



ARBONNE
INTERNATIONAL

www.arbonne.com | www.gofigure8.com

GO Getter

Your Quarterly Guide To Taking Control

Vol. 1 No. 2 | July 2004

BECOME A GO GETTER!

Show and tell your results with Figure 8™!



Be a "GO Getter" and lose 20+ lbs. so we can recognize your weight loss efforts! Submit your success story and photo ("before & after" are best) and we may feature you in this quarterly Figure 8™ "GO Getter" newsletter and we'll put you online @ www.gofigure8.com. We can't "weight" to feature you!

Here's what to do:

1. Use the Figure 8™ products
2. Take a "before" photo of yourself
3. Lose 20 (+) lbs.
4. Take an "after" photo

Then e-mail or mail your photos, product testimonial, name, phone number, city and state to:

Kirsten Maranda
Marketing Coordinator
kirstenm@arbonne.com or mail to:
4 Cromwell, Irvine, CA 92618.



CONGRATULATIONS ... YOU'RE A GO GETTER!

"The New You" Figure 8™ Challenge ... These people met the Challenge and lost 20+ lbs.

Angel Carrier, from Cold Spring, KY

has been on the Figure 8™ Weight Loss Program for over 15 weeks and has already lost 43 pounds!

"My before picture was taken in November 2003. I didn't start using the Figure 8™ Weight Loss Program until February 12, 2004. I started at size 22/24 (2X/3X) and now wear 16 and 16/18 (L to XL). This is so awesome! I am so excited to not have to shop in the Plus sizes anymore! Thank you Arbonne, I love the Figure 8™ products!"

Steve Johnson, from Shapleigh, ME >

has been on the Figure 8™ Weight Loss Program and lost 70 pounds in just six months!

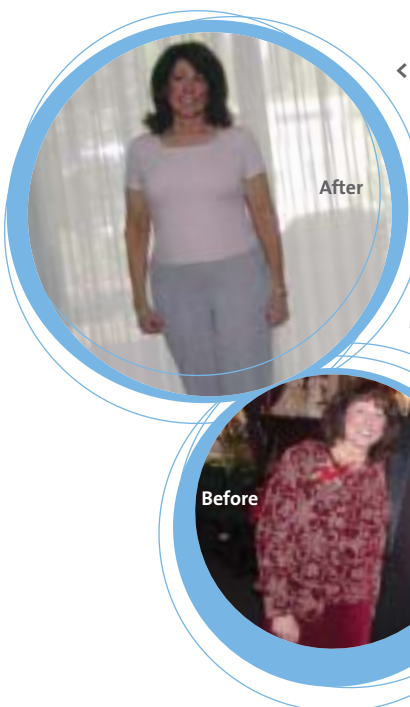
"I'm a 34-year-old man, married to an Arbonne Consultant. She suggested that I try the Figure 8™ GO Easy! Protein Shake when I decided to lose weight and get in better shape. Six months later, I weigh almost 70 pounds less than I did when I started my regimen, and I feel better than I have in years. (In fact, I weigh less and am in better shape than I was when I met my wife 15 years ago). Even though my progress was due to a combination of things, such as proper diet and exercise, the program really helped me achieve the goals that I wanted to achieve. I shed an average of almost three pounds per week, and was able to do it safely and effectively. Though I don't plan on ever having to lose that kind of weight again, I will forever be grateful for the Arbonne Figure 8™ Weight Loss Program and am convinced that it helped me reach my goals."



< Jacquelyn Gorton, from Burley, ID

has been on the Figure 8™ Weight Loss Program since mid-January and has lost 22 pounds!

"I've done it — I lost 22 pounds on the Figure 8™ Weight Loss Program since I started January 15th! This was including the royal "pig-out" at the Area Manager's Challenge in Phoenix. By the time I attended NTC 2004 Texas, I had learned to take control of the situation and took my Figure 8™ products with me. Not only did I maintain my weight while at NTC, but also it cut my meal expenses and I never felt deprived! I felt blessed. It is such an easy weight loss program to follow and I have learned so many things about dieting and eating. Thank you, everyone, for all your tips and for all the shared information!"



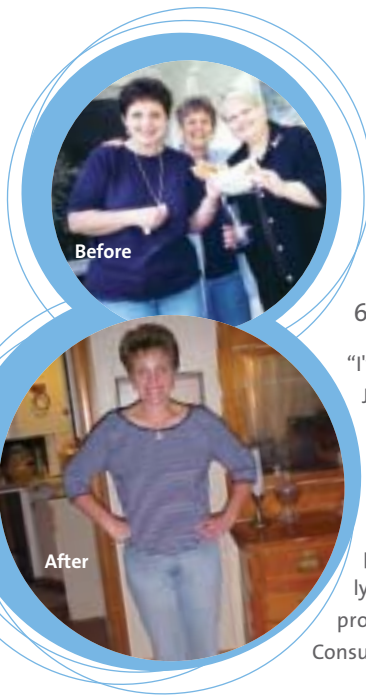
Nancy Zorn, from Captain Cook, HI >

has been on the Figure 8™ Weight Loss Program for three months and has lost more than 20 pounds!

"I did not expect to lose 20 pounds when I started my healthy eating program with the Figure 8™ Weight Loss Program. I began my healthy eating program on April 1, 2004. On June 14, 2004, I stepped on the scale to find I'd lost 20 pounds! I can't tell you how excited I am. Being an Arbonne Consultant, I felt an obligation to try the products myself. How else can I effectively represent them to others, right? Many doors have opened as a result. When friends and acquaintances comment on my dramatic weight loss, it's a natural opportunity to share the fact that Arbonne's Figure 8™ products were responsible. I look and feel so much better ... not to mention my wardrobe has increased now that I can wear all those clothes I'd pushed to the back of my closet. Arbonne, Mahalo Nui Loa!"



"The New You" Figure 8™ Challenge ... continued



< **Mindy Banz Kitzel, from Oklahoma, OK** has been on the Figure 8™ Weight Loss Program since January 1st and has lost 60 pounds!

"I've lost 60, count 'em, 60 pounds since January 1st. I'm down from a size 18 to a 10. Yesterday, I fit into a skirt that I last wore in 1985. I didn't believe the products would work so I didn't take a 'before' photo. I rarely let myself be photographed back then — and usually only showing my face. So with a great product and a fabulous Arbonne Consultant cheerleader, I'm back to being

'me.' Almost 20 years gone. I've been so outgoing and busy that a friend jokingly told me recently, 'You're dangerous!' Yep, that's me ... not afraid of anything anymore! I've said it before, this has finally given me a full life."

Bonnie Hoffmann, from Milwaukee, WI has been on the Figure 8™ Weight Loss Program and has lost 36 pounds in just eight weeks!

"Two months ago I found out I have degenerative arthritis in my back and scoliosis. The doctor said the only thing that could help was exercise and weight loss. I have been exercising three times a day with the exercises from my rehab assistant while on the Figure 8™ Weight Loss Program. Since I started eight weeks ago, I have lost 36 pounds and at least one dress size. I could easily be Arbonne's poster child for arthritis and weight loss. My goal is to lose 100 pounds and I know I will be there soon."

Low Carb Lifestyle: Supplement With Nutrients

Lifestyles are changing, and so are people's eating habits. If you are living a strict, low carb lifestyle, your diet might be missing important nutrients. Many foods that are avoided while limiting carbohydrates are rich in vitamins, minerals and antioxidants that are important to your health. Fortified breads and pastas are rich in B vitamins; fruits and vegetables offer key antioxidants and milk offers calcium. If your diet lacks these foods for an extended period of time you may want to consider the following products.*

Arbonne Bio-Nutria® is a complete line of nutritional products including:

Defense Builder: Rich in antioxidants such as vitamins A, C, E and biotin.

Complete Essentials: Includes important vitamins and minerals like vitamin B12, B6, riboflavin, pantothenic acid, thiamin and niacin.

Calcium Plus: Formulated with vital minerals that support proper calcium absorption.

Optimal Digest: A multi-enzyme product that helps the body breakdown fats, proteins and carbohydrates.

*NOTE: Pregnant or lactating women and people with known medical conditions should consult with a physician prior to taking supplements.

MEET THE "GO GO GIRLS!"

The "GO GO Girls" are a group of five Arbonne Independent Consultants in the Cleveland, Ohio area who have formed a Figure 8™ weight loss team. The team consists of EAM Nadine Godfrey Dwyer and Consultants Carol Hoffman Vicario, Judyth Springer Thurman, Jan Vicario and Lucy Szastak.

Dubbed "GO GO Girls" by Carol Hoffman, the girls have been using the entire Figure 8™ Weight Loss Program of products. Not even medical conditions can stop these determined, motivated ladies — Carol and Judyth have arthritis, and Lucy is recovering from major knee surgery. What these ladies all have in common is the desire to lose weight, feel better and live a long, happy life. Their team is not about rapid weight loss, but focused on achieving a good, healthy lifestyle while keeping the added weight off permanently. And, what better way to accomplish this than amongst friends?

What makes the "GO GO Girls" different

The "GO GO Girls" meet as a group every two weeks to chat and measure one another. There is no weighing-in between meetings, Judyth says it saves disappointments because of natural weight fluxes; they use the same scale and measuring tape each time. The girls discuss meal recipes, enjoy healthy snacks, discuss strategies on how to run their Arbonne business and invite people to join in the fun. There is a prize provided by Nadine for the "biggest loser" at every meeting — it can be earned by a loss in weight, inches or both!

What the "GO GO Girls" are doing to tone-up

Lucy, Jan and Carol are testing out low impact swimming, Nadine walks with weights and has followed exercise videos, and Judyth is a huge yoga follower, she visits her local YMCA for treadmill/recumbent exercise bike. The "GO GO Girls" are all spiritual, loving "girls" devoted to helping others become healthy, happy and "big weight-loss losers."

If you've formed your own Figure 8™ weight loss group, please let us know! Contact Kirsten Maranda, Marketing Coordinator at kirstenm@arbonne.com or mail to: 4 Cromwell, Irvine, CA 92618.



BELOW: The "GO GO GIRLS." L-R: Nadine, Carol, Jan and Judyth. (Lucy not pictured.)

ABOVE: The "GO GO GIRLS." L-R: Nadine, Judyth, Jan and Lucy. (Carol not pictured.)

"I'm down from a size 18 to a 10. Yesterday, I fit in a skirt that I last wore in 1985."

- Mindy Banz; Oklahoma, OK

Ask the Expert



Have a weight loss, nutrition or Figure 8™ product question? Why not Ask the Expert ...

Michele A.,
Product Manager, Nutrition

And say hello to Michele A., Arbonne's Product Manager, Nutrition. E-mail her at gofigure8@arbonne.com.

SAMPLE Q & A :

Q: I've been following the Figure 8™ Weight Loss Program and exercising regularly but I haven't lost any weight. Something is working because my clothes feel loose but why isn't it showing on the scale?

A: Don't be discouraged ... the scale may not show that you're losing weight but your clothes say you are! Exercise enhances muscle tone and speeds weight loss. Muscle tone and mass increases as you exercise ... muscle is denser than fat, which means muscle weighs more than fat and takes up less space. Even though your scale may not be reflecting a weight loss the fact that your clothes are fitting looser indicates your body fat is decreasing while your muscle mass is increasing — causing your clothes to fit looser. Don't always judge your progress by the scale, ask yourself if your clothes fit better and if you have more energy. These are important indicators when tracking your progress.

WWW.GOFigure8.COM:

YOUR RESOURCE FOR EVERYTHING FIGURE 8™

What's New on the Web?

Weigh in on the New "Figure 8" Success Scale" and Share your Success Story!

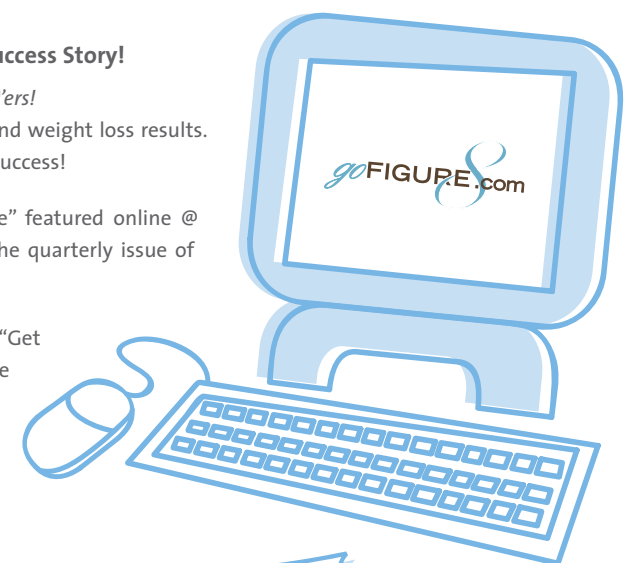
To date, we've tallied more than 575 pounds lost by enthusiastic Figure 8™ers! Congratulations to everyone who wrote or called in their testimonials and weight loss results. We know more of you are on the plan and we'd love to hear about your success!

First, we'll add your pounds lost to the new "Figure 8™ Success Scale" featured online @ www.gofigure8.com and we'll update the latest results right here in the quarterly issue of the *GO Getter* newsletter.

Second, we'll post your success story, photos and testimonial in the "Get Motiv8ed" section of www.gofigure8.com ... where we currently show the name, city, state and number of pounds lost for those we heard from in the first quarter of 2004.

Send your story and photos to:

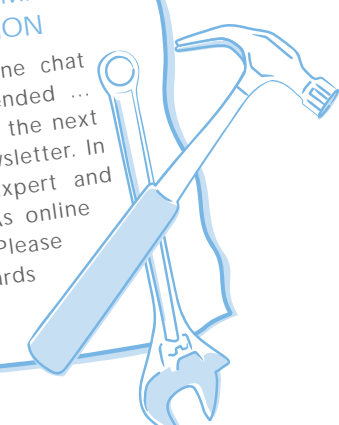
Kirsten Maranda
Marketing Coordinator
kirstenm@arbonne.com or mail to:
4 Cromwell, Irvine, CA 92618.



ANNOUNCEMENT:

WEEKLY ONLINE CHAT TEMPORARILY UNDER CONSTRUCTION

The weekly Figure 8™ online chat has been temporarily suspended ... look for re-launch details in the next issue of the GO Getter newsletter. In the meantime, Ask the Expert and we'll feature those Q & As online for everyone to access. Please note that the Message Boards are still active.



FOCUS ON FIBER

Walk For Weight Control



Walking is a simple and safe way to exercise. But be sure to warm-up your muscles before shifting into a fast-paced walk or you could get an injury. Start off by walking slowly for 5 – 10 minutes and work up the pace until you notice a difference in your breathing, but are able to carry a conversation in full sentences. Walk at this speed for up to 30 minutes, and then slow it down to an easy walking pace for 5 minutes. Finish off by doing some gentle stretching.

The trick to losing weight by walking is to work your walking pace up to a fast-paced speed so that your body is forced to dip into your fat stores for energy.

Here are some tips to keep in mind when you embark on your walk:

- For weight loss, walk almost every day.
- Start with walking at an easy pace for 5 – 10 minutes.
- Always warm up for 5 minutes by walking at an easy pace no matter how long you'll be walking that day.
- Stop and do some stretching exercises.
- Walk for 30 – 60 minutes at a time.
- Finish by doing some easy stretching exercises.
- Always consult with your primary healthcare provider before beginning any walking or exercise program.

Fiber is a practically indigestible substance that is found mainly in the stems, seeds and leaves of plants. It is a special type of carbohydrate that passes through the human digestive system nearly unchanged, without being broken down into nutrients before elimination. (Carbohydrates constitute the main source of energy for all body functions.) Just about everyone hears about the need for enough fiber in the diet. But few people understand the importance of dietary fiber — or where to get it.

There are two types of fiber, and they have different effects on the body:

- **Insoluble fiber** is mainly made up of plant cell walls, and it cannot be dissolved in water. It has a good laxative action. Foods high in insoluble fiber include whole-wheat breads, wheat cereals, wheat bran, cabbage, beets, carrots, brussels sprouts, turnips, cauliflower and apple skin.
- **Soluble fiber** is made up of polysaccharides and does dissolve in water. Its beneficial effect on the body is to lower blood cholesterol and blood sugar levels. Foods high in soluble fiber include oat bran, oatmeal, beans, peas, rice bran, barley, citrus fruits, strawberries and apple pulp.

Fiber Benefit Facts for Weight Loss

- Drink a Figure 8™ **Just GO!** Orange Fiber Shake. The shakes contain high-quality dietary fiber from natural sources that can help lower the fat absorption rate while increasing your fiber intake. The **Just GO!** Fiber Shake offers a feeling of being full, which in turn can help prevent overeating and can provide more energy.
- Reduce fat absorption by promoting healthy elimination of foods. This lowers the amount of fat absorbed by the body.
- Adults who consume at least 25 grams of fiber a day are less likely to gain weight over time than those who don't regularly consume this amount of fiber.

Fiber Facts

- A good diet should contain approximately 25 – 38 grams of fiber a day. (The average American eats less than half of that.)
- Researchers have calculated that if Americans doubled their intake of fiber, they could cut 100 calories a day ... resulting in a 10-pound weight loss in a year.
- Americans consume only about 10% of the fiber that they did 100 years ago.
- Fiber keeps stools soft and keeps the contents of the intestines moving.
- Bran has the highest fiber content ... approximately 25% – 45%.

The FIGURE 8™ Just GO! Orange Fiber Shake offers:

- 12 grams of all natural fiber.
- **Insoluble fiber:** oat bran, rice bran, oat fiber, orange fiber, pea fiber, apple fiber and soy fiber, cellulose powder.
- **Soluble fiber:** oat bran, rice bran, psyllium, xanthan gum, carrageenan gum, guar gum, and maltodextrin.

NOTE: Oat bran and rice bran are both soluble and insoluble fibers.

Just GO! Orange Fiber Shake

17.3 oz/490 g., 14 servings
 #1835; \$22 (Canada \$29)
 Save 20% on Autoship ... \$17.60 (Canada \$23.20); #1835A



"I started at a size 2x/3x and now wear a 16/18. I am so excited to not have to shop in the Plus sizes anymore."
 - Angel Carrier; Cold Spring, KY

THE FIGURE 8™ PLAN: MEAL OPTIONS

Check out these healthy, fresh menu ideas for tasty summer treats

The Figure 8™ Weight Loss Program is an easy-to-follow regimen for on-the-go lifestyles. Here is the plan outline and some meal options for menu planning this summer.

Figure 8™ Plan

- Replace 1 – 2 meals per day with the Figure 8™ **Go Easy!** Protein Shake(s)
- Make sure existing meals and snacks are healthy
- Get plenty of fiber with 1 – 2 servings of **Just Go!** Fiber Shake per day
- Use the **Going, Going, Gone!** Dietary Supplement 30 minutes before each meal to help support your weight loss efforts
- Help satisfy cravings by using 1 – 2 of each flavor (chocolate and citrus) **On the Go!** Weight Loss Chews as a mid morning and mid afternoon snack
- Increase physical activity (see article on walking in this issue of *GO Getter*)
- Drink the recommended 8 (8 oz.) glasses of water per day
- Set attainable weight loss goals of 1 – 2 lbs. per week

MEAL OPTIONS

Breakfast	Lunch or Dinner	Snacks
<p>English muffin and soft or hard boiled egg (1 English muffin with 1 egg boiled)</p> <p>Whole wheat cereal, milk and bananas (3/4-cup cereal, 1/2-cup skim milk, 1/2 of banana sliced)</p> <p>Oatmeal with fresh fruit (3/4-cup oatmeal, 1/2-cup fresh fruit)</p> <p>Yogurt, granola and fruit (1/2-cup yogurt, 1/4-cup granola, 1/2-cup fresh fruit)</p> <p>English muffin and peanut butter (1 English muffin toasted with 1 Tablespoon peanut butter)</p>	<p>Chicken breast, vegetables and rice (1 1/4 oz. chicken breast, 1 – 2 cups cooked vegetables, 1/4-cup brown rice)</p> <p>Chicken salad (1 1/4 oz. chicken breast, 2 cups mixed greens, balsamic vinegar)</p> <p>Grilled salmon, steamed broccoli and salad (1 1/4 oz. broiled salmon filet, 1 cup steamed broccoli, 2 cups mixed greens with balsamic vinegar)</p> <p>Tuna melts (1/2-can tuna packed in water, 1/2-cup low-fat cheddar cheese, 1 English muffin, toasted)</p> <p>Wraps (1 whole wheat tortilla, 2 slices low-fat deli meat, 2 tsp. light ranch dressing, 1 – 2 pieces of lettuce, 2 slices of tomatoes, 1 slice of cheese)</p> <p>Vegetable primavera (2 cups steamed mixed vegetables, 1/2-cup cooked noodles, 1 Tablespoon light Italian dressing, 2 Tablespoons fresh parmesan cheese)</p>	<p>Fresh fruit (Any kind)</p> <p>Nuts (2 tablespoons any variety, almonds, peanuts, pistachios, walnuts, pecans, cashews, etc.)</p> <p>Cottage cheese and crackers (1/2-cup on 3 – 4 crackers)</p> <p>String cheese (1 oz.)</p> <p>Celery and peanut butter (4 small pieces of celery, 1 Tablespoon of peanut butter)</p> <p>Pita bread and hummus (1 slice pita bread with 1/4-cup hummus)</p> <p>Cereal (1/2-cup unsweetened cereal, 1/4-cup milk)</p> <p>Popcorn (3 cups air popped popcorn, parmesan cheese or garlic salt for flavor)</p>

Announcing Arbonne's Summer Recipe Contest!



You're eating great, losing weight and it shows ... so share your best recipe with us and you'll be entered into our drawing for the chance to be our grand-prize winner. All recipes submitted will be included on the gofigure8.com website following the close of the contest on August 31, 2004. Recipes must be healthy but don't necessarily need to incorporate Arbonne products.

To enter, simply e-mail your original, healthy recipe to gofigure8@arbonne.com by August 31, 2004. Be sure to include your name, phone number, city and state.

One lucky entrant will win the following:

1. Their photo and award-winning recipe featured in the next issue of *GO Getter*
2. The winning recipe featured on gofigure8.com
3. A Figure 8™ Rhinestone Tank Top and Figure 8™ product Set

(Note: Winner will be selected and notified in September.)



4 Products
Make it Simple

1. **GO Easy!** Protein Shake with INNER G-PLEX®, Chocolate & Vanilla
2. **Just GO!** Orange Fiber Shake
3. **Going, Going, Gone!** Dietary Supplement
4. **On the GO!** Weight Loss Chews, Chocolate & Citrus

8 Dietary Elements
Make it Work

1. High protein
2. Low carbohydrate
3. Low fat/no saturated fat
4. No cholesterol
5. No artificial sweeteners, colors or flavors
6. No animal products/by products (vegetarian)
7. Suppresses appetite*
8. Boosts metabolism/increases energy*

*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Autoship makes it even easier and more cost-effective to fashion your weight loss program. Sign up for Autoship and enjoy:

- 20% savings on all Figure 8™ products
- Your products delivered monthly to your door
- A FREE Arbonne product with each order

"FIGURE 8™" PRODUCTS

Everything you need to GO, GO and lose weight!

GO Easy! Protein Shake with INNER G-PLEX®
14.8 oz/420 g., 14 servings; \$22 (Can \$29) each
Vanilla, #1836
Chocolate, #1837
Save 20% on Autoship ... \$17.60 (Can \$23.30)
#1836A Vanilla, #1837A Chocolate

Just GO! Orange Fiber Shake
17.3 oz/490 g., 14 servings
1835; \$22 (Can \$29)
Save 20% on Autoship ... \$17.60 (Can \$23.20);
#1835A

Going, Going, Gone! Dietary Supplement
90 tablets, 30 day supply
#1857; \$38 (Can \$50.75)
Save 20% on Autoship ... \$30.40 (Can \$40.60);
#1857A

On the GO! Weight Loss Chews
30 chews per bag; \$18 (Can \$24) each
Chocolate, #1834
Citrus, #1833
Save 20% on Autoship ... \$14.40 (Can \$19.20);
#1834A Chocolate, #1833A Citrus



"GO Figure" Set Special Everything you need to Go, Go, Go and get skinny!

- 1 **GO Easy!** Protein Shake with INNER G-PLEX®, Vanilla
 - 1 **GO Easy!** Protein Shake with INNER G-PLEX®, Chocolate
 - 1 **Just GO!** Orange Fiber Shake
 - 1 **Going, Going, Gone!** Dietary Supplement
 - 1 **Bag On the GO!** Weight Loss Chews, Chocolate
 - 1 Figure 8™ Shaker Cup FREE!
 - plus 1 **Bag On the GO!** Weight Loss Chews, Citrus, FREE (an \$18 (Canada \$24) value!)
- "Go Figure" Set Special; #1875; \$122 (Canada \$161.75)
Save 20% on Autoship ... only \$97.60 (Can \$129.40) #1875A



"For a high protein breakfast, mix and pour the GO Easy! Protein Shake over your dry cereal for a delicious, healthy start to your day." - Michele Arth, Product Manager, Nutrition

Give Me An M-O-T-I-V-A-T-I-O-N!

Get-togethers are always welcomed with lots of food. It's easy to get carried away and not watch what you eat at these events. If you feel you ate too much during a recent get-together, don't fret, everyone does it at one time or another and as long as you recognize that you overindulged it's easy to get back on track.

Motivation is the key to success with any weight loss program, and the Figure 8™ Weight Loss Program is no exception. Always count on yourself for reassurance and reinforcement — do not concern yourself about what others think. And never set goals according to someone else's standards ... you are happiest when you set your own goals and meet your own goals.

Instead of trying to *lose* when you start a weight loss plan try to *gain*. Gain ...

- Energy
- Improved health
- Confidence in yourself
- Tremendous self-esteem

For more motivation and program support, log on to www.gofigure8.com in the Chat Room.



Contact Us

Have a topic you'd like to see featured in *GO Getter*? A Testimonial? Recipe? Let us know!

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* The testimonials in this publication reflect the actual experience of each individual, are anecdotal only and may be atypical.

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Business Aid #2522 50M 7/04

To order product today or to sign up for Autoship, contact your Arbonne Independent Consultant or call 1.800.ARBONNE.