate arms.



Bent Over Barbell Row

Hold a heavy barbell in front of the thighs, hands shoulder-width apart and bend forward to about 45 degrees, abs in and back flat. Squeeze the back to pull the barbell up towards the belly button. Lower and repeat.



Bicycle Ab Twist

Lie face up with lower back pressed to the floor. Cradle head in your hands, elbows out, and bend right knee, pulling it towards your chest while touching the knee with the opposite elbow. Begin a slow pedal motion by touching opposite elbow to opposite knee, alternating each side. Keep the abs pulled in (don't let them bulge out) and breath continuously.



Deadlift

Hold a barbell or dumbbells in front of thighs, feet hip-width apart and abs pulled in. Tipping from the hips and keeping the weight close to your legs, lower the weight to mid-shin (or wherever is comfortable) while keeping the legs straight (but not locked). Lift back to starting position and make sure the abs are pulled tight throughout the movement.



Friday Back & Abs

Balance Ab Twist

Begin by lying on your side and push up so that your body is supported by right arm, feet stacked. Straighten left arm and balance for a moment, then sweep the left arm down and twist the body, turning it towards the floor while keeping the rest of the body in place. Squeeze the abs and hold for 2 seconds, then go back to starting position.



SATURDAY

Rest Day

It is important to have days off in between workouts. Not only does it give your body a chance to rest, but it also gives your muscles time to rebuild and recover. Be sure to stick to your nutrition plan on your rest days.

SUNDAY

Rest Day

It is important to have days off in between workouts. Not only does it give your body a chance to rest, but it also gives your muscles time to rebuild and recover. Be sure to stick to your nutrition plan on your rest days.

Eating Right Can Be Easy

With the Hi5 Challenge Kit, you don't need to count calories or measure the fat grams in the food you eat. If you find you're hungry between meals, then increase the protein, or add a healthy snack. Using the 12-week guide below, you can build your diet around your favorite foods. We even give you a cheat day so you don't feel deprived. This will also help to jumpstart your metabolism. Use this guide for healthy food choices and eat 5-6 smaller meals per day to keep your metabolism up.

HEALTHY, PROTEIN-RICH OPTIONS

Meats	Omega-3 Enriched Eggs	Turkey	Lamb
Fish	Milk	Tofu	Deer
Nuts	Yogurt	Pork loin	Chicken
Vegetables	Cheese	Lean beef	Duck

FRUITS & VEGETABLES

Several Servings of Vegetables: Raw • Steamed • Lightly cooked

Green Beans	Onions	Eggplant	Spinach
Cauliflower	Salad Greens	Brussels Sprouts	Kale
Cucumber	Tomato	Broccoli	Collard Greens
Peppers	Zucchini	Celery	Asparagus

Post Workout Favorites:

Sweet Potatoes	Squash	Pumpkin
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Fruits (1 Serving):

Berries	Apples	Grapes	Melon
Melons	Pears	Kiwi	Pineapple
Citrus	Cantaloupe	Mango	

CARBOHYDRATES

Beans	Quinoa	Rice	Oatmeal
Lentils	Potatoes	Whole Wheat Pasta	

Good Fats (1-2 oz.):

Avocado	Coconut	Pecans	Walnuts
Olive oil (Extra Virgin)	Almonds	Macadamias	

SPICE IT UP!

Marinara sauce	Ginger	Black pepper	Cumin
Herbs	Cilantro	Lemon zest	Oregano
Curry powder	Garam Massala	Allspice	Basil
Garlic	Chili powder	Cinnamon	

OTHER SNACKS

Edamame	Hummus	Hi5 Lean (add some fruit, peanut butter or coffee)
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DRINK WATER!

GEORGE FARAH

George Farah contributed his knowledge and recommendations based on his experience with helping many people change their lives through health and fitness.

Farah is an IFBB Professional, sports nutrition consultant, as well as a personal trainer to celebrities and Olympians. Mr. Farah is also a member of the 5LINX Health Advisory Council.

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

