



INSIDE this issue:

- EAT BREAKFAST... LOSE WEIGHT!
- BE A PROTEIN PRO
- QUICK AND EASY DESKTOP LUNCHES
- SUMMER RECIPE CONTEST WINNER!

GO AHEAD HEAT THINGS UP

Go ahead and make the shakes hot! This will not affect the protein content. Try using fat-free skim milk instead of water and mix half a scoop of chocolate and the other half vanilla. Hot chocolate that's good for you. Enjoy!

ARBONNE
INTERNATIONAL

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GO Getter

Your Quarterly Guide To Taking Control

Vol. 1 No. 3 November 2004

BECOME A GO GETTER!

Show and tell your results with Figure 8™!



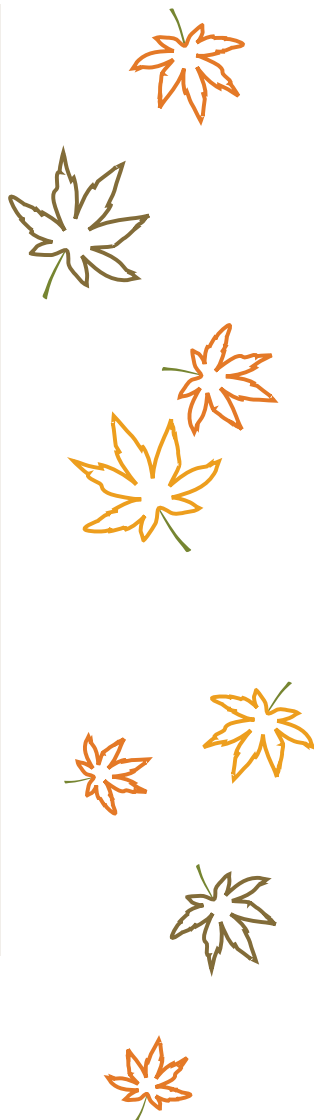
Be a "GO Getter" and lose 20+ lbs. so we can recognize your weight loss efforts! Submit your success story and photo ("before & after" are best) and we may feature you in this quarterly Figure 8™ GO Getter newsletter and we'll put you online @ www.gofigure8.com. We can't "weight" to feature you!

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 Aguilar
Marketing Coordinator
kirstenm@arbonne.com or mail to:
9400 Jeronimo, Irvine, CA 92618



10 STEPS TO STAYING TRIM DURING THE HOLIDAYS!

- 1 **Plan in advance** which holiday events you will be attending.
- 2 If possible, **determine in advance how much you will eat and drink** at holiday events — to avoid overindulging.
- 3 **Prepare yourself the day of the event.** If it is a nighttime event, eat a lighter lunch but make sure it is enough to hold you over — you do not want to arrive to the party famished and then overeat.
- 4 **Eat a small, high-fiber snack** before heading out, to help curb your appetite. (Fiber takes longer to digest and will make you feel full longer.)
- 5 **Keep portion control in mind.** It is easy to overeat at parties.
- 6 **Always select the smallest plate available** so you will naturally take, and eat, less food.
- 7 **Fill your plate with fruits and vegetables first**, then salads and entrees — this will allow less room for desserts.
- 8 **Take your time eating.**
- 9 After each event, **get right back to your regular eating routine.**
- 10 **Remember to exercise.** And, be sure to read the YOGA article in this issue of GO Getter.

PEOPLE ARE TALKING...

...about the new, Holiday-flavored Figure 8™ On the GO! Weight Loss Chews*

"I love the new Holiday products! The On The GO! chews are incredible; the eggnog flavor is to die for! You really are awesome — thank you! Thank you! Thank you!"

Deanna Herrin, from Edmond, OK

"Thank you, please tell everyone that we love the peppermint-flavored On The GO! chews and we want them forever!"

Maxine King, from East Lansing, MI

*The Holiday-flavored chews are available through 12/31/04, while supplies last.



Are You a Member of the Breakfast Club?

It's the first meal of the day —
and the most important one

Breakfast: It fuels you up and gets you charged for the day. In general, if you eat breakfast you have more energy and eat healthier throughout the day.

Despite what you may think, skipping breakfast does not reduce daily calorie intake. In fact, if you do not eat breakfast, you will usually make up those missed calories later in the day by overeating.

Studies show another advantage to eating breakfast is that people who do eat in the morning are better able to resist the high-fat foods during the day. Researchers also speculate that having a higher nutrient intake at breakfast gives you the necessary boost to be more physically active during the day (and that, of course, means burning more calories!).

Here's why eating breakfast really matters

It can:

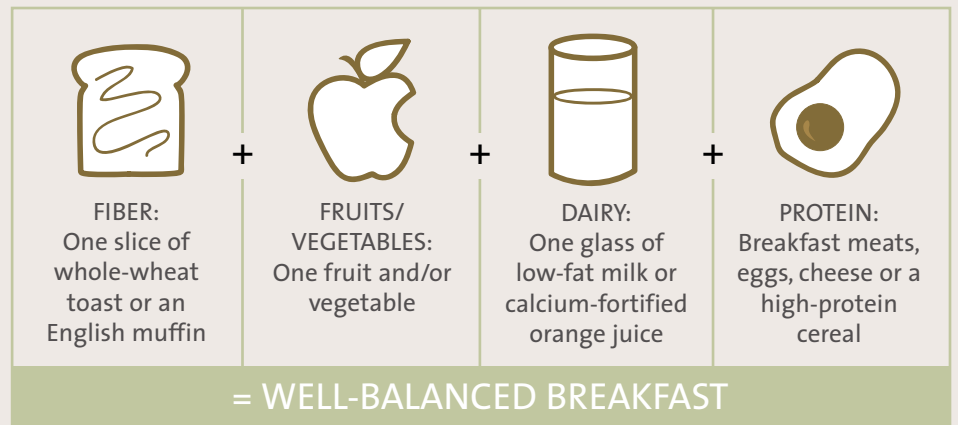
- Aid in losing and maintaining weight
- Raise metabolism as much as 10 percent
- Restore sugar levels after not eating all night
- Help distribute calories throughout the day — helping to regulate appetite

Build a balanced breakfast

Sure breakfast sounds like a good idea, but you never have the time to sit down and eat it. But did you know that 20 percent of your total calorie intake should be consumed at breakfast? For example, if your daily calorie intake is 2,000 per day, 400 calories of it should be consumed at breakfast.



Here is an example of a healthy, well-balanced breakfast:



Here are examples of some grab-and-go breakfast choices for your busy lifestyle:

- Low-fat yogurt mixed with cereal and/or nuts
- Low-fat frozen breakfast sandwich or muffin
- Low-fat, high-fiber cereal bar with a glass of nonfat milk
- Peanut butter and jelly sandwich on whole-wheat with a glass of nonfat milk

If you do not like the typical breakfast menu, think outside of the box. Try a ham sandwich or a small amount of last night's leftovers. Keep your choices simple and easy to prepare.

Fast Facts:

- Harvard University researchers recently found adults who eat something in the morning are nearly 50 percent less likely to be overweight.
- Twenty-five percent of Americans skip breakfast.

"I've already lost 7 pounds this week! (This significant weight loss usually happens the first 1-3 pounds a week, which I know is a very healthy rate for weight loss. I just wanted

Ask the Expert

Have a weight loss, nutrition or Figure 8™ product question? Why not Ask the Expert... and say hello to Michele A., Arbonne's Product Manager, Nutrition. E-mail her anytime at gofigure8@arbonne.com.



Michele A.,
Product Manager, Nutrition

RECENT Q & A:

Q: I gave the Figure 8™ GO Easy! Set to a couple, but they did not want the Just GO! Fiber Shake because they didn't want any more fiber. They eat 1-2 salads a day and said that was enough fiber for them. Is that enough fiber intake for one day?

A: A healthy, well balanced diet should contain approximately 25-38 grams of fiber each day; the average American eats less than half of that. Most likely a salad or two a day will **not** meet the daily required grams of fiber — even if the salad is full of vegetables. Whether a salad or two a day is enough truly depends on what the salad contains. Everyone can benefit greatly by drinking the Figure 8™ Just GO! Fiber Shake because it offers 12 grams of fiber per serving. With one shake and one vegetable-packed salad, the average adult can easily meet the recommended 25 grams of fiber a day.

Here's an example of the amount of salad one would have to eat in one day to get their recommended grams of fiber: One cup of iceberg lettuce contains only .8 grams per cup. You would have to consume 35 cups of lettuce to obtain 25 grams of fiber. One-half cup of raw broccoli contains 4 grams of fiber. You would have to eat over 3 cups of broccoli a day to meet the recommended 25 grams of fiber. A broccoli-rich salad and the Figure 8™ Just GO! Fiber Shake is the way to go!

WWW.GOFigure8.COM:

YOUR RESOURCE FOR EVERYTHING FIGURE 8™

What's New on the Web?

Weigh in and share your Figure 8™ success story with us at www.gofigure8.com!

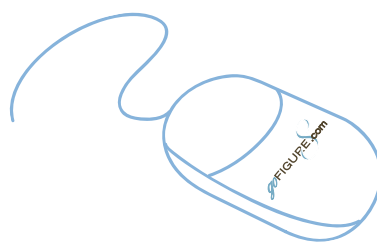
"I've been on the Figure 8™ Weight Loss Program for about one month and I've lost 12 pounds. I'm excited about this because while I've been trying to be good and eat right, I do slip up on occasion. I'm headed to a size 14 from a size 18-20 (currently a size 16)!"
—Teresa, posted on the gofigure8.com Bulletin Board

"I have been using the Going, Going, Gone! Dietary Supplement 30 minutes before meals, eating a sensible breakfast, supplementing with the JUST GO! Fiber Shake and GO EASY! Protein Shake for lunch (sometimes I add a bagel or some crackers) and eating a sensible dinner. I've also been working out for 30 minutes a day at the gym. I've already lost 7 pounds this week! (This significant weight loss usually happens the first week or two of an exercise plan for me). I would be happy with 1-3 pounds a week, which I know is a very healthy rate for weight loss. I just wanted you all to know of one more person that this is working for!"
—Nicole, posted on the gofigure8.com Bulletin Board



Send your story and photos to:

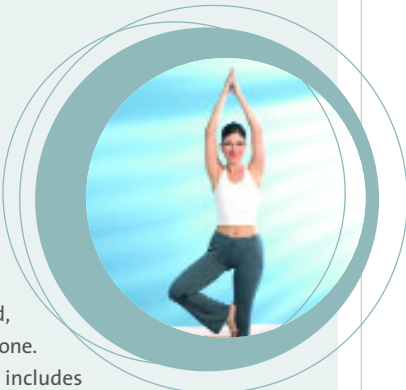
Kirsten Aguilar
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kirstenm@arbonne.com or mail to:
9400 Jeronimo, Irvine, CA 92618



The Skinny on Nutrition & Fitness

YOGA

Yoga began more than 3,000 years ago, in India. The word is Sanskrit and literally means to "yoke," or bring together the mind, body and spirit as one. Even though yoga includes exercise, it is also a lifestyle, of which exercise is just one part. Connecting with your spirituality is the most important goal of the yoga lifestyle.



Yoga exercise can be as energetic or as calm as you want it to be, so just about everyone can do it. It's a sensible workout program that is easy to learn and requires little or no equipment. It can even help to relax the soul and tone the body.

The physical part of the yoga lifestyle is called hatha yoga. Hatha yoga focuses on poses (or "asanas"). Yoga aficionados follow a series of specific poses while they control the breathing pattern.

Yoga is an inexpensive way to exercise — in the convenience of your own home. You can find many great yoga videos — just for beginners — on the market. You also can find instructional Web sites, CD-ROMs and yoga books at your local library.

Remember: It is recommended that you talk to your primary care provider before you begin any type of exercise program.

continued below

BECOMING A PROTEIN PRO

You probably know you need to eat protein, but what is it? Proteins are complex compounds made up of amino acids. When we eat foods that contain protein, our body breaks down the protein in food into basic units, called amino acids.

Several different amino acids exist in protein, but only 20 are vital to your health. Of those 20 amino acids, your body is capable of producing 11 **non-essential** amino acids. The other nine **essential** amino acids need to come from eating protein-rich foods. Both are equally important to the proper functioning of your body ... the names refer only to the source: Your body produces non-essential and essential amino acids that come from eating protein-rich foods.

It is important to consume the full range of amino acids, both essential and non-essential. To make sure you are getting a variety of

amino acids from protein, add protein-rich foods to your meals and eat a variety of protein sources. Many foods contain protein, but the best are beef, poultry, fish, eggs, dairy products, nuts, seeds, legumes and the Figure 8™ **GO Easy!** Protein Shake.

How Much Is Enough?

You can figure out how much protein you need if you know how much you weigh. For the average adult, the Recommended Daily Allowance (RDA) for protein is 0.8 grams per kilogram of body weight, or .36 grams per pound. To figure out your protein needs, multiply your weight in pounds times .36. Here is a fill-in-the-blank formula for you to calculate your protein needs:

Your weight in pounds x .36 grams = your daily protein needs.
For example: 150 pounds x .36 = 54 grams of protein per day

Here's one example of how an adult can get approximately 55 grams of protein in a day:

- 1 Figure 8™ **GO Easy!** Protein Shake (18 grams protein)
- 1/3-cup cottage cheese (8 grams protein)
- 1-cup yogurt or low-fat milk (8 grams protein)
- 3.0 ounces chicken breast (21 grams protein)

The Figure8™ **GO Easy!** Protein Shake with **INNER G-PLEX®** offers:

- 18 grams of vegetable protein
- Quick and convenient snack
- Great meal replacement, try mixing it with soy milk
- Two flavors: chocolate or vanilla
- Low in fat, sugar and calories
- No cholesterol or lactose
- No artificial sweeteners, colors or flavors
- No animal products/by-products (vegetarian)

GO Easy! Protein Shake with **INNER G-PLEX®**

14.8 oz/420 g., 14 servings
Chocolate, Item #1837; Vanilla, Item #1838
\$22 (Canada \$29)

Save 20% on Autoship...\$17.60 (Canada \$23.20)
Chocolate, #1837A; Vanilla, #1838A

Fast Facts:

- Protein cannot be stored in the body, it must be replenished every day.
- The majority of postmenopausal women are at risk of osteoporosis (thinning of the bones). An increase in vegetable protein intake and a decrease in animal protein may decrease bone loss and the risk of hip fractures.¹

1. Sellmeyer DE et al. A high ratio of dietary animal to vegetable protein increases the rate of bone loss and the risk of fractures in postmenopausal women. *AM J Clin Nutr* 2001; 73:118-22.



...st week or two of an exercise plan for me). I would be happy with you all to know of one more person that this is working for!"
- Nicole, posted on the gofigure8.com Bulletin Board

Benefits of Doing Yoga:

- Improve flexibility
- Improve strength
- Improve stamina
- Improve respiratory function
- Strengthen the spine and skeletal system
- Lower blood pressure and heart rate

In addition to the physical benefits, many people who practice yoga say that it reduces anxiety and stress, and improves mental clarity.

The Keys to Yoga Success:

- **Find a buddy** — Studies show that you are less likely to drop an exercise routine if you've made a previous commitment with a friend to work-out with.
- **Exercise at a time that is convenient for you and be sure to exercise in moderation** — Try working out at different times of the day to find the time that fits your schedule best. Then, exercise for about 15 minutes after you wake up in the morning and 15 minutes before you go to bed.
- **Be consistent** — In order to reap the rewards of yoga, you'll have to exercise consistently. To increase flexibility and stamina, plan to do yoga three or four times a week.

ANNOUNCEMENT:

WINNER OF THE SUMMER RECIPE CONTEST RANDOM DRAWING...

CONGRATULATIONS to Jessica Melker of Houston, Texas, our winner of the random drawing for a healthy summer recipe. Jessica will receive an Arbonne Figure 8™ rhinestone tank top and the complete Figure 8™ Set — six products in all, plus the Figure 8™ shaker cup. Below is Jessica's winning recipe.

Winning Recipe: **Thick Strawberry-Banana Shake**

- 1 banana, sliced
- 8–10 strawberries, frozen
- 1 cup orange juice
- 10–12 ice cubes
- 1 scoop **GO Easy!** Protein Shake, Vanilla
- 1 fresh strawberry, optional

1. Blend all ingredients until smooth on medium-high in blender.
2. Garnish with a fresh strawberry or banana slice and serve.

Yields 2.5 cups



Happy contest winner, Jessica Melker

Recipes & Meal Options

HEALTHY MEAL OPTIONS

Try one of these healthy, and fresh menu ideas for a fabulous, fall mini-feast!

Quick and Easy Tuna Burgers

- 1 12-oz. can of tuna packed in water, drained
- 1/4-cup onion, diced
- 1/4-cup celery, diced
- 2 eggs
- 3/4-cup light cheddar cheese
- 2 English muffins, sliced
- Lettuce
- Tomato
- Pepper, to taste

Yields: 4 tuna burgers.

1. Mix first five all ingredients together in medium-size bowl and sprinkle with pepper.
2. Pack tuna mixture into a 1/2-cup and shape into small round patties.
3. Spray medium skillet with non-stick cooking spray and transfer patties to skillet.
4. Cover and cook patties on medium-high for approximately 8–10 minutes, turn patties over and cook uncovered until golden brown, about 5 minutes. (While patties are cooking, slice and toast the English muffins.)
5. Serve burgers open-faced with lettuce and tomato, and enjoy.

Lemony Shrimp Toss

- 2 quarts water
- 8 cups baby spinach
- 1 lb. shrimp, shelled and deveined
- 1 cup flat leaf parsley
- 1/3-cup olive oil
- 1/4–1/2 tsp. crushed red pepper flakes
- 1 lemon
- 1 package of spring mix or European salad blend.

Yields: 4 Servings.

1. Bring 2 quarts of water to a boil; add spinach, shrimp and parsley and cook for 1–2 minutes, until shrimp is done. Drain.
2. Finely grate and juice the lemon into a large bowl, and mix with olive oil and crushed red pepper flakes.
3. Add spinach, shrimp and parsley to mixture.
4. Toss and serve over spring mix or European salad blend and enjoy!

Gourmet Ham and Cheese

- 2 slices whole-wheat bread
- 2 slices low fat cheddar cheese
- 4 1-oz. slices of low-fat ham
- 2-cups freshly chopped spinach
- 1 small tomato, sliced
- 1 garlic clove, peeled and crushed
- 1-tsp. Dijon mustard
- 1-tsp. olive oil

Yields: 4 Servings.

1. Preheat broiler.
2. Heat 1/2-teaspoon oil in a skillet on stovetop, add garlic and sauté until lightly browned. Add spinach and cook until wilted, about 30–45 seconds, then remove from heat.
3. Spread mustard on bread and place bread on skillet, mustard side up, until toasted and remove from heat.
4. Arrange half of spinach mixture on each piece of bread, and then add 2 slices of ham, 2 slices of tomato and 1 piece of cheese to each slice of bread.
5. Broil for 1–2 minutes, or until cheese is bubbly.

Clip here for a handy, double-sided recipe + reference card!



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

PACK IN THE PROTEIN...

with a Figure 8™ Shake!

The **GO Easy!** Protein Shake with INNER G-PLEX® is fast and filling protein, anytime and anywhere.

It's loaded with essential vitamins and minerals, and tastes great in Chocolate and Vanilla flavors.

Formulated with vegetarian protein ... it's a great way to eat, and for quick energy, it simply can't be beat!

Start sipping on this low fat, low carb solution to instant nutrition on the run, this busy holiday season and GO Easy!



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;
*Peppermint #1839; *Eggnog #1838
Save 20% on Autoship ... \$14.40 (Can \$19.20);
#1834A Chocolate, #1833A Citrus;
#1839A *Peppermint; #1838A *Eggnog

*The Holiday-flavored chews are available through 12/31/04, while supplies last.

"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

"Those who incorporate small amounts of protein into each meal and snack will stay full longer, try cottage cheese and a piece of fruit for your next snack." - Michele Arth, Arbonne Product Manager, Nutrition

DESKTOP LUNCHING 101

For those who work through lunch

Multi-tasking is the way of the future, and now you can add lunch to your desktop routine (and balance these acts gracefully!). With just a little preparation in the morning, you can make yourself a healthy, well-balanced lunch that you can eat right at your desk.

Eating your own, packaged lunch at your desk will not only save you time, but result in better portion control.

Here is a list of lunch staples to keep in your desk drawer at work. Lunch at-a-moment's-notice is a snap when your desk is stocked with the following healthy treats:

- Tuna packets, drained
- Cans of black beans and chickpeas, drained
- Almonds, sunflower seeds or dried fruits
- Rice noodles, submerge in hot water to cook
- Whole-grain bread or tortillas (for making a sandwich wrap with your canned beans)
- Soups that you need only add hot water to

Tasty treats and condiments to keep in the refrigerator at work:

- Salsa
- Mustard
- Pita bread
- Shredded Cheddar cheese
- Cold cuts, like turkey
- Low-fat dressing
- Bag of salad greens, pre-washed
- Low-fat mayo
- Baby carrots
- Cherry tomatoes

Be sure to keep a bowl, a can opener and some utensils on hand, too!

Stay Motivated This Season

A bit of planning and preparation can keep you from over-indulging

Plan in advance when you know you have a function or a party coming up. Eat a light meal that day or a small, high-fiber snack to tide you over. Remember, watching your weight is about what you eat, as well as how much. Go ahead and try that special dessert but also eat slowly, add fruit and get back on track the next day ... eating right and exercising.

Contact Us

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

Kirsten Aguilar
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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 85M 10/04



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