



F.I.T.TM
Look Better. Feel Better.

F15TM

ADVANCED 1 & 2

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FOREVER[®]

F15TM

ADVANCED 1

LET'S GET FIT!

WHETHER YOU ARE
AN ATHLETE AT THE
TOP OF YOUR GAME
OR SOMEONE WHO
IS EXTREMELY ACTIVE
AND LOOKING FOR
A NEW ROUTINE
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL,
THE F15 ADVANCED
PROGRAM HAS
YOU COVERED.



FOREVER ALOE VERA GEL®

helps cleanse the digestive system and maximize absorption of nutrients.



FOREVER FIBER®

provides a proprietary blend of 5g of water soluble fiber that can help promote feelings of fullness.



FOREVER THERM®

offers a powerful combination of botanical extracts and vitamins that can help support metabolism.



FOREVER GARCINIA PLUS®

may help the body burn fat more efficiently and help suppress appetite by increasing serotonin levels.



FOREVER LITE ULTRA®

shake mix is a rich source of vitamins and minerals with 17g of protein per serving.



Forever
Aloe Vera Gel®
2X 1-Liter
Bottles

Forever
Lite Ultra®
1X 15 Serving
Pouch

Forever
Garcinia Plus®
90 Softgels

What your
F15 Pak
includes:

Forever Therm®
30 Tablets

Forever Fiber®
15 Packets



Please consult with a licensed physician or other qualified healthcare professional for more in-depth information before beginning any exercise program or using a dietary supplement.

LET'S GET STARTED.

FOREVER FI5 IS SPECIALLY DESIGNED TO PROVIDE YOU WITH THE TOOLS FOR HEALTHIER LIVING THAT WILL PROPEL YOU TOWARDS SUCCESS ON YOUR WEIGHT LOSS JOURNEY.

FOLLOW THESE TIPS TO ACHIEVE YOUR BEST RESULTS.

RECORD YOUR MEASUREMENTS.

While the scale is a helpful measure, it doesn't give you the complete picture of your progress. Record your measurements before and after each **FI5** program to truly understand the ways that your body is changing.

RECORD YOUR CALORIES.

Keeping track of your calorie intake is important as you get started. Record your calories in a notebook or use your favorite calorie-tracking app as you learn to recognize healthy portion sizes and learn new eating habits.

DRINK PLENTY OF WATER.

Drinking at least eight glasses (64 oz.) of water a day can help you feel fuller, flush out toxins and support healthy skin.

PUT DOWN THE SALT SHAKER.

Salt contributes to fluid retention, can make you feel sluggish and give you the impression that you're not making progress. Instead, flavor foods with a variety of herbs and spices.

AVOID SODAS AND CARBONATED BEVERAGES.

Carbonation promotes bloating and drinking soda can add unwanted calories and sugar that can add up fast and leave you feeling sluggish.

YOUR SUPPLEMENT SCHEDULE.

FOLLOW THIS SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE MAXIMUM RESULTS ON THE F15 ADVANCED 1 PROGRAM.

Breakfast	 2X Forever Garcinia Plus® Softgels	 Wait 30 minutes Before taking Forever Aloe Vera Gel®	 4 oz. Forever Aloe Vera Gel® With a minimum of 8 oz. of water	 1X Forever Therm® Tablet	 Breakfast
Snack	 1X Packet Forever Fiber® Mixed with 8-10 oz. of water or other beverage	Be sure to take Forever Fiber® separate from your daily supplements. Fiber can bind to some nutrients, impacting their absorption by your body.	 Snack		
Lunch	 2X Forever Garcinia Plus® Softgels	 1X Forever Therm® Tablet	 Lunch		
Dinner	 2X Forever Garcinia Plus® Softgels	 Dinner			
Evening	 A minimum of 8 oz. of water				

F.I.T. TIP

Eating 30 minutes to 2 hours before a workout can boost your energy, increase performance, preserve lean muscle tissue and help ease recovery. Enjoy a small snack that includes protein and carbohydrates before you hit the gym for optimal results. For snack recipes, visit [page 44](#).

MAKE SURE TO WAIT AT LEAST 30 MINUTES BETWEEN FOREVER GARCINIA PLUS® AND FOREVER ALOE VERA GEL® OR YOUR MEAL TO MAKE SURE YOU GET THE FULL IMPACT AND BENEFIT OF FOREVER GARCINIA PLUS®!

POST WORKOUT RECOVERY.



**DID YOU KNOW
THAT WHAT YOU EAT
IS SOMETIMES AS
IMPORTANT AS
WHEN YOU EAT IT?**

A common mistake that many people make as they increase activity or their workouts become more intense is failing to support their body properly with the nutrition it needs.

**IDEAL POST
WORKOUT NUTRITION
SHOULD INCLUDE BOTH
A CARBOHYDRATE
AND A PROTEIN.**

Look for complex carbohydrates like fruits, steel cut oats or veggies that can provide a modest increase in blood sugar levels rather than a spike which happens when you eat a simple carb (refined) without a protein. The protein helps mitigate the rise in blood sugar.



**ENJOY A FOREVER LITE
ULTRA® SHAKE WITH FRUIT
30-45 MINUTES AFTER YOUR
WORKOUT FOR AN OPTIMAL
COMBINATION OF
CARBOHYDRATES AND
PROTEIN TO KEEP YOU
MOVING FORWARD.**

**REPLENISHING
YOUR BODY AFTER A
WORKOUT IS ESSENTIAL
FOR MUSCLE RECOVERY
AND TO HELP YOU
ACHIEVE MAXIMUM
RESULTS.**

Experts suggest eating 30-45 minutes after exercise to support the development of lean muscle mass and to help prevent soreness.

**WHEN
COMBINED WITH
CARBOHYDRATES,
PROTEIN MAXIMIZES
MUSCLE REPAIR AND CAN
HELP REDUCE SORENESS.**

Foods such as milk, soy, chicken, fish, quinoa and eggs can provide a valuable source of protein for post workout recovery.

FOREVER LITE ULTRA® SHAKE RECIPES.

These tasty recipes will add some variety to your **Forever Lite Ultra®** shakes. Packed with protein and high in antioxidants, they are specially formulated to keep you feeling full and energized for hours.

In the **F15 ADVANCED** program, drink your shake after your workout or for a mid-day boost.

	+ WOMEN 300 Calories	+ MEN 450 Calories
Cherry Ginger Zinger	1 scoop Forever Lite Ultra® / 6-8 oz. unsweetened coconut milk / ½ cup 2% plain Greek yogurt / ½ cup frozen cherries / ½ teaspoon minced ginger / 1 teaspoon honey / 4-6 ice cubes (274 cal)	1 scoop Forever Lite Ultra® / 8-10 oz. unsweetened coconut milk / ½ cup 2% plain Greek yogurt / ¾ cup frozen cherries / ½ teaspoon minced ginger / ½ tablespoon honey / 4-6 ice cubes (447 cal)
Peaches and Cream	1 scoop Forever Lite Ultra® / 6-8 oz. unsweetened almond milk / 1 cup frozen unsweetened peaches / ½ teaspoon cinnamon / ½ oz. walnut pieces / 4-6 ice cubes (295 cal)	1 scoop Forever Lite Ultra® / 8-10 oz. unsweetened almond milk / 1½ cups frozen unsweetened peaches / ½ teaspoon cinnamon / ¾ oz. walnut pieces / 4-6 ice cubes (452 cal)
Green Goodness	1 scoop Forever Lite Ultra® / 4-6 oz. unsweetened soy milk / 2 kale leaves / ½ cup spinach / 1 small frozen banana / 2 dates / ½ tablespoon flax seed (318 cal)	1 scoop Forever Lite Ultra® / 6-8 oz. unsweetened soy milk / 3 kale leaves / 1 cup spinach / 1 large frozen banana / 3 dates / ¾ tablespoon flax seed (476 cal)
Blueberry Muffin	1 scoop Forever Lite Ultra® / 6-8 oz. nonfat milk or alternative / ½ cup 0% plain Greek yogurt / ½ cup frozen blueberries / ½ cup old fashioned oats / ½ teaspoon cinnamon / ½ teaspoon vanilla extract / 1 tablespoon granola for topping (320 cal)	1 scoop Forever Lite Ultra® / 6-8 oz. skim milk or alternative / ½ cup 0% plain Greek yogurt / ¾ cup frozen blueberries / ¼ cup old fashioned oats / ½ teaspoon cinnamon / ½ teaspoon vanilla extract / 1 tablespoon granola for topping (489 cal)
Chocolate Raspberry Delight	1 scoop Forever Lite Ultra® / 6-8 oz. unsweetened coconut milk / 1 cup fresh or frozen raspberries / ½ tablespoon cocoa powder / 1 tablespoon almond butter / 1 teaspoon cacao nibs (optional topping) / 4-6 ice cubes (305 cal)	1 scoop Forever Lite Ultra® / 8-10 oz. unsweetened coconut milk / 1½ cups fresh or frozen raspberries / 1 tablespoon cocoa powder / 1½ tablespoons almond butter / 1 teaspoon cacao nibs (optional topping) / 4-6 ice cubes (470 cal)
Strawberry Shortcake	1 scoop Forever Lite Ultra® / 100 calorie vanilla Greek yogurt / 1 cup strawberries / ½ cup old fashioned oats / ½ teaspoon vanilla extract / 4-6 ice cubes (278 cal)	1 scoop Forever Lite Ultra® / 200 calorie vanilla Greek yogurt / 1½ cups strawberries / ½ cup old fashioned oats / ½ teaspoon vanilla extract / 4-6 ice cubes (440 cal)
Apple Crisp	1 scoop Forever Lite Ultra® / 6-8 oz. unsweetened soy milk / 4 oz. unsweetened applesauce / 1 small apple, chopped / ½ teaspoon cinnamon and nutmeg / 2 small dates / 1 teaspoon chia seeds / 4-6 ice cubes (300 cal)	1 scoop Forever Lite Ultra® / 8-10 oz. unsweetened soy milk / 4 oz. unsweetened applesauce / 1 small apple, chopped / ½ teaspoon cinnamon and nutmeg / 3 small dates / 2 teaspoons chia seeds / 4-6 ice cubes (461 cal)

F.I.T. TIP

Create your own shake by combining **1 scoop of Forever Lite Ultra®** with **8-10 oz.** of nonfat, almond, coconut, soy or rice milk, **½-1 cup** of fruits and vegetables, **1 tablespoon** of healthy fats like chia seeds, flax seeds, nut butter, avocado or coconut oil and ice, water or green tea and blend.

Feel free to substitute rice milk, unsweetened almond milk, unsweetened coconut milk or unsweetened soy milk in any of these recipes. Check the label to ensure that the milk alternative you choose provides approximately 50 to 60 calories per 8 oz.

**HAVE A GREAT RECIPE?
SHARE IT WITH US AT**
facebook.com/forevernorthamerica

PORTIONS IN THE PALM OF YOUR HAND.

CALORIE COUNTING AND MEASURING FOOD IS A NECESSARY COMPONENT WHEN DEVELOPING A NUTRITION STRATEGY. IN THE PROCESS OF MEASURING AND WEIGHING FOOD, YOU BUILD AN AWARENESS THAT AIDS IN MINDFUL DECISION MAKING ABOUT WHEN, WHY AND WHAT YOU EAT.

Mindful eating becomes a lifelong habit when you recognize healthy behaviors and make them part of an ongoing routine. Instead of counting calories, the **FIS ADVANCED** program will teach you how to measure your portions based on the size of your hand, ensuring you get the correct nutrition for the size of your body.

**PROTEIN:
PALM-SIZED**

**CARBS:
CUPPED HANDFUL**

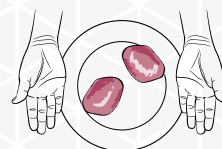
**VEGGIES:
FIST-SIZED**

**FAT:
THUMB-SIZED**

FOR BREAKFAST, LUNCH AND DINNER, USE THIS GUIDE TO BUILD A BETTER PLATE.

FOR MEN

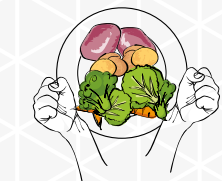
2 PALMS OF PROTEIN



2 CUPPED HANDFULS OF COMPLEX CARBS



2 FISTS OF VEGETABLES

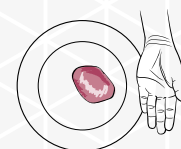


2 THUMBS OF HEALTHY FAT

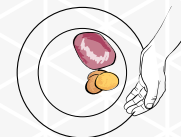


FOR WOMEN

1 PALM OF PROTEIN



1 CUPPED HANDFUL OF COMPLEX CARBS



1 FIST OF VEGETABLES



1 THUMB OF HEALTHY FAT



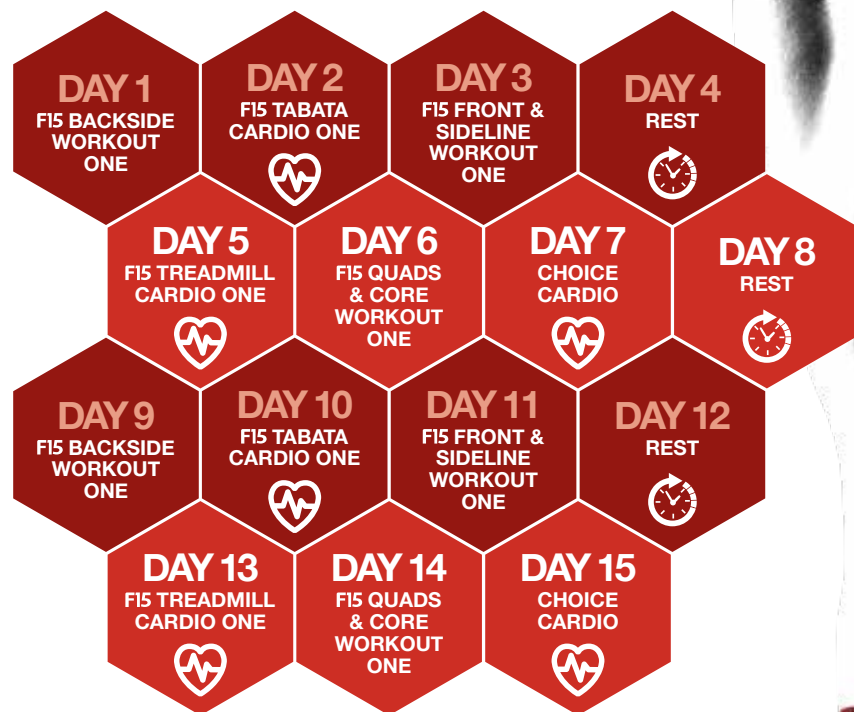
FOR EXAMPLES OF EACH TYPE OF FOOD, VISIT PAGE 46.

F.I.T. TIP

It's important to support all parts of a healthy lifestyle to help you look better and feel better. You can follow the workout schedule exactly and not recognize that your less than perfect diet can actually be keeping you from seeing a change.

Make sure that you are supporting your lifestyle with healthy nutrition, challenging yourself to get stronger and following the **FIS ADVANCED** Supplement Schedule on pages 8-9 to see maximum results.

F15 ADVANCED 1 WORKOUT SCHEDULE.



LET'S GET MOVING.

Lasting change comes from pairing optimal nutrition and supplements designed to fuel your body with exercise that can help you burn calories and build lean muscle.

The **F15 ADVANCED** program combines three targeted bodyweight workouts with two cardio workouts to get you moving.

CRANK UP THE CARDIO.

By this point in your fitness journey, you understand the importance of cardiovascular exercise as part of your healthy weight management strategy.

Cardio exercises can help boost metabolism, support a healthy heart and help you recover more quickly after strenuous exercise.

During the **F15 ADVANCED 1** program, commit to doing 3 days of cardio activity per week. These sessions should be spent challenging yourself to get the most out of your workout. If they're too easy, you're not working hard enough.

RECOMMENDED CARDIO EXERCISES INCLUDE:

Walking, Jogging, Climbing Stairs, Elliptical, Rowing, Swimming, Yoga, Biking, Hiking, Aerobics, Dancing and Kickboxing

WARM UP.

YOUR BODY IS A MACHINE.

It's important to prep before you throw yourself into a workout. Warming up allows your joints to move through their full range of motion and can help to improve the quality of your workout while reducing your chances of injury.

Think of it as a dress rehearsal for the main event. Use this warm up before each exercise in the **F15 ADVANCED** program.

COOL DOWN.

Save a few minutes at the end of each workout to cool down. This allows your heart rate to transition easily into recovery while breathing and blood pressure come back to normal. It also helps improve flexibility and helps prevent injury. The cool down should be performed fluidly as a series of movements rather than individual exercises.

**SUMO SQUAT
AND REACH
8X**

**STEP/TOUCH
16X**

**ALTERNATE
KNEE LIFTS
16X**

**BUTT
KICKERS
16X**

**KNEE LIFT
TO REVERSE
LUNGE
16X**

**LATERAL
LUNGES
16X**

**JUMPING
JACKS
20X**

**SUMO
SQUATS
8X**

**STANDING
REACHES
16X**

**LATERAL
SUPPORTED
LUNGES
16X**

**LUNGE
WITH QUAD
STRETCH
RIGHT
16X**

**HAMSTRING
STRETCH
LEFT
16X**

**LUNGE
WITH QUAD
STRETCH
LEFT
16X**

**HAMSTRING
STRETCH
RIGHT
16X**

**CHEST
OPENERS
8X**

**SHOULDER
CIRCLES
8X**



TO SEE VIDEOS OF
ALL WARM UPS AND
EXERCISES, VISIT:
FOREVERFIT15.COM

F15 TABATA CARDIO ONE

This cardio challenge introduces Tabata style exercises. Tabata style exercises pair short, high-intensity intervals of activity with quick rest periods. For this workout, these exercises will be performed in a circuit format.

Perform each exercise for **20 seconds** at maximum intensity and rest for **10 seconds**. Once you have finished all 8 exercises, recover for **60 seconds** and start again with a goal of completing 8 rounds total.

20
seconds
each

10
second
recovery

- + Air Squats
- + Pushups
- + Skaters
- + Plank with Jack Legs
- + Front Kick to Reverse Lunges Left
- + Tricep Pushups
- + Front Kick to Reverse Lunges Right
- + Plank to Squat Thrust

Rest 60
seconds

Repeat
8 times
for full
workout!

F.I.T. TIP

High-intensity exercises like the **F15 ADVANCED** cardio workouts allow you to maximize your results in less time than a traditional cardio workout.

F15 TREADMILL CARDIO ONE

This cardio workout allows you to build endurance, power and speed by leveraging intervals of walking, jogging and running.

Walk at a 1% treadmill incline for **60 seconds** before increasing your speed to a comfortable jog at a 2% treadmill incline for **60 seconds**. Finally, increase the speed to a fast run for **60 seconds**. Repeat 6-10 times with no rest in between to complete the workout.

60
seconds
1% incline
walk

60
seconds
2% incline
jog

60
seconds
2% incline
run

Repeat
6-10 times
for full
workout!

F.I.T. TIP

This workout can be completed without a treadmill if you don't have access to one. Determine a route that you can complete in one 3 minute round, then challenge yourself to finish each round faster than the one before it while increasing your intensity.

CHOICE CARDIO.

Your final cardio workout each week is your choice. If you feel like your muscles are tight, try restorative yoga. Looking for something new? Try a zumba or kickboxing class. The options for cardio are endless. Create and discover a cardio routine you enjoy to build lifelong habits.

Each choice cardio workout should be **30-60 minutes** and ideally performed without interruption.

F15 BACKSIDE WORKOUT ONE

EQUIPMENT REQUIRED: DUMBBELLS

This workout offers a series of 10 targeted exercises that support the backside of your body like your glutes, hamstrings and back, but also includes biceps. Perform two exercises back to back. Repeat this for 2-3 sets before recovering for **30-60 seconds** and moving on to the next exercise combo.

Once you have finished all 10 exercises, recover for **30-60 seconds** and begin your cool down.

2 sequential exercises + 30-60 second recovery x 2-3 sets = MOVE ON TO NEXT 2 EXERCISES

- + Deadlifts 16x
- + Mid-Back Rows 16x
- + Rest 30-60 seconds
- + Swings 16x
- + Bicep Scoop and Squeeze 16x
- + Rest 30-60 seconds
- + Deep Lunges 16x / per side
- + Lawn Mower Pulls 16x / per side
- + Rest 30-60 seconds
- + Goblet Squats 16x
- + Lateral Bicep Curls 16x
- + Rest 30-60 seconds
- + Superman 16x
- + Renegade Rows 16x

Rest 30-60 seconds

F.I.T. TIP

Start with weights that begin to make your muscles feel fatigued at the end of the exercise repetitions in each round. Can't complete a round of exercise? Try again with lighter weights. Completing each round with ease? It's time to challenge yourself with heavier weights.

F15 FRONT & SIDELINE WORKOUT ONE

EQUIPMENT REQUIRED: DUMBBELLS, RESISTANCE BANDS, CHAIR

This workout offers a series of 12 targeted exercises that support the front and sides of your body including your chest, shoulders, triceps and obliques. Perform three exercises back to back for 2-3 sets before recovering for **60 seconds** and moving on to the next exercise trio.

Once you have finished all 12 exercises, recover for **60 seconds** and begin your cool down.

3 sequential exercises + 60 second recovery x 2-3 sets = MOVE ON TO NEXT 3 EXERCISES

F.I.T. TIP

Exercising away from home? Get creative. A park bench or anything that's steady and a few feet off the ground can substitute when doing dips and other exercises that call for a chair.

- + Chest Press 16x
- + Core at 45 16x / per side
- + Skull Crushers 16x
- + Rest 60 seconds
- + Pushups 16x
- + Triangle Abs 16x
- + French Press 16x / per side
- + Rest 60 seconds
- + Lateral Deltoid Lifts 16x
- + Hip Drops 16x
- + Kickbacks 16x
- + Rest 60 seconds
- + Military Press 16x
- + Woodchops 16x / per side
- + Dips 16x

Rest 30-60 seconds

F15 QUADS & CORE WORKOUT ONE

**EQUIPMENT REQUIRED: DUMBBELLS,
RESISTANCE BANDS, CHAIR**

This workout offers a series of 10 targeted exercises that support your quads and core. Perform two exercises back to back for 2-3 sets before recovering for **30-60 seconds** and moving on to the next exercise combo.

Once you have finished all 10 exercises, recover for **30-60 seconds** and begin your cool down.



- | | |
|------------------------------------|----------------|
| + Banded Lunge Step Ups | 16x / per side |
| + Boat | 16x |
| + Rest | 30-60 seconds |
| + Prisoner Squats | 16x |
| + Roll Ups | 16x |
| + Rest | 30-60 seconds |
| + Banded 180 Squats | 16x |
| + Standing Alternating Toe Touches | 16x |
| + Rest | 30-60 seconds |
| + Static Slow Lunges | 8x / per side |
| + Spiderman Mountain Climbers | 16x |
| + Rest | 30-60 seconds |
| + Pulsing Squats | 32x |
| + Standing Oblique Crunches | 16x / per side |

Rest 30-60
seconds

**CONGRATULATIONS
ON COMPLETING
FOREVER F15
ADVANCED 1!**

**KEEP MOVING!
F15 ADVANCED 2 IS THE
NEXT STEP ON YOUR
JOURNEY TO LOOKING
AND FEELING BETTER.**

Don't forget to record your weight and measurements on **page 7** to track your progress. This is always a great time to reevaluate your goals and make sure you're pushing for what you want.

**ALREADY MET ONE
OF YOUR GOALS?
AMAZING WORK!**

Consider the progress you're making and the changes you're seeing in your body and set a new goal to challenge yourself!



F15TM

ADVANCED 2

TAKE THE NEXT STEP.

In **F15 ADVANCED 1**, we introduced new ways to measure portions and new, targeted workouts. Take that knowledge to the next level with **F15 ADVANCED 2**.

If you haven't already, make sure you record your weight and measurements on **page 7** and take progress photos to track your results. Review your goals and focus on what you'll need to do during the **F15 ADVANCED 2** program to get there.

**FEELING
MOTIVATED?
LET'S GET
MOVING!**

YOUR SUPPLEMENT SCHEDULE.

FOLLOW THIS SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE MAXIMUM RESULTS ON THE F15 ADVANCED 2 PROGRAM.

Breakfast	 2X Forever Garcinia Plus® Softgels	 Wait 30 minutes Before taking Forever Aloe Vera Gel®	 4 oz. Forever Aloe Vera Gel® With a minimum of 8 oz. of water	 1X Forever Therm® Tablet	 Breakfast
Snack	 1X Packet Forever Fiber® Mixed with 8-10 oz. of water or other beverage	Be sure to take Forever Fiber® separate from your daily supplements. Fiber can bind to some nutrients, impacting their absorption by your body.	 Snack		
Lunch	 2X Forever Garcinia Plus® Softgels	 1X Forever Therm® Tablet	 Lunch		
Dinner	 2X Forever Garcinia Plus® Softgels	 Dinner			
Evening	 A minimum of 8 oz. of water				

MAKE SURE TO WAIT AT LEAST 30 MINUTES BETWEEN FOREVER GARCINIA PLUS® AND FOREVER ALOE VERA GEL® OR YOUR MEAL TO MAKE SURE YOU GET THE FULL IMPACT AND BENEFIT OF FOREVER GARCINIA PLUS®!



DEBUNKING LABEL MYTHS.

By now you've learned how to navigate many of the common pitfalls of weight management, but did you know that there are also some common misconceptions that could be holding you back?

+ Low-Fat and Fat-Free Foods

You may think that reaching for no-fat or low-fat foods can help keep your progress on the right track. The truth is that hidden ingredients in these foods such as added sugar, thickeners, salt, etc. (typically added to improve taste) can actually work against the progress you've been making.

Your body needs fat. Choose foods with healthy fats and enjoy in moderation as part of your regular meals and snacks.

+ The Importance of Calorie Counting

In **FIS ADVANCED 1**, we introduced a new way to measure your portions. While paying attention to portions is important, counting calories is just as important: not all calories are created equal.

Besides just counting calories, be sure to choose whole foods, proteins, whole grains, fruits, vegetables as well as healthy fats and carbohydrates to ensure you're getting the nutrients you need to stay fuller, longer.

+ Cut the Carbs

There is a lot of information available about the negative effects carbohydrates can have on a healthy diet. In fact, there are some diets that advocate eliminating carbohydrates all together. Make sure you are choosing healthy, filling carbohydrates that will support muscle recovery, energy and be part of your balanced diet.

For a list of healthy fats and carbohydrates, visit **page 46**.

HEALTHY EATING ON THE GO.

As much as you plan for your healthy lifestyle by preparing menus or meals in advance and making time to work out, there are times when planning becomes more difficult like meals out, parties or other social engagements.

The good news? A bit of planning can make sure these fun outings don't derail your progress.

+ Check Out the Menu

Most restaurants post their menu online allowing you to preview the menu offerings. Find menu items that appeal to you and are within your portions and food types. When you plan what you're eating before you arrive, you're more likely to stick to healthy choices versus picking something unhealthy, because it sounds good in the moment.

+ Don't Be Afraid to Ask

Your server should be able to tell you how any menu item is prepared. If they are unsure, have them check with the chef to ensure those delicious grilled vegetables aren't sautéed in butter or other surprises that you may not be expecting. Don't be afraid to ask for a side salad instead of a fattening side dish. Many restaurants will do this at no additional charge.

+ Offer to Bring Something

Going to a gathering at a friend or family member's house and not sure what will be on the menu? Offer to bring a healthy dish to pass. This ensures that there will be something you can fill up on and enjoy other options in moderation.

F.I.T. TIP
GET CREATIVE. There are many ways to still enjoy traveling, meals out and all kinds of social settings without compromising your healthy routine.

BODY TYPE NUTRITION.

In **F15 ADVANCED 1**, we talked about using your hand to determine the right portion sizes for you. In **F15 ADVANCED 2**, we're going to take that to the next level to help you maximize eating for your body type.

Identifying your body type can help you fine-tune your diet in order to take that last step in your health and fitness goals. Your body type reveals more than just what physical category your body falls into. It can also reveal what fitness activities will be best for improving your body composition.

IT'S IMPORTANT TO RECOGNIZE THAT MOST PEOPLE DON'T FIT PERFECTLY INTO ONE BODY TYPE, BUT MAKE UP DIFFERENT ASPECTS OF EACH. THERE ARE THREE BODY TYPES: ECTOMORPHS, ENDOMORPHS AND MESOMORPHS.

ECTOMORPHS

Ectomorphs typically have a thin appearance, small joints and a fast metabolism. They can get full easily and often have a hard time putting on weight or muscle.



DIET RECOMMENDATIONS

Ectomorphs can benefit from moderate protein, higher carbohydrates and lower fat. Using the hand portion sizes from **page 15**, here are portion recommendations for ectomorphs.

Meals:

MEN

2 palms lean protein
2 fists vegetables
3 cupped hands complex carbs
1 thumb fat

WOMEN

1 palm lean protein
1 fist vegetables
2 cupped hands complex carbs
½ thumb fat

Snacks:

MEN

1 cupped hand complex carbs
1 palm protein or
1 thumb fat

WOMEN

½ cupped hand complex carbs
½ palm protein or
½ thumb fat



TRAINING TIPS

Ectomorphs can benefit by training with less repetitions of an exercise but heavier weights, longer recovery time between sets (to compensate for the heavier weight) and short intervals of high-intensity training instead of lengthy cardio workouts.

ENDOMORPHS

Endomorphs typically have a higher fat accumulation, larger joints and a slower metabolism. They are frequently hungry, have low muscle definition, fatigue easily and have a hard time losing weight.



DIET RECOMMENDATIONS

Endomorphs can benefit from higher protein and fat with smaller amounts of controlled carbohydrates. Using the hand portion sizes from **page 15**, here are portion recommendations for endomorphs.

Meals:

MEN

2 palms lean protein
2 fists vegetables
1 cupped hand complex carbs
3 thumbs fat

WOMEN

1 palm lean protein
1 fist vegetables
½ cupped hand complex carbs
2 thumbs fat

Snacks:

MEN

1 palm protein or
2 thumbs fat

WOMEN

1 palm protein or
1 thumb fat



TRAINING TIPS

Endomorphs can benefit by training with the recommended repetitions of an exercise but heavier weights, shorter recovery time between sets and short intervals of high-intensity training in addition to full cardio workouts.

MESOMORPHS

Mesomorphs typically have a symmetrical appearance, low body fat and seem to burn fat easily. They have an athletic frame, often a flat stomach and can put on muscle easily.



DIET RECOMMENDATIONS

Mesomorphs can benefit from a mixed diet with a good balance of protein, carbohydrates and fats. Using the hand portion sizes from **page 15**, here are portion recommendations for mesomorphs.

Meals:

MEN

2 palms lean protein
2 fists vegetables
2 cupped hands complex carbs
2 thumbs fat

WOMEN

1 palm lean protein
1 fist vegetables
1 cupped hand complex carbs
1 thumb fat

Snacks:

MEN

1 palm lean protein or
2 thumbs fat
1 cupped hand complex carbs

WOMEN

1 palm lean protein or
1 thumb fat
½ cupped hand complex carbs



TRAINING TIPS

Mesomorphs can benefit by training with a moderate amount of repetitions and recovery time in addition to a healthy mix of cardiovascular exercises.

F15 ADVANCED 2 WORKOUT SCHEDULE.



TAKE YOUR FITNESS TO THE NEXT LEVEL.

The **F15 ADVANCED 2** program builds on the targeted bodyweight workouts, Tabata style exercises and treadmill cardio workouts to get you moving.

WARM UP.

In **F15 ADVANCED 1**, we reviewed the importance of warming up to give you the best quality workout and lowest possible risk for injury. Use these foundational moves before each **F15 ADVANCED 2** workout to get started. Need a refresher? Review the warm up exercises on **page 18** or watch the video at foreverfit15.com.

NEXT LEVEL CARDIO.

The **F15 ADVANCED 2** program builds on the Tabata and treadmill cardio workouts you learned in **F15 ADVANCED 1**. During the **F15 ADVANCED 2** program, commit to doing three days of cardio activity per week. These sessions should be spent challenging yourself to get the most out of your workout. If they're too easy, you're not working hard enough.

F15 TABATA CARDIO TWO

This cardio challenge builds on the Tabata style exercises from **F15 ADVANCED 1**. For this workout, these exercises will be performed in a traditional repeated Tabata format.

Perform each exercise for **20 seconds** at maximum intensity and rest for **10 seconds**. Repeat each exercise 8 times. Once you have finished all 8 rounds, recover for **60 seconds** and move on to the next exercise.

F.I.T. TIP

If you are struggling to complete 8 rounds of an exercise in a row before moving on to the next, try switching to a lighter weight and building up your resistance.

20 seconds each + 10 second recovery * 8 rounds + 60 second recovery = MOVE ON TO NEXT EXERCISE

- + Air Squats 20 sec Max/10 sec rest 8x
- + Rest 60 seconds
- + Pushups 20 sec Max/10 sec rest 8x
- + Rest 60 seconds
- + Skaters 20 sec Max/10 sec rest 8x
- + Rest 60 seconds
- + Plank with Jack Legs 20 sec Max/10 sec rest 8x
- + Rest 60 seconds
- + Front Kick to Reverse Lunges Left 20 sec Max/10 sec rest 8x
- + Rest 60 seconds
- + Tricep Pushups 20 sec Max/10 sec rest 8x
- + Rest 60 seconds
- + Front Kick to Reverse Lunges Right 20 sec Max/10 sec rest 8x
- + Rest 60 seconds
- + Plank to Squat Thrust 20 sec Max/10 sec rest 8x

F15 TREADMILL CARDIO TWO

This cardio workout uses a climbing sequence on a treadmill to build endurance, power and muscle by leveraging intervals of walking and running at different inclines.

Choose a speed that challenges you and work to increase your speed throughout the workout.

+ Walk	2% incline	2 minutes
+ Run	1% incline	2 minutes
+ Walk	0% incline	1 minute
+ Walk	4% incline	2 minutes
+ Run	1% incline	2 minutes
+ Walk	0% incline	1 minute
+ Walk	6% incline	2 minutes
+ Run	1% incline	2 minutes
+ Walk	0% incline	1 minute
+ Walk	8% incline	2 minutes
+ Run	1% incline	2 minutes
+ Walk	0% incline	1 minute
+ Walk	10% incline	2 minutes
+ Run	1% incline	2 minutes
+ Walk	0% incline	1 minute

CHOICE CARDIO.

Your final cardio workout each week is your choice. If you feel like your muscles are tight, try restorative yoga. Looking for something new? Try a zumba or kickboxing class. The options for cardio are endless. Create and discover a cardio routine you enjoy to build lifelong habits.

Each choice cardio workout should be **30-60 minutes** and ideally performed without interruption.

F15 BACKSIDE WORKOUT TWO

EQUIPMENT REQUIRED: KETTLEBELL

This workout offers a series of 10 targeted exercises that support the backside of your body like your glutes, hamstrings and back, but also includes biceps. This workout contains both counted reps and timed reps. Perform two exercises back to back before recovering for **30-60 seconds** and moving on to the next exercise combo.

Once you have finished all 10 exercises, recover for **30-60 seconds** and begin your cool down.

2 sequential exercises + 30-60 second recovery × 2-3 sets = MOVE ON TO NEXT 2 EXERCISES

- + Deadlifts 16x
- + Upright Rows 30 seconds
- + Rest 30-60 seconds
- + Bicep Curls 16x
- + Swings 30 seconds
- + Rest 30-60 seconds
- + Deep Lunge with Lawn Mower Pulls Left 16x
- + Thread the Lunge Left 30 seconds
- + Rest 30-60 seconds
- + Deep Lunge with Lawn Mower Pulls Right 16x
- + Thread the Lunge Right 30 seconds
- + Rest 30-60 seconds
- + Goblet Squats to Press 16x
- + Alternating Swings 30 seconds

Rest 30-60 seconds

F15 FRONT & SIDELINE WORKOUT TWO

EQUIPMENT REQUIRED: DUMBBELLS, RESISTANCE BANDS, CHAIR, STABILITY BALL

This workout builds on the **F15 ADVANCED 1** workout with slight modifications and the addition of a stability ball to engage the core. Challenge yourself with a series of 12 targeted exercises that support the front and sides of your body, including your chest, shoulders, triceps and obliques. Perform three exercises back to back before recovering for **60 seconds** and moving on to the next exercise trio.

Once you have finished all 12 exercises, recover for **60 seconds** and begin your cool down.

3 sequential exercises + 60 second recovery × 2-3 sets = MOVE ON TO NEXT 3 EXERCISES

- + Chest Press 16x
- + Core at 45 16x / per side
- + Skull Crushers 16x
- + Rest 60 seconds
- + Pushups 16x
- + Triangle Abs 8x / per side
- + Core Roll Outs 16x
- + Rest 60 seconds
- + Side Planks with Shoulder Raise 16x / per side
- + Ball Pass 16x
- + Side Lying Tricep Press 16x / per side
- + Rest 60 seconds
- + Clean and Press 16x / per side
- + Side Plank with Ball 16x / per side
- + Dips to Reverse Plank 16x

Rest 30-60 seconds

F15 QUADS & CORE WORKOUT TWO

**EQUIPMENT REQUIRED: DUMBBELLS,
RESISTANCE BANDS, CHAIR**

This workout offers a series of 15 targeted exercises that support your quads and core with added **45 second** plyometric intervals. This workout contains both counted reps and timed reps. Perform three exercises with an interval back to back before recovering for **30-60 seconds** and moving on to the next exercise trio.

Once you have finished all 15 exercises, recover for **30-60 seconds** and begin your cool down.



- | | |
|------------------------------------|----------------|
| + Banded Lunge Step Ups | 16x / per side |
| + Plyometric Lunges | 45 seconds |
| + Boat | 16x |
| + Rest | 30-60 seconds |
| + Prisoner Squats | 16x |
| + Tuck Jumps or High Knees | 45 seconds |
| + Roll Ups | 16x |
| + Rest | 30-60 seconds |
| + Banded 180 Squats | 16x |
| + 180 Jumps | 45 seconds |
| + Standing Alternating Toe Touches | 16x |
| + Rest | 30-60 seconds |
| + Static Slow Lunges | 8x / per side |
| + Sprinter Starts | 45 seconds |
| + Spiderman Mountain Climbers | 16x |
| + Rest | 30-60 seconds |
| + Pulsing Squats | 32x |
| + Jack Stars | 45 seconds |
| + Standing Oblique Crunches | 16x / per side |

Rest 60
seconds

**CONGRATULATIONS
ON COMPLETING
FOREVER F15
ADVANCED 2!**
YOU DID IT!

WHAT'S NEXT?

Vital5® combines five amazing Forever products that work together to bridge nutritional gaps and provide key nutrients your body needs. **Vital5®** continues the healthy supplementation habits you learned in **F15** with other helpful lifestyle information to keep you looking better and feeling better!

Not ready to move on?

Repeat the **F15 ADVANCED** program until you achieve your maximum results.

Don't forget to record your weight and measurements on **page 7** to track your progress.

Share your success with **F15** on social using the hashtag **#IAmForeverFIT**. We can't wait to hear about your transformation and the goals you reached.



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SNACK.

A well-balanced snack can help you feel full, fight cravings and keep you energized throughout the day. Make sure your snack includes at least two food items and pairs a carbohydrate with a protein and/or a healthy fat to promote balance.

Clean Granola

Women	Men
25 pistachios	30 pistachios
1 tablespoon sunflower seeds	2 tablespoons sunflower seeds
1 tablespoon raisins	2 tablespoons raisins
1 tablespoon dark chocolate chips	1 tablespoon dark chocolate chips

Mix all ingredients together for a great snack on the go!

Cinnamon Pear and Cottage Cheese

Women	Men
½ cup 2% cottage cheese	¾ cup 2% cottage cheese
1 pear, chopped	1 pear, chopped
2 walnut halves, chopped	1 tablespoon walnuts, chopped

Combine cottage cheese and pear, sprinkle walnuts on top.

Protein On-The-Go

Women	Men
1 oz. turkey jerky	2 oz. turkey jerky
1 oz. Mozzarella cheese	2 oz. Mozzarella cheese
2 clementine oranges	1 clementine orange

Edamame with Vanilla Soy Milk

Women	Men
¾ cup edamame	1½ cups edamame
1 cup vanilla soy milk	1 cup vanilla soy milk
Sea salt to taste	Sea salt to taste

Prepare edamame as desired by microwaving or boiling. Season lightly with salt and enjoy with a side of vanilla soy milk.

Avocado and Egg Toast

Women	Men
1 slice whole grain bread	1 slice whole grain bread
¼ avocado, smashed	¼ avocado, smashed
1 hard-boiled egg	2 hard-boiled eggs

Toast whole grain bread. Spread smashed avocado on top. Hard-boiled eggs can be chopped up and added on top or enjoyed on the side.

Forever PRO X2® bar, Veggies and Hummus

Women	Men
1 Forever PRO X2® High Protein Bar (sold separately)	1 Forever PRO X2® High Protein Bar (sold separately)
Carrots, bell peppers, celery, jicama, cucumbers and broccoli, chopped	Carrots, bell peppers, celery, jicama, cucumbers and broccoli, chopped
1 tablespoon hummus	2 tablespoons hummus
	8 oz. nonfat, almond, coconut, soy or rice milk

Peanut Butter Energy Ball

Women	Men
½ cup peanut butter	½ cup peanut butter
¼ cup honey	¼ cup honey
1 scoop Vanilla Forever Lite Ultra®	1 scoop Vanilla Forever Lite Ultra®
¾ cup rolled oats	¾ cup rolled oats
½ teaspoon vanilla extract	½ teaspoon vanilla extract
¼ teaspoon salt	¼ teaspoon salt

Mix peanut butter, honey, vanilla and salt together. Mix in protein powder then oats and form into 14 balls. Keep in the fridge or freezer. Serving size for women is 2 balls and servings for men is 3 balls.

Cheesy Popcorn

Women	Men
4 cups air popped popcorn	6 cups air popped popcorn
4 tablespoons grated Parmesan cheese	6 tablespoons grated Parmesan cheese
1 teaspoon olive oil	1½ teaspoons olive oil
Salt to taste	Salt to taste
Cayenne pepper (optional)	Cayenne pepper (optional)

Air pop popcorn and toss with olive oil, Parmesan cheese and cayenne pepper. Lightly salt to taste.

Rice Cakes with Almond Butter

Women	Men
2 plain brown rice cakes	2 plain brown rice cakes
1 tablespoon almond butter	1½ tablespoons almond butter
2 large strawberries, sliced	2 large strawberries, sliced

Spread almond butter on each each rice cake and top with strawberries.

Coconutty Bananas

Women	Men
1 small banana	1 regular banana
1 tablespoon almond butter	2 tablespoons almond butter
1 tablespoon unsweetened coconut flakes	1 tablespoon unsweetened coconut flakes

Slice banana into one inch pieces. Dab a bit of almond butter on each one and sprinkle unsweetened coconut flakes on top.

Pita Chips with Hummus and Veggies

Women	Men
14 pita chips	14 pita chips
2 tablespoons hummus	2 tablespoons hummus
1 cup raw vegetables	1 cup raw vegetables
	3 oz. turkey

Dip vegetables and pita chips into hummus. Men should add 3 oz. of turkey to their snack and enjoy!

Peanut Butter and Jelly Yogurt

Women	Men
6 oz. plain nonfat Greek yogurt	8 oz. plain nonfat Greek yogurt
1 tablespoon reduced sugar grape jelly	1 tablespoon reduced sugar grape jelly
¼ cup red grapes	¼ cup red grapes
1 tablespoon peanut butter	1½ tablespoons peanut butter
1 teaspoon unsalted peanuts, chopped	1 teaspoon unsalted peanuts, chopped

Slightly mix jelly and peanut butter into the yogurt. Cut grapes in half and sprinkle on top. Add chopped peanuts and enjoy!

Cookie Dough Greek Yogurt

Women	Men
½ cup plain nonfat Greek yogurt	¾ cup plain nonfat Greek yogurt
1 tablespoon nut butter	1½ tablespoons nut butter
1 packet stevia	1 packet stevia
1 tablespoon mini chocolate chips	1½ tablespoons mini chocolate chips
½ teaspoon vanilla extract	½ teaspoon vanilla extract
Pinch of sea salt	Pinch of sea salt

Mix all ingredients together and enjoy!

Healthy Rice Pudding

Women	Men
½ cup cooked brown rice	¾ cup cooked brown rice
½ cup reduced fat coconut milk	¾ cup reduced fat coconut milk
1 tablespoon raisins	1 tablespoon raisins
1 teaspoon chopped walnuts	1 teaspoon chopped walnuts
Pinch of cinnamon	Pinch of cinnamon

Cover cooked rice with coconut milk. Heat in the microwave for 60 seconds. Top with raisins, cinnamon and chopped walnuts.

PROTEIN.

For **women**, choose a palm-sized portion of any of the following proteins. For **men**, choose two palm-sized portions.

CATEGORY	TYPE
FISH	Salmon, halibut, tilapia, cod, tuna, orange roughy
SHELLFISH	Shrimp, crab, lobster
TURKEY	Turkey breast
	Turkey sausage
	Turkey bacon
	Lean ground turkey
CHICKEN	Chicken breast
BEEF	Top round
	Top sirloin
	Lean ground beef
WILD GAME	Buffalo, elk, venison
EGG	Egg
	Egg substitute
DAIRY	Plain Greek yogurt
	2% Cottage cheese
	1% Milk
	Whey supplement
VEGETARIAN	Lentils
	Tofu
	Seitan
	Veggie burger
	Forever Lite Ultra®
	Soy
	Quinoa

CARBOHYDRATES.

For **women**, choose a cupped handful-sized portion of any of the following carbohydrates. For **men**, choose two cupped handful-sized portions.

CATEGORY	TYPE
GRAINS	Oats
	Rice (wild or brown)
	Couscous
	Kashi
	Bulgur
	Barley
	Quinoa
BREAD	Whole grain bread
	Whole grain tortilla
	Corn tortilla
PASTA	Buckwheat soba noodles
	Whole wheat pasta
	Pasta (quinoa, brown rice, edemame)
LEGUMES	Black beans, chickpeas, pinto
FRUIT	Apple
	Apricot
	Berries
	Citrus
	Grapes
	Melons
	Peach
	Pear
	Plum
	Tropical fruits
	Tomato

FATS.

For **women**, choose a thumb-sized portion of any of the following fats. For **men**, choose two thumb-sized portions.

CATEGORY	TYPE
NUT	Nut butter (peanut, almond, cashew)
	Almond (whole & unsalted)
	Walnut (halves)
	Cashew (whole & unsalted)
	Pistachio
FRUIT	Avocado
	Coconut flakes (unsweetened)
	Olives
SEED	Pumpkin seeds
	Sunflower seeds
	Chia seeds
	Flax seeds
OIL	Olive oil
	Coconut oil
	Flax seed oil
	Sunflower oil
DAIRY	Cheese
	Dark chocolate (at least 70% cacao)

PRODUCE.

For **women**, choose a fist-sized portion of any of the following vegetables. For **men**, choose two fist-sized portions.

CATEGORY	TYPE
VEGETABLES (fresh or frozen) Raw or steamed	Artichoke
	Carrots
	Asparagus
	Brussel sprouts
	Zucchini
	Bell pepper
	Broccoli
	Cabbage
	Celery
	Cucumber
	Green beans
	Kale
	Lettuce (all types)
	Spinach
	Cauliflower



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7501 East McCormick Parkway, Scottsdale, AZ 85258 USA
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ITEM# 10315 C61v1

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