



The **Health for Life International Cleanse Program** will:

- Detoxify and rebuild your entire system on a cellular level
- Reset your metabolism
- Aid in necessary weight loss
- Build lean muscle mass
- Build your immune system
- Control and reduce inflammation
- Help with sleep, energy, and brain chemistry
- Increase athletic performance

Support:

In our 11-day Cleanse Program, you can expect support in a variety of ways:

- Daily instructional/inspirational emails
- A seasonal manual which includes our featured seasonal recipes, resources, educational materials and instructions for the cleanse program and educational nutrition tips.
- Coaching available in a group setting, online, or individual coaching to ensure your best success.
- High quality cleansing products, such as our ionic mineral blend for liquid days, our specialized RAW whey protein rich in enzymes and nourishing, absorbable, high-density protein.
- Committed nutritional support and coaching from a team of experienced coaches.

Schedule:

PLANNING is key to your cleanse success. We recommend taking a look at your schedule for YOGA, WORKOUTS, and TRAINING as well as TRAVEL. We can help you work around your life commitments and plan for the cleanse. If you see something that you have a question about, contact your cleanse COACH who can help you CUSTOMIZE the cleanse for YOU.

The initial Cleanse is 11 days total (34 days for Accelerated 30 Day Cleanse):

Day 1 & 2 (Pre-cleanse days - shake/meal/shake) - Enjoy your yoga, workout, and/or training on these days (Refer to the Yogis and Athlete's Plan to customize for your workouts.)

Day 3 & 4 (Liquid cleanse with snacks) - Rest on these days. Do light yoga or a maximum of 30 minutes of light exercise.

Day 5 to 9 (Shake/meal/shake days) - Enjoy your yoga, workout, and/or training on these days (Refer to the Yogis and Athlete's Plan to customize for your workouts.)

Day 10 & 11 (Liquid cleanse with snacks) - Rest on these days. Do light yoga or a maximum of 30 minutes of light exercise.

For more information on the Yogis and Athlete's Plan, visit our website

<http://www.healthforlifeintl.com/yogisathletesplan/>

To Order:

Program investment is \$59.

- The cleanse kit for the 11 Day Cleanse is \$191, and the program replaces 26 meals!
- The Accelerated 30 Day Cleanse is \$489 (or \$420 with monthly Autoship of any product) and replaces 82 meals!

Check out educational materials and program information on www.healthforlifeintl.com, "[Health for Life International](#)" on Facebook, and [@health4lifeintl](#) on Twitter!



- The Platinum Pacesetter Cleanse is \$455 with monthly Autoship of any product and replaces 70 meals and 50 snacks!

Please email hayley@nobopilates.com to register for the program and order your cleanse kit. Specify the preferred cleanse kit (9 Day or Accelerated 30 Day or Pacesetter Kit) and email Hayley to order your cleanse kit or call **Hayley** at **303-886-7476**.

Cleanse with Us and Feel Better than Ever!