



## • Step 4: Post 24 Day Challenge Maintenance Plan

**\*\*\*TO RECEIVE THE BEST RESULTS, CONTINUE YOUR ADVOCARE PRODUCTS WITH A FULL COMMITMENT AND LET IT BE A LIFESTYLE. IF YOU LIKED THE RESULTS OF THE 24 DAY CHALLENGE PROGRAM, IT IS RECOMMENDED TO REPEAT STEP 1 – HERBAL CLEANSE EVERY 90 DAYS AND REPEAT THE MAX PHASE OR LEAN-IN-13 (STEP 2) ANYTIME YOU NEED TO BREAK THROUGH A WEIGHT LOSS PLATEAU, LOSE A FEW INCHES JUST IN TIME FOR VACATION OR LOSE A FEW INCHES AND RECOVER FROM A VACATION. SPEAK WITH YOUR ADVOCARE COACH TO ANSWER ANY QUESTIONS!\*\*\***

Congratulations! You have learned so much about how to eat the right foods, in the correct portion sizes and at the right times to maximize results! Your supplements have been filling in nutritional gaps and increasing your body's ability to "let go" of stored fat. You have effectively strengthened your metabolism so your body can handle enjoying other foods in moderation and NOT gaining weight back fast. Continue to use this valuable information. It is very important for maintenance to do the following:

**1. Continue to take your Metabolic Nutrition System (MNS) Max 3.** This is your core foundational nutrition.

- ❖ A chelated, highly absorbable multi vitamin with 300x the RDA for all vitamins and minerals.
- ❖ A chelated calcium & vitamin D. Plus 8 minerals and 4 vitamins that are ALL essential for making bone.
- ❖ 1000mg of marine lipid Omega 3's.
- ❖ Thermogenesis – time released energy.
- ❖ Standardized herbal extracts that will help you to keep losing or to maintain your weight.

**2. Take extra OmegaPlex each day.** Each capsule is 500mg of balanced EPH and DHA from fresh, pure marine lipids. Flaxseed has a very ineffective transformation into DHA in the body (less than 10%). AdvoCare's Omega 3's are exactly what you need! You have 2 capsules of omega 3's in your MNS with breakfast packet = 1000mg. Use this chart to determine your level of Omega 3's needed daily:

4 to 6 capsules for general health	8 to 10 capsules for heavy weight lifting or serious athletes
6 to 8 capsules for joint or cardiovascular issues	10 to 12 capsules for neurological issues, memory, Alzheimer's or Depression.

**Here are some of the things that Omega 3's do for your health:**

- ❖ Reduce inflammation in all organ systems
- ❖ Elevate Mood Lower insulin levels Increase health of the immune system
- ❖ Decrease cardiovascular risk
- ❖ Create and maintain healthy serotonin levels
- ❖ Improve attention Span
- ❖ Decrease symptoms & severity of rheumatoid arthritis
- ❖ Decrease birth defects
- ❖ Reduce the symptoms of chronic skin conditions such as eczema
- ❖ Accelerate the loss of body fat

**3. Continue to space your meals out 2 to 3 hours apart.** Keep **Meal Replacement Shakes** and/or **Muscle Gain** handy so that you never get stuck skipping a meal. Skipping meals is cheating, just like eating a dessert. A balanced blood sugar will help you to feel energized, provide weight maintenance and control.

**4. Use the 80/20 rule.** 80% of the time, eat healthy, clean proteins, carbohydrates & fats that you have been eating on your AdvoCare Programs. Limit processed and non-nutrient dense foods to 20% or less of the time. That is 7 meals a week you can eat anything – the other 28 meals, eat clean and portioned. 20% foods are sugar, fried food, bread, pasta, processed, canned, white flour and dairy. When you do eat in the 20% category, take AdvoCare's Damage Control Combo – (3) **Fibo-Trim**, (3) **Carb-Ease** and (1-2) **ThermoPlus**.

**5. Drink 96oz to 1 gallon of water per day.**

**6. Eat protein with EVERY meal.**

**7. Limit carbohydrates.** 0 to 30 grams maximum in a meal, unless after a workout.

**8. Eat healthy fats in small amounts.** Olive oil, nuts, avocado.

**9. Be active.** Get your heart pumping, break a serious sweat! Minimum 30 min. 5x a wk. Always protect your lean muscle by taking **Catalyst** pre-workouts.

**10. Take all foods that tempt you out of your home.** When you go out to eat don't be afraid to ask the server not to bring bread or chips. Also ask them to steam your veggies or to grill your meat/fish and put dressing on the side. When attending events, like a sports game or amusement park, that does not allow you to bring in food, you can say that you are allergic to most foods or on a special diet and they have to allow you to bring in your food.

**11. Enjoy life and treat yourself every once in a while....you deserve it!**

**YOU ARE AN ADVOCARE CHAMPION ...DEDICATED TO BEING HEALTHY, STAYING FIT AND LIVING WELL!**

# Workout & Building Lean Muscle Recommendations

Resistance Training (lifting weights) develops the shape of your body. Nutrition and Cardio determine whether you can see that shape. Below are recommendations for Pre and Post workouts to help you optimize shaping your body.

You and your AdvoCare coach can decide what is the best combination of products for your sport or performance goals.

**Catalyst** and/or **Muscle Gain** immediately before workouts and between meals will safely protect your lean muscle tissue from being burned for energy.

**Slam** and/or **Spark** 15 to 30 minutes before workouts will energize you and give you focus.

**Arginine Extreme** and/or **Muscle Fuel** 15 to 30 minutes before workouts will increase blood flow, stamina and endurance, and help prolong muscle failure for explosive bursts of power and faster during workout recovery time.

**Mass Impact** 30 minutes before workout and can be combined with other AdvoCare Performance Elite products. Increases physical endurance, supports muscle building for performance athletes and prevents muscle breakdown.

**Post Workout Recovery Shakes** immediately post workout and **Nighttime Recovery** at Bedtime will aid in overall increased recovery time, less soreness, injury prevention and replenishing glycogen stores after workouts.

**Rehydrate** during workouts or any time of day will reduce muscle cramping, quickly rehydrate the body and replace essential minerals lost through sweat when you exercise.

ALL PERFORMANCE REGIMENS begin with the foundation of:

**MNS Max 3**

OR

**CorePlex** – (2) in AM/ (2) in PM

**OmegaPlex** – (3) in AM/ (3) in PM

**Calcium Plus** – (2) in AM/ (2) in PM

## Muscle Building Tips:

- ❖ To build muscle, you need to have a certain amount of grams of protein with all 6 to 7 meals per day. Calculate based on 1.5 grams per pound of total body weight you wish to achieve. Example: Currently weighs 165 lbs. now, and wants to be 175 lbs.  $175 \times 1.5 = 262.5$  grams per day, 37.5 grams for 7 meals.
- ❖ 6 oz. lean steak or chicken is approx. 36 grams of protein, 3 scoops of **Muscle Gain** is 37.5 grams of protein, (1) **Meal Replacement Shake** plus (1) scoop of **Muscle Gain** is 36.5 grams
- ❖ Eliminate all Thermos and all cardio to help the body use the calories you are eating to grow muscle.
- ❖ Take AdvoCare products to increase strength, endurance, recovery time and aid in building muscle
- ❖ Eat good fats and low glycemic carbohydrates in at least 3 or 4 of your meals
- ❖ Eat clean to not gain fat!
- ❖ Drink a gallon of water each day
- ❖ Lift 3 to 5 days per week

Upon completing your 24 Day Challenge and repeating as many times as necessary to achieve your desired weight or size, your energy will be high and waistline more slender. The energy & physical transformation you experience during the 24 Day Challenge will be accelerated and enhanced by your ability to continue to be a CHAMP. Choose to be outstanding so that your body can live & move at its full potential. Your mental resolve will determine your physical result and your physical result will then allow you to be more – mentally, emotionally and spiritually.

\*\*This particular program regime is created by AdvoCare Independent Distributors and not through AdvoCare corporate. Please consult your health care provider before making any dietary or fitness modifications.\*\*