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WOMEN'S SKI JUMPING USA

Soaring to Sochi

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#USANAlifestyle

CONTENTS

VOLUME 4 2013

FEATURES

3 | WTA

WTA Ambassadors ace nutrition with USANA

8 | WOMEN'S SKI JUMPING

Soaring to Sochi

15 | USSA AND USANA

Branding together

19 | TEAM USANA: WINTER

From Vancouver to Sochi, the journey for more medals continues

22 | TEAM USANA: SUMMER

Team USANA takes London by storm

24 | BOXERS

USANA fighters deliver a knockout punch

26 | USANA'S ELITE ATHLETES

Chasing the competitive edge

28 | JENNIFER AZZI AND DEREK PARRA

Making a difference

29 | KATHY KAEHLER

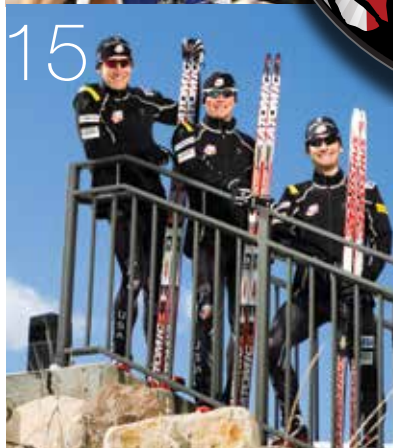
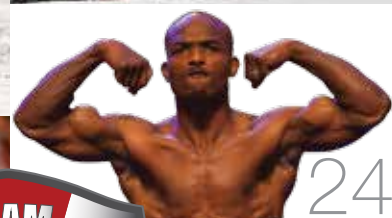
On the move

33 | DENIS WAITLEY

The many milestones of Denis Waitley

34 | DR. MEHMET OZ

The "ozsome" Dr. Oz visits USANA headquarters



36 | DAVE WENTZ

Dave's TV dream comes true

37 | AMY CHALMERS

A summer glow for all seasons

38 | DR. LIBBY WEAVER

A delicious approach to a holistic lifestyle

40 | MEDICAL EXPERTS

A focus on your healthspan

42 | SUSAN KLEINER

USANA's foremost authority on sports nutrition



On the Cover

The No. 1 ranked U.S. Women's Ski Jumping Team prepares for its historical debut in Sochi, and USANA continues to provide them with the support and high-quality nutrition they need to soar to gold.

Cover photo by Sarah Brunson



60

43 | SCIENTIFIC EXPERTS

A closer look at USANA's scientists

46 | LINUS PAULING INSTITUTE

Agents of change

48 | DR. MYRON WENTZ

Continued commitment

49 | THE ORTHOPEDIC SPECIALTY HOSPITAL

Scientific comrades

50 | GO GO (JEN) GROOVER

Tips for marketing your personal brand

51 | OBI OBADIKE

His secrets to fitness success

52 | CELEBRITY HIGHLIGHTS

USANA goes to Hollywood

56 | NANCY DREW

Nancy's five healthy tips for families

57 | RESET™

The RESET factor

60 | MIKE ALLSOP

Making the impossible...possible

62 | WHAT IT REALLY MEANS TO BE PART OF A USANA FAMILY

In all that you know to be right...do

63 | ASSOCIATE HIGHLIGHTS

Everyday people, extraordinary stories

64 | THE TRUE HEALTH FOUNDATION

A year's worth of difference

43



52



51



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WTA | AMBASSADORS ACE NUTRITION WITH **USANA**



It should come as no surprise that the Women's Tennis Association's relationship with USANA is considered a perfect match. WTA players are at the top of their game, and so is USANA. But when you really think about it, USANA's WTA Brand Ambassadors are just like the rest of us, trusting their health to USANA to help them live their extraordinary lives, their way.

Written by Allie Henderson



USANA is the Official Health Supplement Supplier of the





KIM CLIJSTERS

“USANA has had a very big impact on my life, both as a tennis player and a mother, and has helped give me the energy I need to do both of those things.”



FAVOURITE USANA® PRODUCT:
BIOMEGA™

DOB: June 8, 1983

Birthplace: Bilzen, Belgium



Accolades: As one of the most influential athletes in women's tennis, Kim captured 41 singles and 11 doubles titles, including six Grand Slams, during her 15-year career. She was also named WTA's Player of the Year in 2005 and 2010.

Photograph by Timothy A. Clary/Afp/Getty Images

When most people retire, they move to a sunny place and enjoy their newfound time off basking in the sun, reading books, and sipping fine wine. But not Kim.

In fact, since the 30-year old announced her retirement last fall, she's been busier than ever. If she's not focused on renovation details at her new tennis academy in Belgium, she's enjoying quality time with her daughter, Jada, and preparing for the arrival of her second child. That's right, the former world No. 1 is expecting a baby boy this summer, and she couldn't be more thrilled.

“My family is number one now,” Kim says. “Of course they were already a big part of my life when I was travelling, but now that I'm home I'm actually enjoy-

ing the normal things more, like picking Jada up from school and dropping her off. Right now I'm just very happy to be a normal mother and being able to have dinner on time without feeling tired from practice.”

Although Kim has ended her career as a professional tennis player, her health is still a top priority, and she thanks USANA for its continued support and nutritional supplements. Now, she makes USANA's **BiOmega™** and **Essentials™** a part of her daily regimen.

But she believes USANA's high-quality products aren't just important for athletes, but everyday people as well, and she

wants to help others understand the importance of living a healthy and nutritious lifestyle. She even plans to offer USANA supplements at her academy.

“As a mother and wife, it's important that I make food and nutrition important and teach my kids, and the kids at the academy, why it's important to eat well,” she explains. “I think once they understand why it's impor-

tant, it will be easier for them to try new things and make better choices.”

Her motherly instincts are in full gear, and she plans on continuing to influence people around the world, both on and off the court.





LIEZEL HUBER

“Being a new mom and having a young son means I need to be as healthy as I can at all times. Wherever my tennis rackets and I travel, so do my USANA products!”



Lizel is considered to be one of the best doubles players in the world, and with more than 50 doubles titles on her résumé, she rightfully deserves that title. But she's more than a professional tennis player. She's an amazing mother, loving wife, a USANA Brand Ambassador, owner of the Huber Tennis Ranch, and most recently, a USANA Associate.

“Health is my business,” says the former No. 1 doubles player. “To compete day in and out at the highest level, I need my health to be at optimal levels. I feel fortunate to have been introduced to USANA through the WTA, and have trusted my health to them ever since.”

But USANA's nutritional supplements aren't the only things she loves about the company. She admires the differences USANA makes in people's lives mentally, physically, and financially, and wants to help spread that opportunity to others.

“The day you don't earn a paycheck is something that crosses most athletes' minds, and I want to have a residual income when that time comes,” she explains. “Because I love, believe in, and trust USANA and its products, it just made sense to take that next step and become an Associate.”

And she's wasted no time spreading the vision of true health and true wealth. Nearly two months after signing up, Lizel became a Premier Platinum Pace-Setter, all while playing a full schedule.

“Tennis has just been a part of my career,” says Lizel. “I love being part of a team off the tennis court and am excited for the future. I love teamwork! I feel confident that USANA will be in my life forever, helping me live my life to the fullest.”

FAVOURITE USANA® PRODUCT: BOOSTER C 600™

DOB: August 21, 1976

Birthplace: Durban, South Africa



Accolades: Lizel has won 53 doubles titles, including five Grand Slam doubles titles and two mixed-doubles titles in 20 years of professional tennis. She's also a three-time Olympian and has played the Fed Cup both for South Africa and the United States.



SAM STOSUR

Photo by Filippo Monteforte/Afp/Getty Images



FAVOURITE USANA® PRODUCT:
USANA® ESSENTIALS™

DOB: March 30, 1984

Birthplace: Brisbane, Australia



Accolades: In 14 years, Sam has secured three singles titles and 23 doubles titles, including three Grand Slams and two mixed doubles Grand Slams. She is currently the No. 1 player from Australia and No. 9 worldwide.

“I train for hours every day, and USANA’s supplements help replenish and nourish me. I know that I can trust its products because I know what I’m taking is safe and pure.”



SLOANE STEPHENS

Photo by Cameron Spencer/Getty Images



FAVOURITE USANA® PRODUCT:
MYHEALTHPAK™

DOB: March 20, 1993

Birthplace: Plantation, Florida, USA



Accolades: Only in her junior year as a professional, Sloane quickly became a household name when she defeated Serena Williams in the quarterfinal round of the 2013 Australian Open. The career-defining win made Sloane the first American teen to reach a major semifinal since Serena accomplished it in 2001, and it landed her in the top 20 at No. 17. She’s also been named ESPN’s ‘NEXT’ in Tennis and the Tour’s No. 1 player under 20 by *Sports Illustrated*.

“With USANA’s support and its high-quality products, I believe I can achieve great things both on and off the court.”

Ambassadors Share
Their Love of USANA
with the World





ZHENG JIE

Photo by Mark Thompson/Getty Images



FAVOURITE USANA® PRODUCT: USANA® ESSENTIALS™

DOB: July 5, 1983

Birthplace: Cheng Du, China



Accolades: Zheng Jie has taken home four singles titles and 14 doubles titles in her 10-year career, including an Australia Open and Wimbledon doubles title. She has also represented China in the Summer Games three times.

“I’m grateful that USANA has continued to support women in sports, and that its products improve the health of the athletes it sponsors.”



ALEKSANDRA WOZNIAK

Photo by Karim Sahib/Afp/Getty Images



FAVOURITE USANA® PRODUCT: BOOSTER C 600™

DOB: September 7, 1987

Birthplace: Montréal, Québec, Canada



Accolades: Aleksandra turned pro in 2005 and claimed her first singles title in 2008. She is currently Canada’s highest-ranked women’s singles player, and has been named Female Tennis Player of the Year by Tennis Canada five times.

“As an athlete, I need to be mindful of what I put in my body. USANA is known for maintaining a high level of quality in its products, and they are the only nutritional products I trust.”

All statistics are as of May 2013. For the most updated information about the players, check out WTAtennis.com.

[Facebook.com/WTA](https://www.facebook.com/WTA)
 [@WTA](https://twitter.com/WTA)







PHOTOGRAPH BY SARAH BRUNSON

SOARING TO SOCHI



WRITTEN BY ALLIE HENDERSON

SKI JUMPING HAS ALWAYS BEEN A PART OF THE WINTER GAMES. IN FACT, IT WAS ONE OF THE NINE ORIGINAL EVENTS DURING THE 1924 CHAMONIX GAMES. BUT 90 YEARS WOULD PASS BEFORE WOMEN WOULD BE ALLOWED TO COMPETE IN THE EVENT. NOW, AS THE NO. 1 RANKED U.S. WOMEN'S SKI JUMPING TEAM PREPARES FOR ITS HISTORICAL DEBUT IN SOCHI, USANA CONTINUES TO PROVIDE ITS MEMBERS WITH THE SUPPORT AND HIGH-QUALITY NUTRITION THEY NEED TO SOAR TO GOLD.



LINDSEY VAN

PHOTOGRAPH BY SARAH BRUNSON



PHOTOGRAPH BY SARAH BRUNSON

VETERAN AND 2009 WORLD CHAMPION LINDSEY VAN,

a member of **Women's Ski Jumping USA (WSJ-USA)**, has skied her whole life, capturing more than 50 top-three finishes internationally, including eight wins, and 15 U.S. National Championship titles along the way. But her influence on women's ski jumping doesn't end with the records she holds. Her tireless advocacy for the sport she loves and the tremendous role she played in getting it into the 2014 Winter Games will change and inspire the lives of young girls for years to come.



SARAH HENDRICKSON



THE FIGHT FOR FLIGHT

In 2006, the International Olympic Committee (IOC) decided to exclude women's ski jumping from the 2010 Vancouver Winter Games, stating that the sport lacked elite competition. Some hinted that ski jumping was not appropriate for women from "a medical point of view." Unwilling to accept the decision as their fate, **Lindsey**, fellow WSJ-USA member **Jessica Jerome**, and 13 ski jumpers from four other countries joined together to file a discrimination lawsuit against the Vancouver Olympic Organizing Committee (VANOC) in 2008.

Seven months prior to the 2010 Winter Games, a judge in the British Columbia Supreme Court stated that the IOC had discriminated against the women, but didn't order VANOC to change their decision, leaving **Lindsey** and the ladies back at square one.

But they didn't stop there. Instead, the U.S. women gave everything they had the following season to prove just how good they were and that they deserved to compete at the highest level of competition. Their next chance? The 2014 Sochi Winter Games.

At the age of nine, **Lindsey** declared that she was going to become an Olympian, and on April 6, 2011, the IOC announced what she had been waiting to hear her whole life, making her lifelong dream a realistic goal.

They were finally in.



PHOTOGRAPH BY DAN CAMPBELL



PHOTOGRAPH BY WHITNEY CHILDERS



PHOTOGRAPH BY WHITNEY CHILDERS



PHOTOGRAPH BY SARAH BRUNSON



SARAH HENDRICKSON

LONGEST JUMP: 151.23 METRES

While most people in their early twenties are graduating college and figuring out the meaning of life, the women's ski jumping team, whose average age is 24, is preparing to make history. And they're being led by a teammate who has yet to see her 20th birthday.

Over a four-year span, Sarah became the first American to medal at the Junior World Championships in 2010 and won nine of 13 events to become the 2012 inaugural World Cup Champion.

In 2013 alone, she captured 10 World Cup podiums, four of which were first place standings, and was named the 2013 World Champion in Val di Fiemme, Italy. Her impressive results left her in second place overall in the season's World Cup standings and earned her the Ski Jumping Athlete of the Year title from the U.S. Ski and Snowboard Association.

But to her, those past accomplishments have no bearing on the future, as she focuses solely on keeping her body healthy and strong for Sochi.

"Jumping is 80 per cent mental and 20 per cent physical. It's one of the hardest sports because of how fast and precise it is," says the 19-year-old star. "I spend three days a week in the gym working on strength training and six days a week in all training. Keeping healthy all around is vital, and I am thankful to have USANA and its products as part of my routine."

PORTRAIT PHOTOGRAPHS BY DAN CAMPBELL

LINDSEY VAN

LONGEST JUMP: 171 METRES, NORTH AMERICAN WOMEN'S RECORD

Lindsey is the first-ever women's ski jumping world champion, and in 2013, she finished 10 World Cup events in the top 10 and was ranked eighth overall in the World Cup circuit. In 2011, she donated bone marrow to a man suffering from leukemia on two separate occasions, helping him extend his life.



ABBY HUGHES

LONGEST JUMP: 133 METRES

Abby first started competing internationally at age 15 and has since obtained 25 top-10 finishes on the Continental Cup (COC) circuit. She made her World Champions debut in Oslo in 2011, finishing 24th.



JESSICA JEROME

LONGEST JUMP: 138 METRES

During her career, Jessica has bagged 21 (COC) podium finishes, nine U.S. National Champion titles, and captured her first World Cup podium in 2010. She concluded the 2012-13 season with eight top-10 World Cup finishes and came in sixth in the World Championships at Val di Fiemme, to end the season ninth in the world.



ALISSA JOHNSON

LONGEST JUMP: 132 METRES

Alissa began jumping at the age of five and has never looked back. Since 2004, she has secured more than 50 top-10 finishes in the COC circuit and captured her first COC victory in 2008.

NINA LUSSI

LONGEST JUMP: 127 METRES

Nina attended a school in Austria that specializes in training young ski jumpers and takes advantage of having access to the numerous hills throughout Europe. In addition to ski jumping, she's competed in the Junior Olympics for cross-country running.



PREPARING FOR LANDING

Now, two years later, the U.S. team is ranked No. 1 in the world and is eager to continue their domination this February, by working together to live out their dreams.

“We’ve been No. 1 two years in a row on the World Cup circuit, and that reflects our depth and dedication as a team to our sport,” says **Lindsey**. “It’s hard to imagine what it will be like as we get closer to Sochi, but we know we’re going to go there, put on a great show, and

hope to make our families, friends, and supporters, like USANA, proud as we represent the United States of America in the Winter Games.”

Teammate and 2013 World Champion **Sarah Hendrickson** quickly adds, “Even though ski jumping is an individual sport, the support of your team is very important, and Women’s Ski Jumping USA definitely shines in that aspect. We’re ready to show the world why we’re the best.” ■

 FACEBOOK.COM/WSJUSA

 @WSJUSA

 ALL STATISTICS ARE AS OF MAY 2013. FOR THE MOST UPDATED INFORMATION ABOUT THE PLAYERS CHECK OUT WSJUSA.COM



NINA
LUSSI

PHOTOGRAPH BY DAN CAMPBELL



PHOTOGRAPH BY DAN CAMPBELL

The pictured/named athletes or celebrities are either Associates or dedicated users who have received compensation for their partnership and/or complimentary USANA products.

10 OUT OF 10 USANA BOXERS AGREE...

NUTRIMEAL IS A KNOCKOUT!



CURRENT WBO WELTERWEIGHT CHAMPION TIMOTHY BRADLEY

Before a workout or after, **Nutrimeal™** meal replacement shakes pack a one-two punch with the nutrients and protein you need in a variety of delicious flavours. So go ahead: fill up without ruining your weigh in.

RECORD: 30-0 WITH 12 KOS

USANA proudly sponsors Timothy Bradley with complimentary USANA products.

USSA and USANA Branding Together

Written by Missy Bird



Four members of the U.S. Ski and Snowboard Association [USSA] have recently joined forces with USANA Health Sciences as the company's newest brand ambassadors. So what do USANA and Billy Demong, Bryan Fletcher, Taylor Fletcher, and Grete Eliassen have in common? They're dedicated to health, continual self-improvement, and doing whatever it takes to gain that competitive edge.



Billy Demong

Leading by Example



The Olympics are in Billy Demong's blood. Born just after the 1980 Lake Placid Winter Games, Billy grew up fascinated with the Games. His sport, ski racing, came naturally to him—he was still in high school when he competed in Nordic combined at the 1998 Nagano Winter Games. From Salt Lake City to Torino to Vancouver—where he won a gold medal—Billy is the experienced backbone for the U.S. Nordic combined ski team. And with a recent Nordic combined team bronze medal at the World Championships, a first in team history, Billy is leading them into Sochi.

“Going into Sochi, we have some veterans and some young guys,” Billy says. “It’s exciting that we have a little bit of wisdom of the old and the new guys blending together. I’ve never seen a team show up for training on a daily basis with as much zeal as we have this year.”

 @BillyDemong

Bryan & Taylor Fletcher

Sibling Rivalry



Two of those “young guys” are brothers: Bryan and Taylor Fletcher. There’s a definite competitiveness to them. And they admit it. While the older brother, Bryan, a cancer survivor, is the better jumper, younger brother Taylor says he’s better at skiing. However, the brothers push each other to do better in the two components that make up Nordic combined. “We’ll do whatever it takes to knock the other behind,” Taylor says. “It adds fuel to the fire to help each other. We’re competitive every single day. I think most of it is for the better.”

While Taylor competed in the Vancouver Winter Games as a 19-year-old, Bryan is hoping Sochi will be his first shot at the Olympic stage. Still, their goal is to be on that podium together. “It’s been a dream of mine to win a medal with my brother,” Taylor says. “Not many brothers, or siblings, have won together at the Olympics.”

 @SkiFletch  @TFletchernordic



Grete Eliassen



Flying Free

As the 2011 Female Skier of the Year, Grete Eliassen loves what she does—skiing down a mountain. “Freeskiing is about being free and not following rules,” she says. “You should be able to ski down the mountain any way you please.” Grete’s credentials are pretty impressive too: a world record jump of 9.4 metres, and two gold, two silver, and two bronze medals at the X-Games from 2005 to 2011. Considering she’s been skiing since she was two years old, it makes sense that Grete performs so well on skis. “Skiing has always come naturally to me, and I never really feel like I chose to ski,” she says. “I feel like I have always been a skier.”


 @GRETEGIRL




The USANA Difference




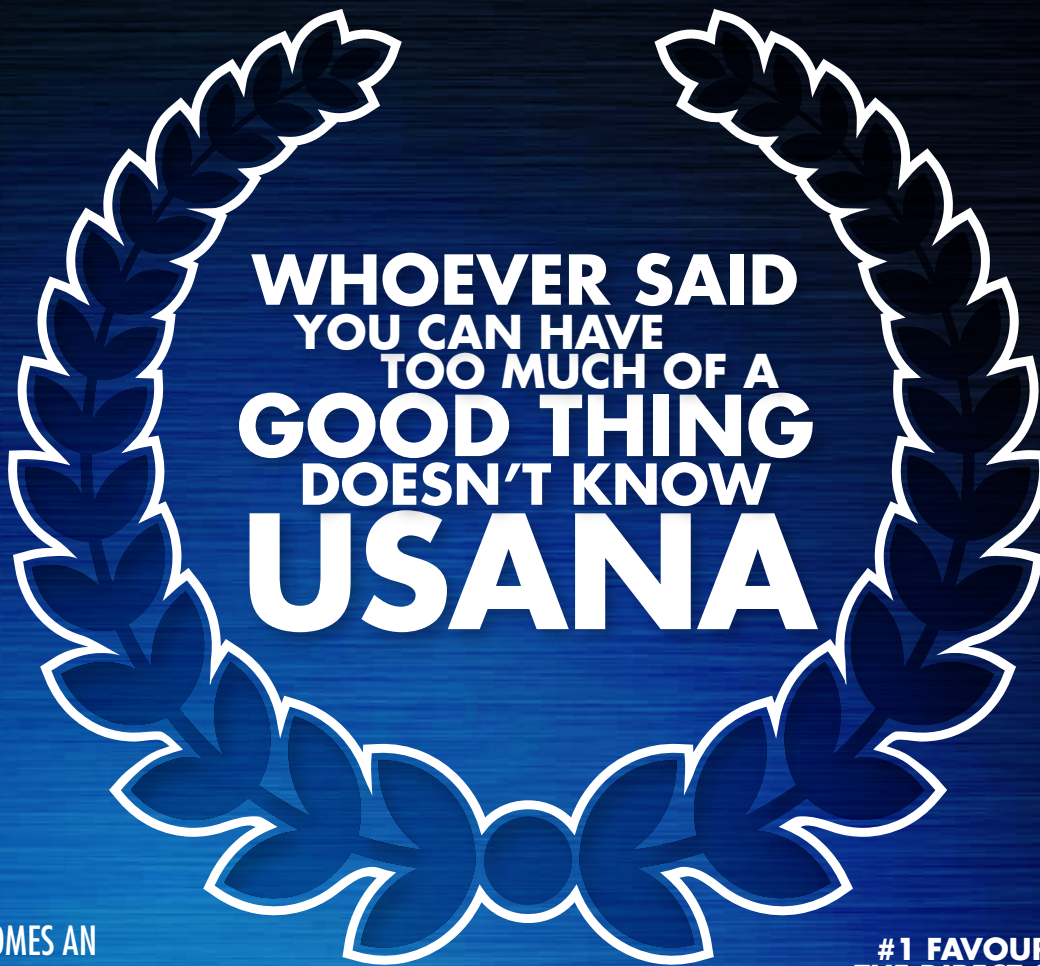
Although all four of these athletes have to be healthy in order to compete at an optimal level, they say USANA has helped push them even further. “USANA has opened my eyes to what kind of nutrition is out there,” Bryan says. “For me, it’s important to be with a company I trust.” Taylor agrees that USANA has made a huge difference in his performance and health. “I’ve never had the support like USANA has given us,” Taylor says. Grete has also learned more about being healthy since she became a brand ambassador. “Before, I was a little knowledgeable about nutrition and eating right, but nothing like now,” Grete says. “I just love being affiliated with a company that is trying to make people healthier. And the products work, so it is easy to support USANA.”

 @USSA_Nordic

 @USFreeskiing

 @USSkiteam

 @TeamUSANA



WHOEVER SAID
YOU CAN HAVE
TOO MUCH OF A
GOOD THING
DOESN'T KNOW
USANA

USANA BECOMES AN
FDA
REGISTERED FACILITY
2011

USANA IS THE OFFICIAL HEALTH
SUPPLEMENT SUPPLIER OF THE
WTA, US Ski & Snowboard Association, US Speedskating, US Women's
Ski Jumping, US Luge, Speed Skating Canada, Cross Country Canada,
Biathlon Canada, and Pachuca Club de Fútbol

**#1 FAVOURITE BRAND IN
THE DIRECT SALES CHANNEL**
BASED ON CUSTOMER SATISFACTION

BASED ON A SURVEY
OF MORE THAN 10,000
SUPPLEMENT USERS



Forbes.com names
Dave Wentz One of America's
**MOST
POWERFUL
CEOs 40 & Under**
2009



USANA RECEIVES A
**PROGRESSIVE
MANUFACTURING
100 AWARD**
IN INNOVATION MASTERY
2011



**BEST
OF
STATE**

Dietary Supplement
10 wins since 2003
Personal Care Products/Cosmetics — Sense™
5 wins since 2007
Health/Nutrition Beverage — Rev3 Energy™
5 wins since 2009
Science/Technology — Research and Development
2012
Health/Nutrition Product
3 wins since 2009

USANA VOTED "#1 Distributor's Choice"
For Best Network Marketing Company by *MLM Insider* for 16 consecutive years

BEST

Nutritional Company
in Network Marketing
Weight Loss Company
in Network Marketing
Compensation Plan
in Network Marketing — Binary
2012

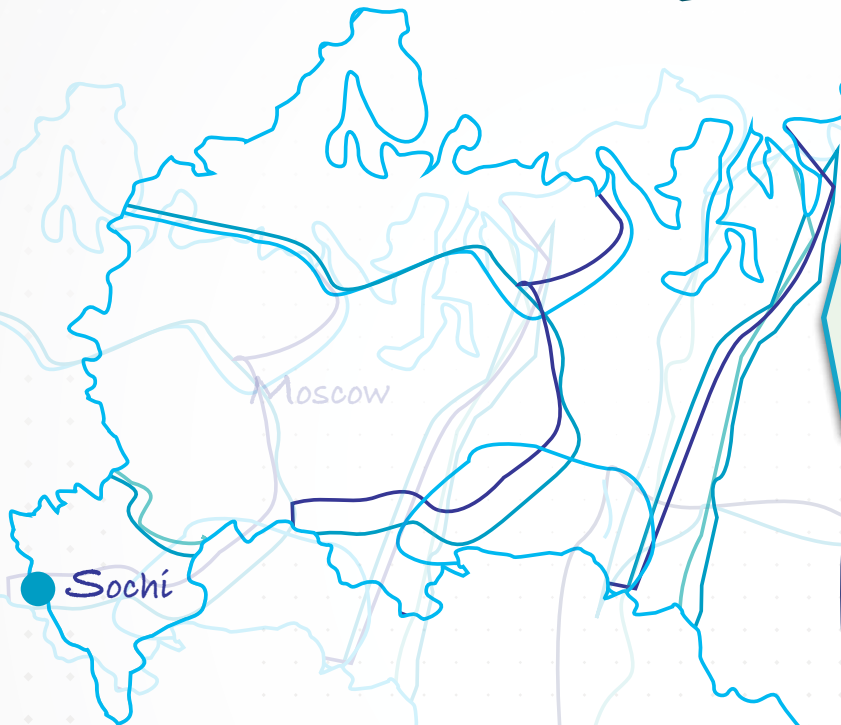
From Vancouver to Sochi,

the Journey for More Medals Continues

Written by Nick Peterson



More than
350
World-Class
Athletes
Fuelled by USANA to
Help Fulfill Their Mission



Back in 2010, there was this little event called the Vancouver Winter Games, and Team USANA wasn't just in attendance—they were a dominating force amongst the competition. From speed skating and luge to cross-country skiing, athletes taking USANA's products made it clear that their bodies were in peak physical condition and fuelled by the highest-quality supplements around. Just look at the medal count—it speaks for itself. In fact, if we were to consider Team USANA its own country in the Vancouver Winter Games, their 22 medals would have resulted in a fifth place finish in the overall standings.

It's pretty amazing to look back and see what these extraordinary athletes were able to achieve. But you know what's more amazing? Thinking about what they *will* achieve. The 2014 Sochi Winter Games are just around the corner, and Team USANA is, once again, ready to make their presence known. With more teams and more athletes being supplied with even more award-winning products, Team USANA is bigger and better than ever before. That's why USANA doesn't hope to top their results from Vancouver—they *know* they will. When you combine world-class athletes with world-class supplements, it's inevitable.

Biathlon Canada



@biathloncanada

Number of athletes: 30-35

Favourite USANA product:
Chocolate Whey Nutrimed™



"I use USANA Chocolate Whey **Nutrimed** immediately after every workout to aid in my recovery. It is a quick and convenient way to get in the protein and carbohydrates I need to be ready for my next workout."

—Melanie Schultz, national biathlon team athlete



Photo by Ric Rowan



Speed Skating Canada

@SSC_PVC

Number of athletes: 65

Number of medals won at the
2010 Vancouver Winter Games:
four gold, three silver, three bronze

Favourite USANA products:
BiOmega™ and Pure Rest™



"High-performance speed skating demands optimal nutrition, and USANA supplements enable the athletes to get the nutrition they need and recover quickly from training. Plus, we have the security of knowing that our skaters will meet the international anti-doping regulations."

—Bar Schouten,
national long track coach for Speed Skating Canada



US Speedskating



@USSpeedskating

Number of category one athletes: 80

Number of medals won at the
2010 Vancouver Winter Games:
one gold, four silver, five bronze

Favourite USANA product:
Nutrimed™



"Our athletes and staff travel throughout the world for long periods of time, and it is vital that they get the nutrition they need to stay healthy. USANA's products provide our athletes with the peace of mind they need to stay focused on competing and winning. We truly appreciate all that USANA provides for our team."

—Mark Greenwald,
executive director for US Speedskating



USA Luge

@USA_Luge

Number of athletes: 18

Favourite USANA products:
HealthPak™ and CoQuinone™30



"I use **USANA® Probiotic, Vitamin D, and Booster C 600™** to help my immune system get all the supplementation it needs to be at its best. Getting sick right before a big event is not an option. Since using USANA products, I have always found my body healthy and ready to compete."

—Christian Niccum, 2006 and 2010 Olympian





South Korea Speed Skaters

Number of athletes: 10

Number of medals won at the
2010 Vancouver Winter Games:
two gold, four silver, two bronze

Favourite USANA products:
HealthPak™ and Procosa®



"I've been taking the USANA **HealthPak** since last year, and I feel a big difference. Waking up in the morning has become much easier, and my body has been full of energy. It seems USANA is a perfect fit for my health."

—Sanghwa Lee,
2010 Winter Games gold medalist

Great Britain Short Track Speed Skating

 @GB_ShortTrack

Number of athletes: 14

Hours spent training:
10 to 25 hours per week

Favourite USANA product:
MyHealthPak™

"Educating athletes about quality nutrition is a key part of their training at the National Performance Centre in Nottingham. Having access to USANA products ensures that our athletes can train hard, recover quickly, and compete well. There is no doubt that USANA has helped us achieve our best ever ISU World Cup results this year."

—Stuart Horsepool,
performance director for Great Britain Speed Skating



Cross Country Canada

 @cccski

Photo by
www.nordicFocus.com

Number of category one athletes: 20

Hours spent training:
10 to 25 hours per week

Favourite USANA product:
MyHealthPak™



"Health is paramount in the pursuit of excellence. Without it, training cannot happen. USANA helps keep the team healthy so we can continue to have world-leading performances."

—Eric de Nys, national team coach



The pictured/named athletes or celebrities are either Associates or dedicated users who have received compensation for their partnership and/or complimentary USANA products.

Want to learn more about these
athletes' favourite products?

Check them out at USANA.com. And, be sure to follow these teams on Twitter as they prepare and train for Sochi in 2014.

Team USANA takes LONDON

by Storm
Written by Nick Peterson




At the London 2012 Summer Games, Team USANA—a group of elite athletes who take the company's high-quality nutritional products—made a huge impact on the leaderboards and on the medal podiums, proving that USANA's game face is decidedly on. USANA doesn't ask just anyone to represent the company and their award-winning products. They only consider those of the highest calibre and the greatest determination, because those athletes understand that taking care of their body is the first and most crucial step toward taking their place on the podium.

But who are these USANA athletes? Let's take a closer look at those who made their mark last summer in London. Although they earned plenty of other accolades while preparing for the Games, their victories in London validated four years of vigorous training day in and day out. And during each and every one of those workouts, training sessions, and competitions, USANA was with them, every step of the way.

Conor Dwyer

Swimmer and gold medalist (USA)

 @conorjdwyer

Accolades:

Gold medal at the London 2012 Summer Games (4x200-metre freestyle relay)

Gold medal at the 2011 World Aquatics Championships (4x200-metre freestyle relay)

Gold medal and three silver medals at the 2011 Pan American Games

Favourite USANA product:

MyHealthPak™

"I love the convenience of MyHealthPak. Taking both the morning and night packs on a daily basis helps me stay energized in my workouts and speed up my recovery time."

—Conor Dwyer



Tate Smith

Sprint canoer and gold medalist (Australia)

Accolades:

Gold medal at the London 2012 Summer Games (K4 1000 metre)

Silver medal at the 2011 World Cup (K4 1000 metre)

Represented Australia in the Beijing 2008 Summer Games

Favourite USANA product: Essentials™


"Winning a gold medal is a matter of doing everything not just great, but extraordinary. Everything from your training, your health, and your attitude has to be a step above. I've found USANA plays a key role in supporting and supplying my needs in all these areas. They're the most professional and rewarding company I've been involved with."

—Tate Smith



Tyler McGill

Swimmer and gold medalist (USA)

 @TyMcGill

Accolades:

Gold medal at the London 2012 Summer Games (4x100-metre medley relay)

Member of two world champion USA relay teams

Bronze medal at the 2011 World Aquatics Championships (100-metre butterfly)

Favourite USANA products:

Chocolate Whey Nutriméal™ and BiOmega™

"In order to have a successful career, you have to live a healthy lifestyle. For me, that means being able to balance my time between my family, training, and most importantly, my nutrition. Thankfully, USANA helps keep me feeling my best and performing the way I want to in the pool."

—Tyler McGill



Karina Bryant

Judoka and four-time Olympian (Great Britain)

 @karinabryantgb

Accolades:

Bronze medal at the London 2012 Summer Games

Four-time Olympian (Sydney, Athens, Beijing, London)

Seven-time medalist at the European Judo Championships

Six-time medalist at the World Judo Championships

Favourite USANA products:

Strawberry Nutriméal and BiOmega™



"My goal was to take gold in London and end my career on a high note, but winning bronze has given me enough confidence to train for the upcoming Rio Games. I may be older than my competitors, but with the experience I have and USANA's supplements aiding my overall health, I feel like I can finally take gold."

—Karina Bryant

México

National Football Team

 @MexNatTeam

Accolades:

Gold medal at the London 2012 Summer Games

Favourite USANA products:

Essentials™, BiOmega™, Procosa®

"People may doubt what you say, but never what you do. This is a valuable lesson that USANA has instilled in the players and in me. Consuming USANA's products allows us to experience and to feel the difference by bringing out the best that every player has to offer. This is why I recommend USANA."

—Beatriz Boulosa, México National Football Team nutritionist



Don't forget to check out these athletes' favourite products at USANA.com.

And you can also start following the members of Team USANA on Twitter to receive real-time updates as they train for even more competitions and the 2016 Summer Games.

USANA FIGHTERS

DELIVER A KNOCKOUT PUNCH



USANA has been in the direct selling business a long time. And after more than 20 years of fighting their way to the top, they've separated themselves from the rest of the pack. They've gone toe-to-toe with the best of the best, and they've dominated every round. Yeah, they've taken a few hits, but they've landed more than a few of their own. That's because they're the best at what they do. Written by Aaron Adams

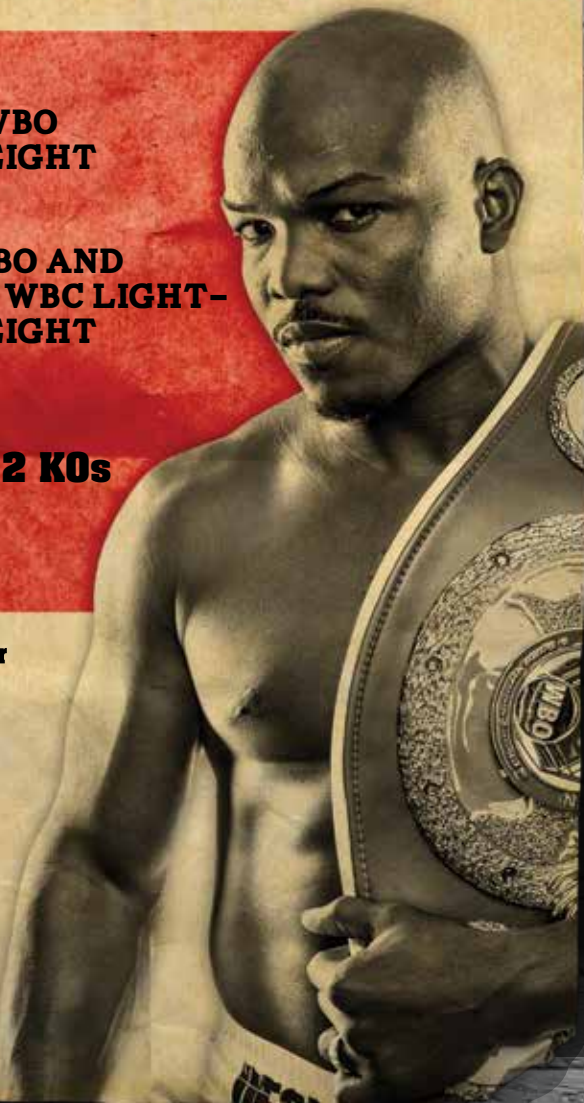
Timothy "Desert Storm" Bradley, Austin "No Doubt" Trout, Mike Lee, and Bradley Skeete are no different. They're winners—just like USANA—and when they have their backs up against the ropes, they always come out swinging.

★ TIMOTHY BRADLEY ★

**CURRENT WBO
WELTERWEIGHT
CHAMPION**

**FORMER WBO AND
TWO-TIME WBC LIGHT-
WELTERWEIGHT
CHAMPION**

**RECORD:
30-0 with 12 KOs**



 @TimBradleyJr

USANA

**AND WITH A
COMBINED RECORD OF**


78-1

**THESE FIGHTERS ARE IN
A CLASS ALL THEIR OWN.**



"I felt the difference in my energy levels right away after taking the USANA supplements. I felt so strong in the ring, I was starting to become afraid of myself! The RESET™ weight-management program and the Nutriméal™ drink mixes helped me get to my required weight, and it was so much easier than what I had done before. And, I have been able to train harder with more strength and endurance."



“I really like **USANA’s HealthPak™!**  I like the ‘on-the-go’ convenience of the individual packs, as well as the nutritional value I actually feel after taking them. I’ve taken vitamin packs before, but the boost I get from **USANA’s HealthPak** is unmatched. Whether I’m training for a fight or just staying in shape, I can always feel the difference in my body with **USANA.**”



★ AUSTIN TROUT ★



FORMER WBA LIGHT MIDDLE WEIGHT WORLD CHAMPION

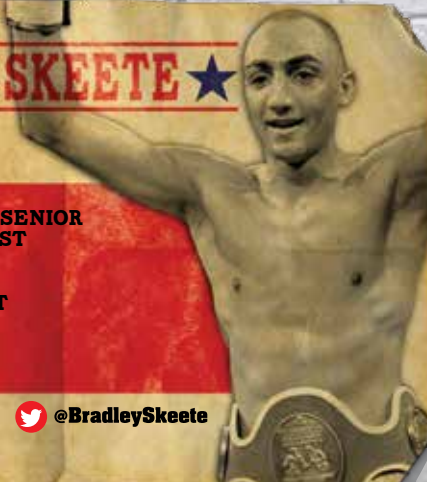
FORMER U.S. NATIONAL AMATEUR WELTERWEIGHT CHAMPION

RECORD: 26-1 with 14 KOs

 [@NoDoubtTrout](#)

USANA


★ BRADLEY SKEETE ★




GREAT BRITAIN SENIOR SILVER MEDALIST

FOUR NATIONS GOLD MEDALIST


RECORD: 11-0 with 4 KOs

 [@BradleySkeete](#)

USANA


 “My favourite **USANA** products are the **Nutrimeal™** drink mixes. I have one every morning to start my day and one after a hard training session in the gym. They taste great and work well as a meal replacement or recovery shake.”



“My favourite **USANA** product is **MyHealthPak™**. I love it  because of the convenience and the effect it has on my body. While going through rigorous training camp—preparing for a fight—it is essential that my body gets the highest quality vitamins, and that is exactly what **USANA’s MyHealthPak** provides.”




★ MIKE LEE ★



2009 CHICAGO’S GOLDEN GLOVES CHAMPION IN HIS WEIGHT CLASS

INTERESTING FACT: ESTABLISHED A FOUNDATION TO HELP FUND THE NOTRE DAME HOLY CROSS MISSIONS OF BANGLADESH

RECORD: 11-0 with 6 KOs

 [@MikeLeeBoxer](#)

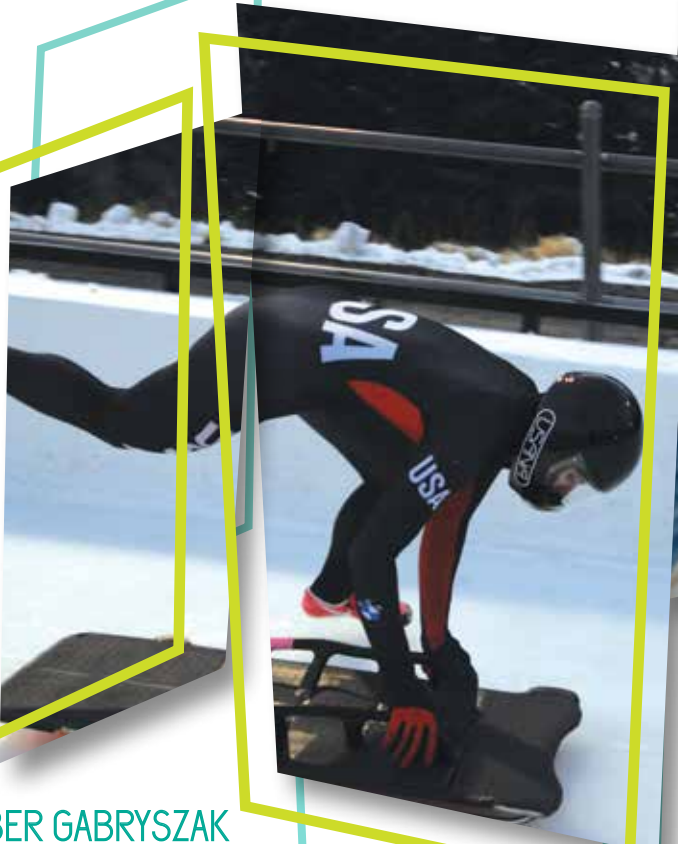
USANA

The pictured/named athletes or celebrities are either Associates or dedicated users who have received compensation for their partnership and/or complimentary USANA products.

CHASING THE COMPETITIVE EDGE

WRITTEN BY EMILY ALANIZ

All of the elite athletes on Team USANA strive to be the best at what they do. They train for long hours and make great sacrifices, and they don't always want the added stress of figuring out how to get optimal nutrition every day. That's why they trust USANA to provide superior nutritional products—so they can get in the game and focus on what really matters: **winning.**



KIMBER GABRYSZAK
SKELETON RACER 

2014 Olympic hopeful
Named to the U.S. World Cup team from 2010 to 2013
Received bronze at the US National Championships in 2011

FAVOURITE PRODUCTS: Nutrimeal™ and Pure Rest™

"I'm head over heels for **Nutrimeal**. I have it for breakfast every day before and during my workout, since it is filling without upsetting my stomach as so many other foods do during a hard workout. I also love **Pure Rest**, since sometimes it's hard to fall asleep and sleep well after a long, hard day. **Pure Rest** helps me sleep and fully recover."

 @KIMBERG



CAMERON PILLEY

PROFESSIONAL SQUASH PLAYER 

Currently ranked no. 15 in the world and no. 1 in Australia
Won gold and bronze at the 2010 Commonwealth Games
13 PSA Tour victories

FAVOURITE PRODUCT: HealthPak™

"**HealthPak** is a very important product for me, especially when I am travelling. During the season I will travel to at least 10 different countries competing in tournaments and events. It's crucial that I have my **HealthPak** with me to ensure I get all my basic vitamins and minerals, which will allow me to stay in top health for the duration of the season."

 @CAMPILLEY

CRYSTAL MANNING

TRIPLE JUMPER 🇺🇸

2011 USA Outdoors runner up
2007 Big 12 Championships
Four time NCAA All-American

FAVOURITE PRODUCT: HealthPak™

"My favourite USANA product is HealthPak. It is the most beneficial to me. Within the first two weeks of taking them I noticed change in a positive way."

🐦 @LEAPOFFAITH55



GINA GRAIN

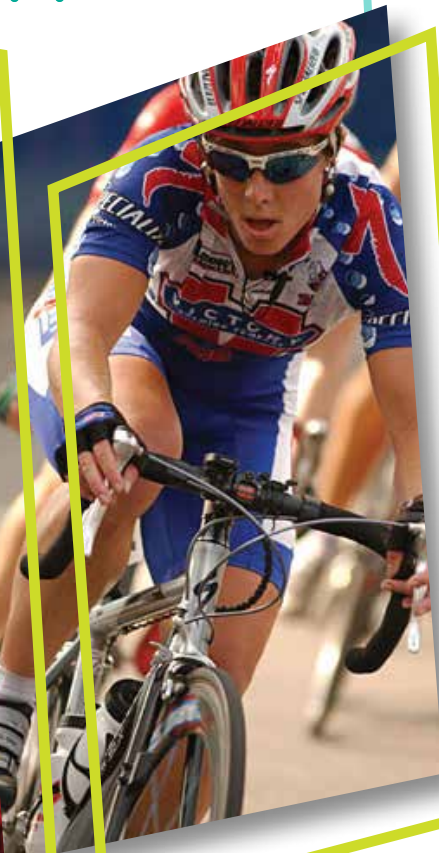
TRACK CYCLIST 🇨🇦

Canadian Olympian—competed in 2008 Summer Games
Won a silver medal at the 2006 Track Championships
Won the US Pro Tour Championship

FAVOURITE PRODUCT: Dutch Chocolate Nutrimeal™

"Nutrimeal is delicious! My favourite recipe right now is Dutch Chocolate Nutrimeal, almond or rice milk, ice, and a banana—yum. I use it when I don't have time for a meal and between clients. I also use it as my recovery drinks after workouts, or in the mornings before a workout when I don't want a heavy meal in my belly!"

📘 Facebook.com/gina.grain.3



The pictured/named athletes or celebrities are either Associates or dedicated users who have received compensation for their partnership and/or complimentary USANA products.

MEAGHAN MIKKELSON REID

CANADA WOMEN'S NATIONAL ICE HOCKEY TEAM 🇨🇦

2010 Vancouver Winter Games gold medalist
2012 IIHF World Championships gold medalist
2008, 2009, 2011, IIHF World Championships silver medalist

FAVOURITE PRODUCTS: HealthPak™ and BiOmega™

"As an athlete, nothing is more important than taking care of your body and making sure that you have everything you need to ensure optimal performance on a daily basis. USANA offers athletes safe and effective supplements that support sustained energy levels and overall health and wellness. Thank you USANA for creating a product that allows me to push myself to the limits!"

🐦 @MIKKELSON12

Jennifer Azzi & Derek Parra

MAKING A DIFFERENCE

Written by Emily Alaniz

It takes years of training and dedication to become an Olympian, and of course, only the best leave the games with a gold medal. But what happens after they win? WNBA all-star and 1996 Summer Games gold medalist Jennifer Azzi and 2002 Winter Games gold medalist speed skater Derek Parra decided to continue to influence and inspire young people by sharing their expertise and experience after their wins. And through it all, they have continued to support their health with USANA.

Jennifer Azzi is currently inspiring young women as a coach for the University of San Francisco women's basketball team. She was drawn to the school's team because she felt like it had a great deal of potential. Now, she's able to share many of her values with the young women on the team. "My staff and I have a lot of experience—we all grew up in different cities, and we have real life experience just being adults," Jennifer explains. "Sharing life values with my team has been a great part of the job. We live in a digital world, so the concept of a team has never been more important."

In addition to sharing life lessons, Jennifer shares USANA with her team. "I wouldn't do that if I didn't trust USANA," she says. Jennifer's passion for the company is unwavering. "I believe so much in USANA—there's nothing else like it. You can trust everything, and it's all based on science."

Derek Parra believes that giving back is part of his duty. When he was beginning his "journey through life on skates," things weren't always easy. But whenever Derek was worried his dreams would be derailed, it was the supportive people in his life who inspired him to stay on course. "With that history in mind," Derek explains, "I wake up every morning with the goal of positively influencing the people who come into my life while on their own journey—it's both my responsibility and my privilege to give back what I have been given." Today, he is the Youth Outreach Director for the Utah Olympic Legacy

Foundation. "My position allows me to positively engage the youth of our communities here in Utah," he says, "while sharing my passion for sport and passing on the Olympic ideals and values I have learned."

Derek also continues to have a passion for USANA. To him, USANA is more than a trusted brand. "USANA is an attitude and a way of life," he explains, "and I am so thankful that USANA, its people, and its products are a part of my life every day!"

These two share a love of USANA and a love of helping others. Jennifer and Derek's efforts have shown that they are more than amazing athletes—they are amazing individuals who continue to give their all for their communities. ■



Follow Derek Parra online:

[f](#) Search Derek Parra

Follow Jennifer Azzi online:

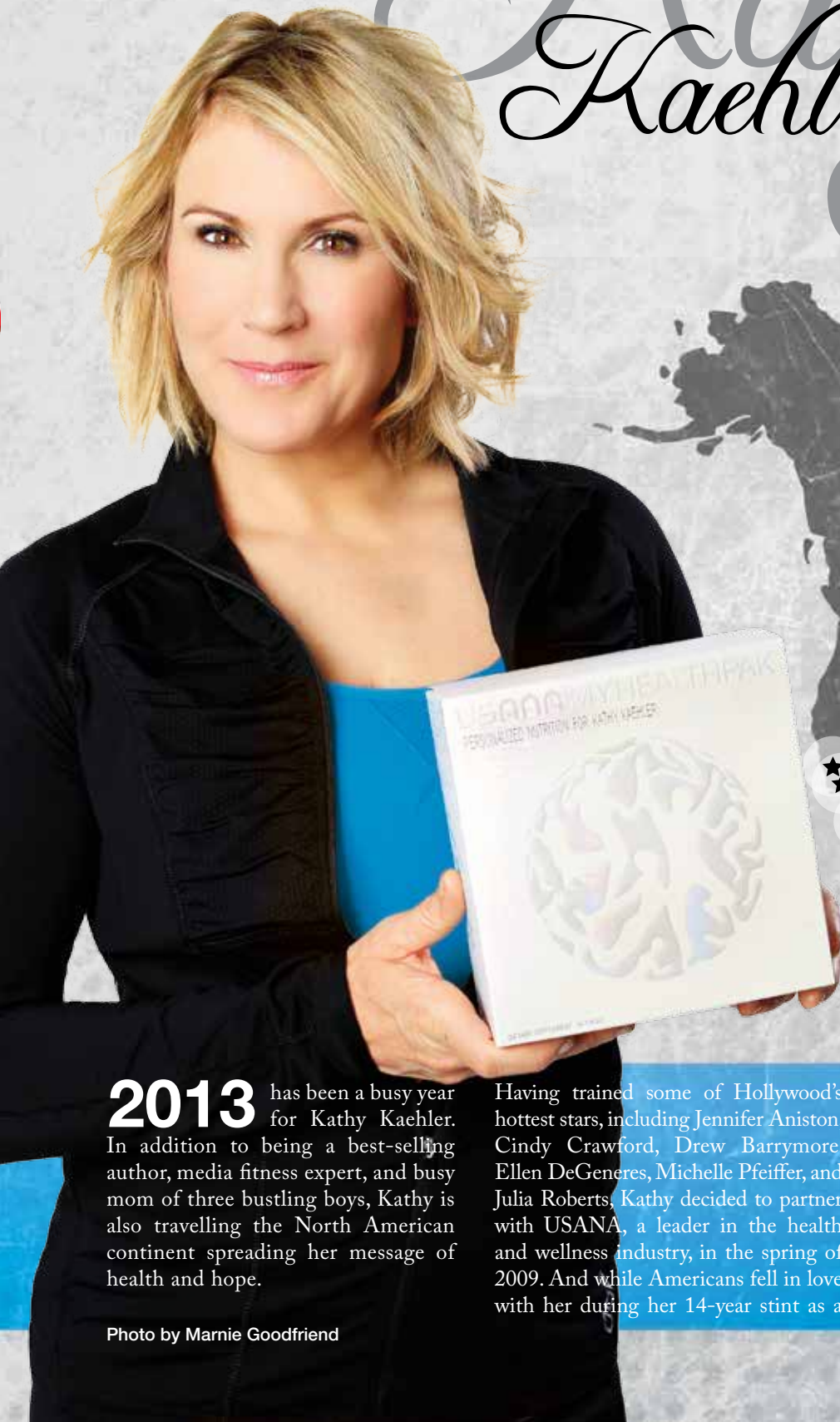
[g](#) jenniferazzi.com [e](#) azziblog.blogspot.com [f](#) Facebook.com/JenniferAzzi [t](#) [@JenniferAzzi](https://Twitter.com/JenniferAzzi)

On the MOVE with

Written by Angie Larsen

Kathy Kaehler

USANA spokesperson and celebrity trainer Kathy Kaehler is on the go—leaping from location to location to help people achieve their health goals.



2013 has been a busy year for Kathy Kaehler. In addition to being a best-selling author, media fitness expert, and busy mom of three bustling boys, Kathy is also travelling the North American continent spreading her message of health and hope.

Having trained some of Hollywood's hottest stars, including Jennifer Aniston, Cindy Crawford, Drew Barrymore, Ellen DeGeneres, Michelle Pfeiffer, and Julia Roberts, Kathy decided to partner with USANA, a leader in the health and wellness industry, in the spring of 2009. And while Americans fell in love with her during her 14-year stint as a

fitness contributor on *The Today Show*, USANA Associates loved her from the moment she became the company's fitness spokesperson.

Since that time, Kathy has inspired countless individuals to take back their lives and get healthy. Now, she's taking her message on the road for USANA.

Photo by Marnie Goodfriend

JANUARY
KICK OFF EVENT
WINNIPEG, CANADA

Instigating her famous chair exercises, it took a mere two minutes for Kathy Kaehler to get the 250-plus guests at this event laughing, smiling, and ready to receive her message. For Kathy, visiting Canada is like going home—she spends four to six weeks in the great northern country each summer. During her 60-minute keynote speech, Kathy shared her personal story, her USANA story, and implored the audience to get healthy. But she would not fully realize the impact she had at this event in Winnipeg until her appearance at the Sanoviv Medical Institute, four months later.



FEBRUARY
SWEET RETREAT
PHOENIX, ARIZONA, USA

Kathy focused on body image and exercise during this event. From start to finish, she felt the love, support, and warmth from the group of energy-charged USANA Associates. She led easy but results-driven workouts and delivered a powerful presentation on why exercise is so important and how to work it in to daily routines. Kathy says a lot of people tell her going to the gym is too hard, so she showed the attendees how to use their own body weight to burn calories. She also taught the SWEET ladies how to make physical activity part of the daily family routine. “Believe it!” Kathy exclaimed. “Exercise can be fun. It’s all about acceptance, belief, and motivation. Tell yourself, ‘I can do that.’”



FEBRUARY
THE ACADEMY AWARDS
HOLLYWOOD, CALIFORNIA, USA

In one weekend, Kathy went from the pink of the SWEET Retreat to the red carpet of Hollywood. Her father-in-law, Hawk Koch, is the President of the Academy of Motion Pictures. For the past year, Kathy and her family have been on the Oscar journey with him. She got the inside scoop on rehearsals, parties, music, and presenters. To top it off, Kathy had the honour of attending The Oscars. Kathy says the highlight of the night was reuniting with her former boss—Jane Fonda.



JANUARY

FEBRUARY

MA

Kathy Kaehler's

APRIL
THE MTV MOVIE AWARDS ECO LOUNGE
HOLLYWOOD, CALIFORNIA, USA



Kathy got the stars all revved up with **Rev3 Energy™** before the MTV Movie Awards. She was invited to the prestigious Eco Lounge to talk to Hollywood's elite about health and wellness and to give out samples of USANA's **Rev3 Energy Drink**, **Go Nuts 'n' Berries™ Nutrition Bar**, and **Nutrimeal™** meal replacement shake. Both Kathy and USANA were hits with this group of beautiful, talented people.

MAY
RESET™ CHALLENGE
— GRAND PRIZE TRIP
SANOVIV MEDICAL INSTITUTE
BAJA CALIFORNIA, MÉXICO



The moment she walked through the doors of the beautiful Sanoviv Medical Institute, serenity turned to electricity as 33 RESET Challenge winners and their guests clamoured to meet their fitness idol! Kathy spent the weekend with the grand prize winners, teaching them how to turn their recent weight-loss success into lifelong success. She lead multiple exercise classes, taught a Sunday Set-Up™ course, and even met one-on-one with each winner for 20 minutes to draw up their personalized fitness plans. During the personal consultations, Kathy met Jocelyne Hullen from Canada, who happened to hear Kathy speak in Winnipeg. Kathy had inspired her to take the RESET Challenge and Jocelyn ended up as one of the weight-loss winners. And like all of the RESET Challenge winners, this was Kathy's first trip to Sanoviv.

During her grand tour, the pristine facility and cutting-edge wellness programs blew Kathy away.

JUNE
L.A. GOLF CLASSIC—
ACTORS FORE ACTORS
BURBANK, CALIFORNIA, USA

Hosted by actors Dennis Quaid, Michael Chiklis, and Aimee Garcia, the Screen Actors Guild Foundation Golf Tournament—Actors Fore Actors—is an annual event to raise money and awareness for SAG's educational, humanitarian, and philanthropic non-profit organization. Hollywood's elite play in this shotgun-style tournament, and this year, USANA's Kathy Kaehler was invited to present several awards to the winners. She even put together a prize basket for every participant that included a Sunday Set-Up™ package and several USANA products. She hit a hole-in-one with these celebrities.

RCH

APRIL

MAY

JUNE

2013

Journey
FOR USANA

FRONT ROW SEAT TO

Kathy Kaehler's *Sunday* SET-UP™

One of the biggest hits at Sanoviv for the grand prize winners of the RESET Challenge was a Sunday Set-Up™ session with Kathy Kaehler.

Not only did she dish out some great tips for eating healthy, she completely related to everyone by explaining why she started the program in the first place. Years ago, she was busy training celebrities and travelling across the country to be on *The Today Show*, and on top of that, she was carrying twins. She was eating easy, processed foods, like many people with busy lives do. It was then that Kathy realized she had to practice what she preached, and she constructed Sunday Set-Up. With this program, Kathy goes into celebrities' homes and teaches them which foods to prepare for the week and how to do it quickly and easily. ■

It's all about preparation and visualization! Here are

5 SIMPLE PRINCIPLES from Kathy Kaehler's Sunday Set-Up:

- Take two hours on Sunday to prepare and cut fresh food so during the week you can quickly prepare something to eat.
- Put the food in glass containers so it is recognizable and tantalizing.
- Store condiments in the drawers of the fridge and place the glass containers on the shelves so they are visible and accessible.
- Keep raw almonds in a pretty glass container out on the counter so they are readily accessible as a snack.
- Play "Kid Chef of the Week." Let your child plan the menus, make the shopping list, plan the trip to the store, and help prepare the meals.



The *many* milestones of Denis Waitley

Written by Suzanne Houghton

Life is created by moments. Some are life changing, while others are simple memories for us to cherish. Denis Waitley—author, speaker, life coach, and long-time USANA spokesperson and esteemed friend—has had much success in his 80 years, and amid that success, he has had some incredible moments.

“My life has nothing to do with celebrity, fame, status, or money. I believe what we leave in our children as values is infinitely more meaningful than what we leave to them as valuables in our estate.”



“My greatest thrills came from being catapulted off a carrier and landing at night.”



1933

Born June 6, 1933

to Irene and Edwin Waitley, the second of three children.

“I had a happy childhood surfing, fishing, playing sports, reading, singing, writing, and speaking publicly.”

1950–1960

Graduated from the United States Naval Academy at Annapolis, Maryland, and **became a carrier-based Navy jet pilot** stationed at Miramar, California.

1980

Formed **The Waitley Institute** to conduct seminars, corporate trainings, and keynote presentations to Fortune 500 companies, entrepreneurs, and world leaders.



1995–Present

Appointed as a **consultant and spokesperson** for USANA Health Sciences, Inc.

1930 1940 1950 1960 1970 1980 1990 2000 2010 2014–

1950

Graduated from La Jolla High School, where he **was a straight-A student** and student body president.



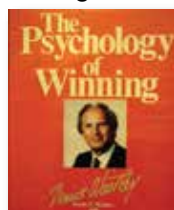
Denis attending his Jr. Prom

1969–1970

Conducted stress management and simulation programs for **Apollo astronauts**.

1979

Published *The Psychology of Winning* audio program. This led to Denis publishing an additional 15 non-fiction books and becoming a **New York Times best-selling author**.



1980–1988

Served as chairman of psychology on the **United States Olympic Committee's** Sports Medicine Council.



“My greatest life accomplishment continues to be my loving relationships with my four birth children, Deborah, Dayna, Denis Jr., and Darren, along with my stepdaughters, Kim and Lisa, my 11 grandchildren, and my great-granddaughter.”

[Facebook.com/officialdeniswaitley](https://www.facebook.com/officialdeniswaitley)

@winwinman waitley.com

“OZSOME” DR. OZ VISITS USANA HQ

Dr. Mehmet Oz takes time out of his busy schedule to tour USANA’s manufacturing facility and personally thank the company for its support of his charitable foundation, HealthCorps.

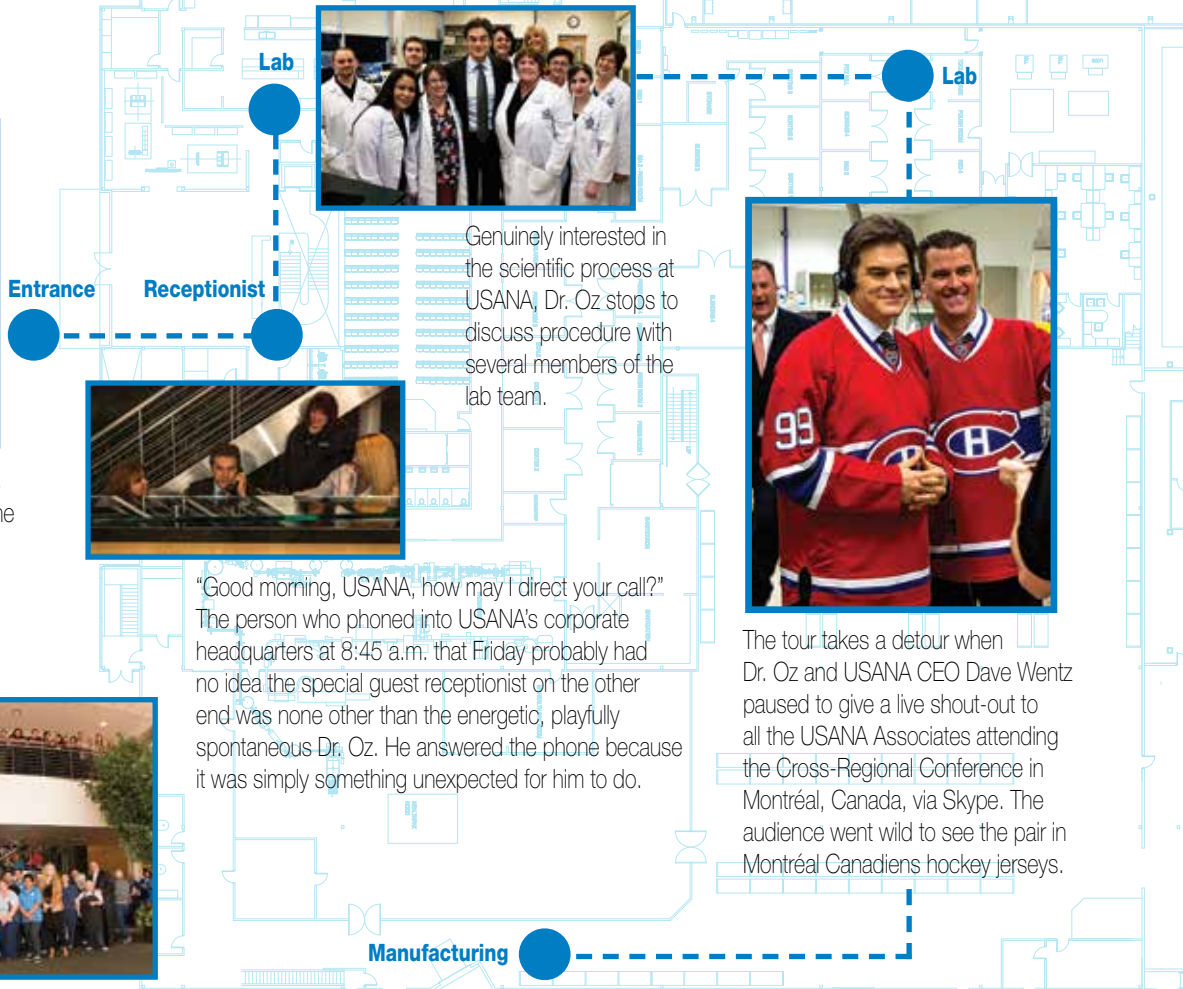
Come along as we retrace Dr. Oz’s footsteps during his momentous visit.



USANA’s corporate headquarters in Salt Lake City, Utah, rolls out the red carpet for Dr. Mehmet Oz.



As he departed through a lobby packed with nearly 600 cheering employees, Dr. Oz took a moment to once again show his gratitude for USANA on behalf of HealthCorps. “I want to applaud you,” expressed Dr. Oz. “It comes back to the reality that how you do anything is how you do everything. And every single thing that I saw you do today was fantastic, which is why USANA as a company is where it is. And that’s why I take pride in the relationship that our team at HealthCorps has with USANA.”



Genuinely interested in the scientific process at USANA, Dr. Oz stops to discuss procedure with several members of the lab team.



“Good morning, USANA, how may I direct your call?” The person who phoned into USANA’s corporate headquarters at 8:45 a.m. that Friday probably had no idea the special guest receptionist on the other end was none other than the energetic, playfully spontaneous Dr. Oz. He answered the phone because it was simply something unexpected for him to do.



The tour takes a detour when Dr. Oz and USANA CEO Dave Wentz paused to give a live shout-out to all the USANA Associates attending the Cross-Regional Conference in Montréal, Canada, via Skype. The audience went wild to see the pair in Montréal Canadiens hockey jerseys.

Manufacturing

Donning a hair net, shoe covers, scrubs, and a personalized lab coat, Dr. Oz enthusiastically and inquisitively tours the heart of USANA’s manufacturing areas.



USANA headquarters was all a buzz. On March 8th, world-renowned cardiothoracic surgeon and two-time Daytime Emmy Award-winning talk show host of the three-time Daytime Emmy Award-winning *The Dr. Oz Show*, Dr. Mehmet Oz, came to Salt Lake City, Utah, for a visit on behalf of HealthCorps. He carved out this valuable time in his hectic schedule to tour USANA's magnificent manufacturing facility and personally thank USANA for its dedicated support of HealthCorps—the charitable foundation aimed at teaching teens how to make healthy life choices—founded by Dr. Oz and his wife, Lisa Oz. ■



Next, Dr. Oz and USANA CEO Dave Wentz served as honorary judges for the USANA Associate Recipe Contest. Dr. Oz enjoyed the winning recipe so much, he asked for a personal copy, and he quipped that he wanted all the leftovers to be packed up and sent home with him!

Photo by Raji Barbir



healthcorps.org



USANA.com/twitter



Facebook.com/USANAHealthSciences



Learn more about Dr. Oz's visit on whatsupUSANA.com

Weight Room



During his tour, he saw USANA's wellness program in full swing. With a CrossFit class in session and a crowded weight room, Dr. Oz discovered USANA really does practice what it preaches.



Shipping

Dr. Oz walks the length of the massive shipping area.



"I've never been to a nutritional supplement manufacturing facility in my life. I've certainly talked about pills in many different forms for the majority of my life, so it was a wonderful, in fact, life-changing experience to see how it's done and how it's done properly," said Dr. Oz.

Manufacturing



Intrigued by what he saw, he asked many questions and seemed delighted with the answers. He stopped to take pictures and talk to the hard-working scientists and plant workers behind the scenes.

DAVE'S TV DREAM Comes True

USANA CEO Dave Wentz shares his personal experience of his appearance on *The Dr. Oz Show*

Written by Dave Wentz

HELLO, USANA FAMILY AND FRIENDS!

This year I had one of the most amazing experiences of my life! I was asked to participate in a segment of the three-time Emmy Award-winning *The Dr. Oz Show* in New York City. Talk about a true honour. I feel deeply privileged to have been asked to appear on such a well-known and well-respected television show.

Over the past few years, Dr. Mehmet Oz has become a good friend through our relationship as a sponsor of his foundation HealthCorps, and I was blown away when he asked me to talk about amalgam fillings and give a live demonstration during a segment of his show.

I'd be lying if I said I wasn't nervous. And to be more accurate, I was terrified. But I just thought back to all of the live shows that my dad, Dr. Myron Wentz, and I did for *The Healthy Home* tour and tried to channel all of that energy and excitement. It was incredible!

Shooting a television show in front of a live studio audience was a completely new and exciting experience for me. I don't think I can describe the anxiety mixed with the pure adrenaline rush that comes with this kind of thing.

One of the reasons *The Dr. Oz Show* is so popular is because it offers various points of view on so many different health-related topics. Dr. Oz has multiple guests with different perspectives discussing relevant issues and presents them in a way that's easy for people to understand. His show gives members of the audience the opportunity to make their own choices based on what they learn and, in turn, create healthier and happier lives for themselves.



1. Dr. Oz with Dave Wentz demonstrating the dangers of mercury in the mouth on *The Dr. Oz Show*.
2. Dr. Oz talking about the dangers of amalgam fillings on his show.
3. Dr. Oz scrubbing the teeth to collect a mercury sample on the show.

Being asked to speak on a topic that I feel so passionately about was truly exhilarating. Demonstrating the dangers of amalgam fillings on such a popular and respected platform is a dream come true! Seeing the audience's reaction as Dr. Oz and I demonstrated the release of mercury when brushing teeth brought back so many great memories of *The Healthy Home* tour. The entire time, my dad's book *A Mouth Full of Poison* was running through my head, and I wished I had more time to delve deeper into the issues like the dangers of mercury toxicity.

It's hard to fully explain what a wonderful experience this was, shooting a TV segment with Dr. Mehmet Oz. He is a true professional and really listens to his guests and respects what each of them has to say. This was a once-in-a-lifetime opportunity, and I had a complete blast doing it! ■

You can still find the episode online. Be sure to check it out and let me know what you think.



@Dave_Wentz



Facebook.com/wentzdave

a summer

GLOW

FOR ALL seasons

Written by
Mallory
Moger



Internationally qualified cosmetic dermal therapist and USANA skin care expert Amy Chalmers knows about more than just what happens on the surface of the skin. Much like Dr. Myron Wentz, USANA's founder, Amy believes healthy skin begins beneath the surface—at a cellular level. That's why she embraces cutting-edge, natural alternatives for restoring beautiful skin.

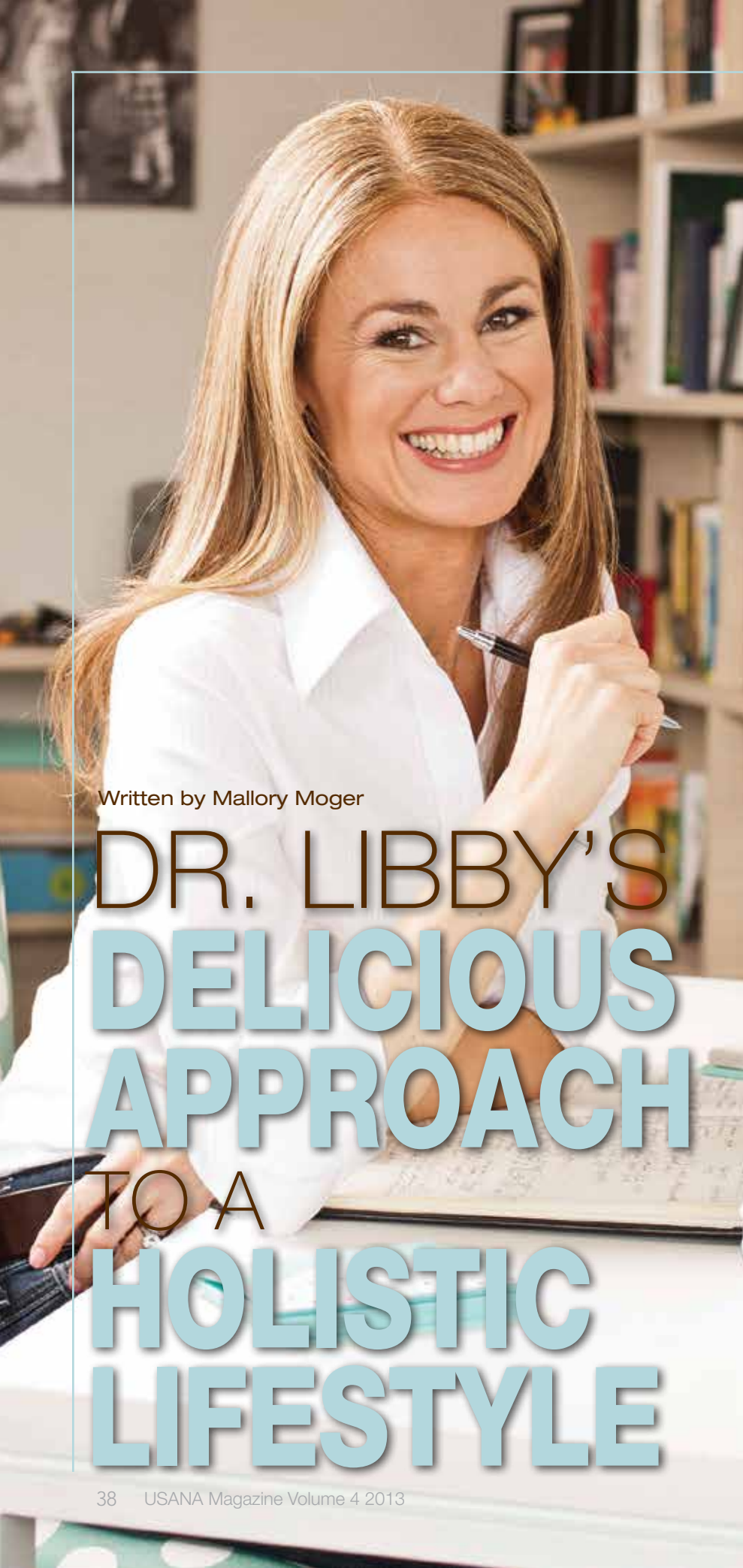
"The best way to get that healthy, glowing skin you were born with is to ensure your cells—and other systems that support your skin's natural moisturizing factors—receive the nutrition they need," she says. "Taking a daily routine of USANA supplements ensures you are getting the adequate internal nutrients to help maintain that youthful glow."

And whether you're concerned about pigment, textural changes, or general aging concerns, you can help support and nourish your skin along the way. ■

Amy's 6 Glowing Tips:



- 1. Hydrate:** When it comes to maintaining healthy looking skin, it's all about water. You should drink a minimum of two litres a day to keep your skin healthy, glowing, and hydrated.
- 2. Eat your veggies:** Veggies such as spinach, sweet potatoes, and red peppers are easily found at any neighbourhood grocery store. Veggies are full of essential nutrients to help optimize cellular function to keep your skin looking its best.
- 3. Beauty sleep:** Sleep affects both your physical and mental well-being. When you sleep, you're allowing your body to begin the proper healing process. Try USANA's **Pure Rest**™ melatonin supplement to help regulate your natural sleep cycles and get your body back on track.
- 4. Boost your EFA intake:** Increase your essential fatty acid (EFA) intake by consuming fish oils from cod, salmon, or halibut. Vegetarians can take plant-based sources like chia or flax seeds, walnuts, and hemp. Fish oils contain-
- 5. Take your vitamins:** Vitamins A, B, C, and E are high in antioxidants. These vitamins protect the skin at the deepest level, assisting to fight free radicals and oxidative stress.
- 6. Apply topical nutrition:** Two great antioxidant boosters are green tea and grape seed extract. These powerful bioflavonoids play a unique role in protecting vitamin C from oxidation, thereby allowing your skin to reap more benefits from vitamin C. They also play an additional role in helping skin look younger and brighter as they defend against elements such as sun, stress, and pollution that can damage collagen and accelerate the visible signs of aging. All three of these antioxidants can be found in any of USANA's **Sense**™ skin care products. ■



Written by Mallory Moger

DR. LIBBY'S DELICIOUS APPROACH TO A HOLISTIC LIFESTYLE

As an Australian nutrition specialist, weight-loss expert, and USANA global health educator, Dr. Libby Weaver is a busy woman. She's travelled the world speaking to audiences everywhere, written best-selling books, and now she's branching out and exploring the art of cooking with her newest book, *Real Food Chef*. Released in September 2012, the cookbook reached the No. 3 spot of best-selling books across all categories in New Zealand's leading bookstore chains in December 2012.

Dr. Libby teamed up with Australia's leading organic whole-food chef, Cynthia Louise, to create a cooking system based on increasing the amount of plant food and greens in our everyday diets, which is meant to revolutionize the way people feel.

"This coffee-table-style book combines inspiration with education," Dr. Libby says. "In all of my research about nutrition and weight loss, I've noticed two reoccurring facts: people get bored quickly, and they want their meals ready to eat in under 15 minutes."

Noticing that people were struggling with ideas for quick and nutritious meals, it seemed natural to Dr. Libby to provide a nutrient-rich, convenient, and delicious cooking system that has her own seal of approval.

As a child, Dr. Libby grew up in the country lands of Australia. "I collected eggs every day, and my dad grew our veggies," Libby remembers. "When my grandma would come to visit, she wouldn't bring chocolate or sweets. Instead, she would bring an apple or walnuts. But I never felt deprived of anything, I just grew up like that."

Her mother never informed her about how many calories were in food, but instead she educated her, telling her about the benefits of fruits, vegetables, and whole grains.

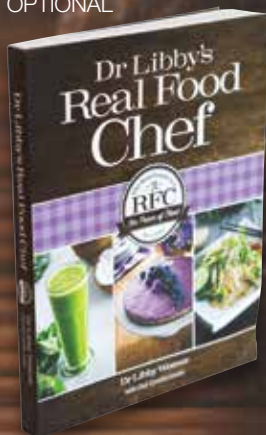
"I wanted to bring my mother's wisdom of food education and make it an essential part of my cooking system," she says. "With my approach to cooking, people will feel revolutionized with energy all while making their taste buds happy."

The *Real Food Chef* cooking system shows people how to transform real food, in its real form—the way it comes in nature—into tasty meals that can be made by anybody. It's filled with delicious, nourishing recipes, beautiful images, inspiring quotes, and food education to help increase energy and enhance people's quality of life.

ACTUAL RECIPE FROM THE *REAL FOOD CHEF* BOOK:

BRAIN BALLS

- 200 GRAMS WALNUTS, HALVES AND PIECES
- 144 GRAMS SUNFLOWER SEEDS
- 100 GRAMS COCONUT, SHREDDED
- 85 GRAMS COCOA POWDER
- 8 FRESH DATES, PITTED AND COARSELY CHOPPED
- 59 mL OF WATER
- PINCH OF SALT
- 1 TO 3 DROPS PEPPERMINT OIL, OPTIONAL



INSTRUCTIONS:

1. COMBINE THE WALNUTS, SUNFLOWER SEEDS, DATES, AND COCONUT IN A FOOD PROCESSOR. PULSE FOR 30 SECONDS TO GRIND THE INGREDIENTS
2. ADD THE COCOA POWDER, SALT, WATER, AND THE PEPPERMINT OIL TO THE BOWL AND PROCESS UNTIL THE MIXTURE FORMS A PASTE
3. FORM THE PASTE INTO MEDIUM-SIZED BALLS BY ROLLING A PORTION OF THE PASTE BETWEEN YOUR PALMS. PLACE THE FINISHED BALLS ON A TRAY LINED WITH WAXED PAPER AND CHILL FOR AT LEAST 30 MINUTES BEFORE SERVING.

Dr. Libby's nutritional information:

“This chewy, nutty treat is an excellent source of the monounsaturated fats and omega-3 fatty acids that have the anti-inflammatory properties so necessary for healthy hearts and brain functions. Keep these easy-to-make snacks on hand for the perfect after-school snack, for a burst of energy, or as a source of vitamin E and zinc, beneficial for the skin and the immune system.”

5 REAL FOOD CHEF GOALS:

- 1 To increase the nutrient content of the diet through a high-plant diet
- 2 To support optimal blood pH by providing practical ways to include more green vegetables in meals
- 3 To decrease the synthetic chemical load being consumed by encouraging the use of organic food
- 4 To enhance and support detoxification processes through omitting “liver loaders” and supplying processes that support elimination with the nutrients necessary to optimize these functions
- 5 To support the energy systems of the body through optimal nutrient intake while lowering the intake of substances that can interfere with the creation of energy

“It is an honour to be the global health educator for a company with the highest product standards and integrity. With Dr. Wentz' vision as the driving force behind the products and the people, it is such a joy for me to be part of the team educating and inspiring Associates on their own health journeys, as well as empowering them to have even more meaningful conversations with their team and those they have yet to meet. Speaking about true health is a genuine passion of mine!”

Dr. Libby is currently working on a second *Real Food Chef* book and has released the *Real Food Chef* online tutorial system, now available at drlibby.com.



@DrLibbyLive



Facebook.com/DrLibbyLive



YAHOO!





MEDICAL EXPERTS FOCUS ON HEALTHSPAN

WRITTEN BY EMILY ALANIZ

DR. MONICA LEWIS, MB, CHB

For a holistic approach to the healthspan, turn to Dr. Monica Lewis—she focuses on holistic medicine and hormonal issues. Her expertise led her to co-author a series of books with her husband, cardiologist Dr. Gerald Lewis. The series, called *Fad, Fable, or Fact?* includes *Dietary Supplements* and *Your Heart: An Owner's Manual*. Dr. Lewis also brings her vast knowledge to USANA whenever she confers with USANA's in-house scientists.

You often hear about our lifespans becoming shorter or longer—but what about our healthspans? The Linus Pauling Institute (LPI), a scientific partner with USANA Health Sciences, uses the term “healthspan” to refer to the time a person spends generally healthy and free from serious illness. And medical experts who have aligned themselves with USANA are driven by the need to extend the healthspan of people around the globe—and their specialties all contribute to different aspects of overall health. But there’s one thing they have in common: they trust USANA’s products to provide superior nutrition.

To learn more about why these professionals trust USANA’s products, check out Ask the Scientists. Just go to USANA.com, and under the header “The USANA Difference” click on “Science.” From there, select “Ask the Scientists” from the sidebar.



DR. CHRISTIANE NORTHRUP

If you want to talk about women’s healthspans, you should talk to Dr. Christiane Northrup. Her 25 years as a world-renowned OB/GYN have confirmed her belief that women can be healthy at any age. Her best-selling books cover a myriad of topics directly related to women’s health, and she has been asked to share her expertise on *The Oprah Winfrey Show*, the *Today Show*, *NBC Nightly News*, *The View*, *Good Morning America*, *20/20*, and *The Dr. Oz Show*. She’s a big fan of USANA’s products.



@DrChrisNorthrup

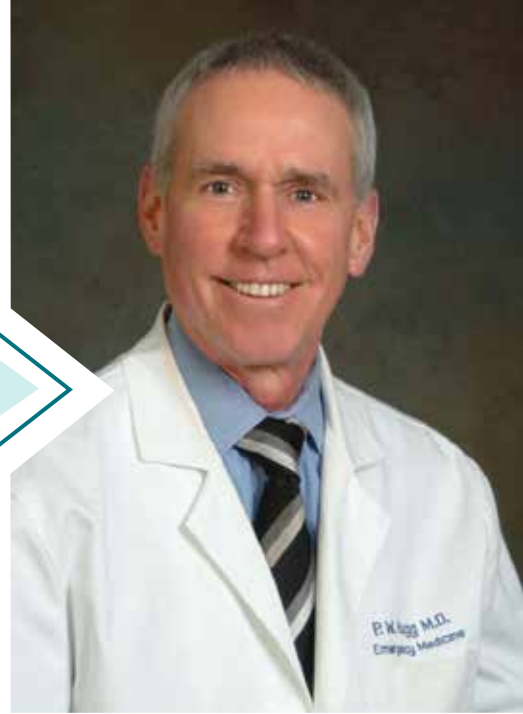


Facebook.com/DrChristianeNorthrup



DR. PETER RUGG, FACEP

Some of Dr. Peter Rugg's specialties are cardiovascular health and emergency medicine, both of which are relevant at every point in the healthspan. Recently, Dr. Rugg was featured in *Aging Well Magazine* in an article titled "Physicians as Supplement Supervisors." He noted that anyone interested in supplements needs to do their research, and only invest in high-quality products. Dr. Rugg often advises the scientists at USANA, the creators of the highest quality supplements available.



BALZ FREI, Ph.D.

As the Director of the Linus Pauling Institute, Dr. Balz Frei further solidifies the connection between USANA and LPI. Dr. Frei is an expert in biochemistry, biophysics, and nutritional science and research, so he knows how the healthspan is affected on the cellular level. He has extensive research experience with nutritional supplements, and he shares his practical knowledge with USANA's in-house scientists to help make the company's award-winning products superior in every way.

DR. CHRISTINE WOOD, FAAP

As a practicing pediatrician, Dr. Christine Wood understands that having a long healthspan begins with laying a foundation for great nutrition at an early age. She focuses on healthy eating habits for children and young adults, but she also has expertise in other areas. Recently, Dr. Wood was on San Diego 6 Morning News (KNSD-TV) to talk about USANA's **Probiotic** and share tips on how to stay healthy during flu season.



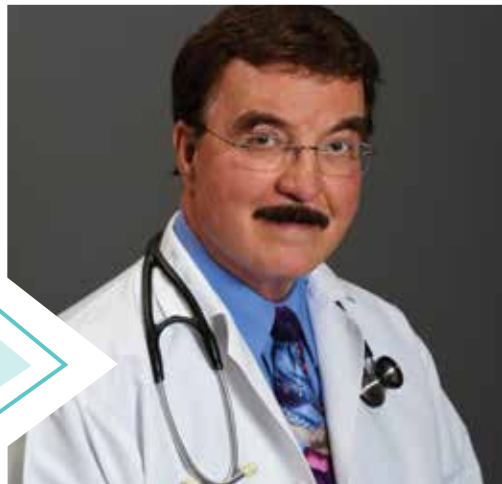
@DrChristineWood



Facebook.com/DrChristineWood

DR. BART MOORE, M.PH., FAAFP, ABPNS

Dr. Bart Moore's credentials are impressive: he is a Fellow of the American Academy of Family Physicians and is also certified by the American Board of Physician Nutrition Specialists. He is also a Diplomate of the American Board of Anti-Aging Medicine. He often gives presentations and seminars on various nutrition and lifestyle topics—which gives audiences the knowledge they need to focus on their healthspans. Because he's an expert in nutritional and preventative medicine, USANA's scientists welcome Dr. Moore's advice on new products.





DR. SUSAN

KLEINER

USANA's foremost authority on sports nutrition

Written by Aaron Adams

As a nutritional expert and best-selling author of numerous books, including *Power Eating*—written specifically for athletes to help them build muscle, gain energy, and cut fat—Dr. Susan M. Kleiner, Ph.D., RD, FACN, CNS, FISSN, is one of the most sought-after sports nutrition consultants in the business. Not only has she counselled some of the most elite Olympic athletes in the world, but she has also consulted with a variety of sports teams—the Seattle Seahawks, the Cleveland Cavaliers, and the Miami Heat, just to name a few—to create comprehensive nutrition programs that meet the needs of each team and their particular sport.

Dr. Kleiner is also a nutritional consultant for USANA, and she uses her extensive knowledge and experience in sports nutrition to help the thousands of active individuals who use USANA products daily to help support their busy lifestyles.



Recently, Dr. Kleiner has been featured in some of the most well-respected nutritional publications, dishing out health tips and spreading the USANA message, and everyone, from *The Wall Street Journal* to *Shape Magazine*, is starting to take notice. ■



@powereat

Facebook.com/DrSusanKleiner

WALL STREET JOURNAL

“Maintaining joint health is a process of daily intervention, and nutritional supplementation with a handful of evidence-based ingredients, as found in USANA’s joint health supplement, Procosa®, can really help keep racers out on the road.”

SHAPE

“Give your body the foundational nutrition it needs by using pure and potent daily multivitamin-antioxidant-mineral supplements like USANA® Essentials™.”

totalbeauty.com

“Eat a low-glycemic diet; USANA Health Sciences has some great low-glycemic food options. Also try to eat at regular intervals, exercise regularly and get adequate rest.”

SELF MAGAZINE

“For a light pre-training meal try USANA’s low-glycemic shakes. Consuming low-glycemic foods provides sustainable energy, which is ideal for long distance training, and when carbohydrates combine with protein, they deliver fuel to your muscles more rapidly.”



THROUGH THE MICROSCOPE

A CLOSER LOOK AT USANA'S SCIENTISTS

Written by Aaron Adams

For more than 20 years, USANA has shown that they know what it takes to be successful. And much of that success stems from USANA's in-house scientists, who have dedicated themselves to bringing you and your family award-winning, top-rated nutritional products.

With an impressive list of accolades, credentials, and experience, every member of USANA's research and development team has worked hard to push science to its limits and help turn USANA into an undeniable worldwide leader in personalized nutrition.

But they're all far more than just big brains and fancy lab coats. They all come from different backgrounds, they all have their own interests, and they all live their life, their way—just like you.

JOHN

CUOMO, PH.D.

EXECUTIVE DIRECTOR OF
PRODUCT DEVELOPMENT
AND TECHNOLOGY



"USANA's commitment to doing things right is why I love this company. We make products based on science—not just on hype. We are committed to quality, and we do everything it takes to ensure our products are the best in the industry."

Dr. Cuomo has more than 25 years of experience and knowledge that he shares with every member of his team. His experience in synthetic organic chemistry, manufacturing, and analytical methods make his contribution to USANA invaluable. He holds more than 20 United States and European patents and is the author of numerous scientific papers.

FAVOURITE USANA PRODUCT: Proflavanol® C¹⁰⁰

HEALTHY LIFESTYLE CHOICE: John exercises at least six times a week and keeps active by walking, hiking, biking, and skiing.

BRIAN

DIXON, PH.D.

EXECUTIVE DIRECTOR
OF SCIENTIFIC AND
CLINICAL AFFAIRS



"I'm very passionate about doing everything I can to help others live long, fulfilling lives, so I honestly believe that developing and testing our products with the team of scientists at USANA is what I was meant to do in this life. To have the opportunity to educate people on health—literally, all over the world—has been an absolutely amazing experience."

Dr. Dixon's primary role is to facilitate and manage all clinical studies conducted at USANA. He earned a Ph.D. in molecular and cellular biology from Oregon State University. His work and research at USANA has focused on the aging process, antioxidant, detoxification, and cellular signalling.

FAVOURITE USANA PRODUCT: Hepa Plus®

HEALTHY LIFESTYLE CHOICE: For Brian, living a healthy lifestyle is all about getting outside and playing hard. From skiing and windsurfing to fly fishing and mountain biking, Brian does everything he can to love life and live it to its fullest.

THE MEMBERS OF USANA'S IN-HOUSE R&D TEAM ARE AUTHORITIES ON HEALTH AND NUTRITION. CHECK OUT WHERE USANA'S SCIENTISTS HAVE BEEN FEATURED:

SHAPE

Shine™
from YAHOO!

MARK

A. LEVY, PH.D.
SENIOR SCIENTIST



"I really enjoy the scientific culture here at USANA. I honestly believe that we are dedicated to the scientific substantiation of our supplements and we never 'push products' in circumstances where the science is flimsy, but the sales potential is enormous."

With 14 years of experience at five different universities, Dr. Levy is a seasoned veteran in the field of scientific research. His work has been published in 15 books and journals, and he has given presentations at numerous conferences across the United States and Canada.

FAVOURITE USANA PRODUCT: Visionex™

HEALTHY LIFESTYLE CHOICE: Mark makes sure he's getting 20–30 minutes of moderate exercise at least five times a week and takes supplements as a way to ensure he's meeting his vitamin and mineral requirements on a daily basis.

JOHN

SENIOR SCIENTIST

BOSSE, MS, RD,
CD, NSCA-CPT



John Bosse is a registered dietician and certified personal trainer. John has worked with clientele from the weekend warrior to professional athletes, and his research has been presented at conferences worldwide.

FAVOURITE USANA PRODUCT: Vitamin D

HEALTHY LIFESTYLE CHOICE: John lives for the gym. He hits the weights hard—at least four times a week—and is a big advocate of power naps and making sure he always gets a good night's sleep.

"USANA's clinical studies team and financial commitment to the research and development of our products are awesome! It's nice to be able to find answers to our own questions quickly, rather than always having to farm out research."

MARK

BROWN, PH.D.
DIRECTOR OF PRODUCT DEVELOPMENT



"I love working for USANA because we are health-based company that 'walks the walk' by encouraging and helping our employees to be as healthy as can be."

Dr. Brown creates the strategies and techniques that help keep USANA's product development at the forefront of nutritional science. He has completed extensive research in bioorganic chemistry and holds a Ph.D. in organic chemistry from the University of California and a bachelor's degree in chemistry from California State University, Chico.

FAVOURITE USANA PRODUCT: USANA® Probiotic

HEALTHY LIFESTYLE CHOICE: Mark likes to stay active and consume a balanced diet—which includes many of USANA's supplements. He also believes a healthy mind is essential to living a healthy life, so he practices meditation.

WANT TO LEARN WHAT THESE SCIENTISTS KNOW ABOUT USANA'S PRODUCTS? VISIT USANA.COM, CLICK ON 'THE USANA DIFFERENCE,' AND SELECT 'SCIENCE.' THEN, CLICK ON THE 'ASK THE SCIENTISTS' LINK AND DISCOVER A DATABASE FULL OF HEALTH AND PRODUCT INFORMATION DIRECTLY FROM USANA'S IN-HOUSE SCIENTIFIC TEAM.



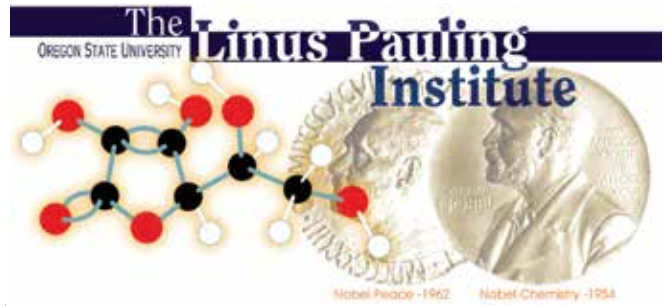
Photo by Chris Becerra

Victoria Drake
Manager of the Micronutrient
Information Center

Balz Frei, Ph.D.
Director and Endowed Chair
of the Linus Pauling Institute

Simone Frei
Manager of the Healthy
Youth Program

AGENTS OF CHANGE



Written by Camille Fletcher

Working together, USANA and the Linus Pauling Institute are blazing new trails in the world of health

Visionaries often inspire one another. USANA Founder Dr. Myron Wentz has long admired the work of renowned chemist Dr. Linus Pauling. The only person to hold two unshared Nobel Prizes, Dr. Pauling revolutionized nutritional medicine through his work proving that vitamins and other essential nutrients play a significant role in supporting human health. He founded the Linus Pauling Institute (LPI) to research micronutrients and the roles they play in health and longevity—a mission that continues to this day.

In 2006, USANA committed to funding a portion of the research conducted at the LPI, whose mission wholly aligns with USANA's guiding principles. And the LPI's work is showing results with the potential to make real changes in the real world.

Discovering New Solutions

The LPI's clinical research and collaborations within the global scientific community have led to discoveries with the potential to save lives around the world. Researchers are contributing to the understanding of how nutrition impacts diseases, such as cancer and cardiovascular disease, and how it can be used to extend not only our lifespan, but also our "healthspan." Additionally, the LPI brings the worldwide scientific community together to share their latest findings by inviting distinguished researchers to present at the Diet and Optimum Nutrition Conference every two years.

Empowering Through Knowledge

The LPI's commitment to education and outreach culminates in a reliable source of scientifically accurate nutrition information that is accessible to all. Visitors to the

online Micronutrient Information Center can find unbiased information about vitamins, minerals, phytochemicals, and other nutrients. There is also an array of information about nutrition as it relates to various health topics, such as cognitive function and inflammation, plus recommendations for nutrition intakes at various life stages, such as pregnancy.

Transforming the Future

The LPI's efforts extend beyond its doors. Through the Healthy Youth Program, the LPI's work with youth in the community is helping to create a model for solving the challenges of childhood obesity and hidden hunger that can be shared with the world. By providing access to fresh produce from their community gardens, designing innovative curricula that can be used in schools, and teaching children and parents about growing and preparing healthy foods, the LPI is helping to change behaviours in a positive, lasting way. By learning to love nutrient-dense, healthful foods, children will be better able to stop the cycle of weight gain associated with eating nutrient-deficient processed foods that are leaving many of our youngest generation overfed but undernourished.

Find out more by visiting lpi.oregonstate.edu. ■



@LPIInstitute

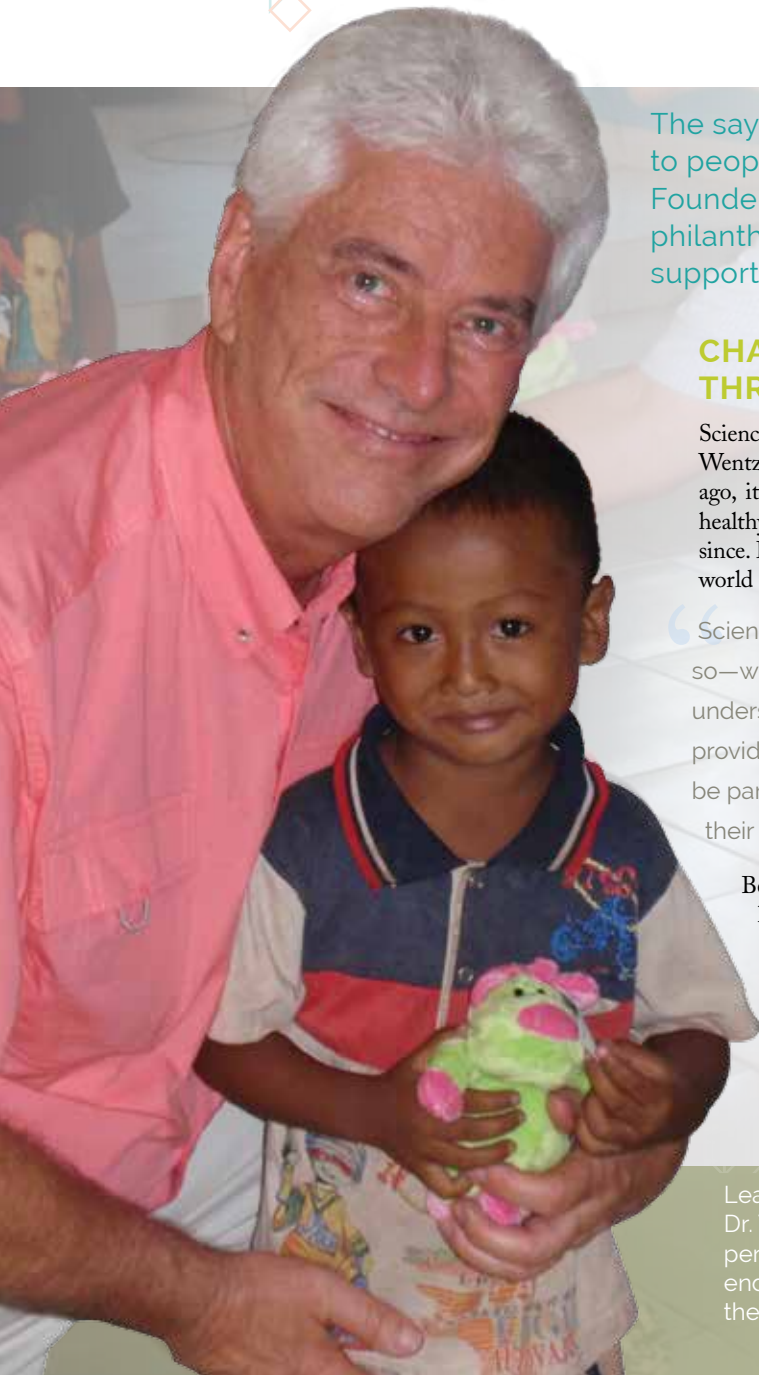


Facebook.com/lpioranges

CONTINUED COMMITMENT

Written by Missy Bird

USANA FOUNDER DR. MYRON WENTZ REMAINS DEDICATED TO SCIENCE AND HUMANITARIANISM



The saying, "There are two sides to every coin," applies to people as much as it does to perspectives. For USANA Founder Dr. Myron Wentz, his two sides—science and philanthropy—continue to complement each other and support his mission to make the world a better place.

CHANGING THE WORLD THROUGH SCIENCE

Science is USANA's foundation. When Dr. Wentz started USANA more than 20 years ago, it was his mission to help others get healthy. And that promise hasn't wavered since. He's still working diligently to rid the world of pain, suffering, and disease.

“Science is a universal language, so—with a little study—everyone can understand why the optimal nutrition provided by USANA products should be part of their lives, every day of their lives.” —Dr. Myron Wentz

Because of Dr. Wentz' dedication to healing the world through science, he created the Sanoviv Medical Institute, a holistic medical facility in Baja California, México. Sanoviv offers treatments for guests who have a wide range of medical needs.

GIVING BACK THROUGH PHILANTHROPY

In addition to his scientific endeavours, philanthropy is a major focus for Dr. Wentz. He built Wentz Medical Centres in Uganda and Cambodia and is an ardent supporter of the USANA True Health Foundation, Children's Hunger Fund, and HealthCorps—founded by cardiothoracic surgeon and two-time Emmy award-winning TV host of the three-time Emmy award-winning *The Dr. Oz Show*, Dr. Mehmet Oz, and his wife, best-selling author and producer Lisa Oz. ■

“I've always believed a truly healthy lifestyle includes giving of yourself to others. USANA's partnership with HealthCorps is an important component to spreading the message of true health worldwide.” —Dr. Myron Wentz

Learn more about Dr. Wentz and his personal and professional endeavours by exploring these websites:



DrWentz.com

USANAFoundation.org

HealthCorps.org



[@USANAFoundation](https://twitter.com/USANAFoundation)



[Facebook.com/
USANAFoundation](https://Facebook.com/USANAFoundation)

Written by Angie Larsen

Scientific Comrades

USANA and TOSH Collaborate on Cutting-edge Nutritional Research



Remember middle school science class? The most important task was picking a lab partner. Everyone wanted to choose the smartest kid in the class to help reinforce their own talent and credibility. Right?

Things aren't much different in the health industry. USANA found the perfect lab partner in TOSH—The Orthopedic Specialty Hospital—which is part of the nationally renowned Intermountain Healthcare system. These two smart kids have been making waves in the scientific community ever since they teamed up.

Of course, USANA Health Sciences was built on solid nutritional research based on the early work of its founder, Dr. Myron Wentz. That research, along with the continual work of USANA's 60 scientists around the world, helps keep USANA at the head of the class when it comes to nutrition. But because new nutritional discoveries are being made every day, USANA knows how important it is to collaborate with other brilliant minds.

That's where TOSH comes in. Located in Murray, Utah, TOSH is internationally recognized for being a premier facility and leader in orthopedics, sports medicine, and science. It is also one of the few facilities worldwide that provides surgical, physical rehabilitation and medicine, and sports and nutritional science, all under one roof.

Through TOSH's collaborative relationship with USANA, Tyler Barker, Ph.D., a clinical researcher at the hospital, says his team has streamlined a series of studies being conducted in young athletes recovering from anterior cruciate ligament surgery, patients with knee osteoarthritis, and patients recovering from knee replacement surgery. ■



BREAKING NEWS

One of these collaborative studies was recently published in the journal *Nutrients: Vitamin D and Human Health*.

Dr. Barker is the lead author of the study. "We wanted to study the relationship between vitamin levels and recovery following intense exercise," he explains. "And we found that those who had better vitamin D levels had a faster recovery from muscle damage."

"This research sheds new light on the importance of vitamin D in our bodies," says Dr. Brian Dixon, executive director of scientific and clinical affairs at USANA Health Sciences and contributing author of the study. "I see the potential benefits of this study being far reaching. For example, this research has already been highlighted by a number of authorities, including the Vitamin D Council. This study is especially appealing on a personal level. For those of us who consider ourselves 'weekend warriors,' looks like we can play a little harder and maybe not suffer as much on Monday."



Looks like USANA and TOSH are proving what we've known since middle school: **two brains are better than one.**

Facebook.com/TOSHUtah

@Intermountain

bit.ly/TOSHhome

bit.ly/TOSHvitaminD



Go Go Groover

Tips for Marketing Your Personal Brand

Written by Misty Dangel

Jen Groover doesn't sit still for long. In fact, she's always on the go. Being a successful author, inventor, creator, contributor, speaker, and USANA spokesperson doesn't just happen overnight.

But what did it take to get to where she is today? "I committed myself to learning everything and positioning myself as an expert," says Jen. "I even created a new mantra, telling myself it would be much worse to fear regret than failure."

By constantly innovating, creating brands, pursuing ideas, and challenging herself at every step, Jen has pushed herself further than she ever thought possible. In fact, just this year, Jen filmed her own PBS Special—one of her lifelong dreams. And she says the best is yet to come.

So how does Jen keep go...go...going? Here are some tips from Jen that will help you improve yourself and take on personal and professional challenges, including creating your own personal brand.

- 1 **Believe in yourself.** This is No. 1 in my opinion. If you don't believe in yourself, how will others believe in you?
- 2 **Step out of your comfort zone.** Learn to become a public speaker and find a desire to educate others. You'll discover you will never have to "sell" another day in your life.
- 3 **Raise the bar.** Continue expanding your reach and the belief of what you are capable of. I challenge myself to go further every day and surround myself with people who are also striving to improve themselves.
- 4 **Reinvent yourself.** Who I was two years ago is not the same person I am today. I don't get burned out because I tap into new passions.

- 5 **Time it just right.** Know when to push forward and when to let go. If you listen to your intuition, you'll know when the moment is right.
- 6 **Network like crazy.** Don't let social media get in the way of face-to-face contact. When meeting someone, talk about yourself for a maximum of 15 to 20 seconds, then listen.
- 7 **Help others first.** Remind yourself that your brand is a value proposition of who you are. Meet the needs of your clients and your brand will take care of itself.
- 8 **Be authentic.** You can't know your brand until you know yourself. Ask yourself what legacy you want to leave and go about it with purpose. ■

Where Jen's Been



jengroover.com [@jengroover](https://www.facebook.com/jengroover) [Search Jen Groover](https://www.facebook.com/jengroover)

Obi's Secrets to Fitness Success

Written by Misty Dangel

Successful people seem to make it look easy. Case in point:

Obi Obadike is one of the top fitness athletes in the world. He's graced so many fitness magazine covers, he's almost lost track. He's been voted as the world's most ripped fitness model, is the world's most retweeted fitness personality (according to tracksocial.com), writes the most popular fat-loss column for the world's biggest fitness Internet site, bodybuilding.com, and is now one of USANA's most popular Influencers. So we kind of thought he might be a good source in discovering what it takes to successfully stay fit, since he's got the whole "world" thing going on.

That's why we were so thrilled when he graciously agreed to share his top three tips to stay in shape. It's like uncovering the secret recipe to fitness success.

So pay close attention; you'll want to jot these down and read them over and over again:

1 Believe in yourself.

It may seem simple, but if you can see yourself doing something and actually believe that you can, you will. What you think about is what you become.

2 Eat healthy five days a week with a cheat meal one to two times a week.


Yes, you heard me right. As long as you're following a plan for the majority of the week, it's okay to throw in a burger and fries once in awhile. Think about it as a reward for working so hard throughout the week.


3 Implement weight training and cardio at least three times a week for fat loss and toning purposes.

I like to do weight training every other day with cardio in between. But remember this: you don't have to live at the gym to get results. By simply eating healthy, you won't have to work out as hard to get the look you want. ■

Follow Obi and discover even more secrets to fitness success:

 Facebook.com/obiobadike

 obiobadike.com

 @obadike1



The pictured/named athletes or celebrities are either Associates or dedicated users who have received compensation for their partnership and/or complimentary USANA products.



- **SHAUN ROBINSON**
Access Hollywood Host

"My health is everything to me and I'm addicted to my USANA vitamins! I hope to come out to Salt Lake soon and tour the amazing facility that I've been hearing about."
- **HOLLY ROBINSON PEETE**
21 Jump Street and Mike & Molly



"I took the True Health Assessment and it was great, and now I'm excited to start taking my customized **MyHealthPak™!**"
- **VIVICA A. FOX**
Kill Bill and Independence Day

NANCY O'DELL

Brunch with USANA

written by mallory moger

She's the beautiful, talented co-anchor of the syndicated entertainment news program *Entertainment Tonight*. She's also a long-time fan of USANA!

Nancy O'Dell hosted a USANA-filled brunch and invited her closest girlfriends to join in the fun at her gorgeous home in Los Angeles, California. The beach party-themed event was packed with food, drinks, and gifts. All of Nancy's A-list Hollywood pals were educated on USANA's top products and services, including the USANA True Health Assessment.

The pictured/named athletes or celebrities are either Associates or dedicated users who have received compensation for their partnership and/or complimentary USANA products.



"I'm feeling great and couldn't wait to share these tasty treats with some of my closest friends. Thanks, USANA!"

- **NANCY O'DELL**



"I'm loving the **Chocolate NutriMeal™** and **Go Nuts 'n' Berries™** Nutrition Bars. These delicious shakes and bars have been so convenient and always give me that extra push to keep me going."

Photography by dustyly photography/Lu Tapp



USANA GOES TO

Written by Missy Bird

Rubbing elbows with the rich and famous isn't something everyone gets to do. But USANA does. Whether there's an exclusive party or an elite red carpet event, USANA is becoming the go-to guest for any high-profile soirée.

And Hollywood's elite aren't afraid to share the spotlight with USANA. In fact, they're excited about USANA® Nutritionals, Foods, and Sense™ products. See what these stars are saying about USANA and their favourite products.

HOLLYWOOD



“THE
USANA
PRODUCTS MAKE ME
FEEL GOOD AND
BALANCED. IT’S A
VERY WELL DONE LINE
OF PRODUCTS.”

Gilles Marini
Sex and the City

“I REALLY
LIKE THE
NUTRIMEAL™!
IT HELPS ME NOT SKIP MEALS.”

Holly Robinson Peete
21 Jump Street and Mike & Molly

THE **USANA** A-LIST



“A HEALTHY LIFESTYLE
IS EXTREMELY
IMPORTANT TO ME.
IF I DON’T FEEL GOOD THEN
EVERYTHING SEEMS TO
BECOME MORE OF A CHALLENGE.”

Vanessa Lengies
Glee



“**USANA® PROBIOTIC**
HAS DEFINITELY HELPED MY
DIGESTION AND, IN FACT,
I CARRY IT WITH ME WHEN
I GO OUT TO EAT.”

Shaun Toub
Iron Man

“I’VE BEEN TAKING MY
USANA EVERY DAY.
.....
I LOVE MY
CHOCOLATE
NUTRIMEAL™!”

Sarah Drew
Grey’s Anatomy





“ I AM SO INTO HEALTH PRODUCTS,
USANA'S
DIGESTIVE ENZYME

 WILL BE PERFECT WHEN
 I HIT THE **RED CARPET.**”



Darby Stanchfield
Scandal

“ **I LOVE**
THE TASTE
 OF USANA'S
 CHOCOLATE
 SHAKES! ”

Brooke Burke
Dancing with the Stars



“ MY KIDS WILL LOVE THOSE
USANIMALS™!
 THANK YOU! ”

Chandra Wilson
Grey's Anatomy

“ **SINCE**
USING USANA,
 I HAVE SEEN A
TREMENDOUS
DIFFERENCE
 IN MY HEALTH. I FEEL
 STRONGER, RESTED,
 AND HEALTHIER. ”

Amy Davidson
8 Simple Rules



“ **THE**
PROBIOTICS
ARE FANTASTIC!
 THE
MELATONIN
 IS REALLY HELPFUL FOR A
SLEEPLESS
 NIGHT AND WHEN
 I TRAVEL TO DIFFERENT
 TIME ZONES. ”

Lacey Chabert
Mean Girls



“ I JUST COMPLETED THE
USANA TRUE HEALTH
ASSESSMENT
 AND AM SO EXCITED TO
 START TAKING

MY CUSTOM
PACKS!”

Lela Rochon
Any Given Sunday



“ **RESET™**
 IS THE **ONLY WAY** I HAVE FOUND TO
LOSE WEIGHT QUICKLY AND GET
 BACK IN MY RHYTHM. **IT WORKS!** ”

Declan Joyce
The C Gate



Nancy Drew,
USANA influencer,
international bikini
contest winner,
and fitness expert



Here are five fitness tips that Nancy says will get your family back on track. And it's easier than you may think:

- 1 First, don't announce that you plan to make healthy changes to your family's lifestyle. Instead, make it your little secret.
- 2 Introduce healthy meals, but don't let your kids know how good they are for them. Most kids don't like change, especially healthy change.
- 3 Stretch your leftovers. If you make a chicken dinner on Sunday, utilize the leftover chicken in a stew during the week, make chicken sandwiches, or simply top a salad. You'll reduce your cooking time but still enjoy a sit-down meal as a family. Also, pull out your crockpot—it's a great invention for cutting cooking time.
- 4 Sit at the table as a family. "One of the simplest and most effective ways for parents to be engaged in their teens' lives is by having frequent family dinners," says Joseph Califano Jr., chairman and president of The National Center on Addiction and Substance Abuse at Columbia University (CASA).
 - * Keep serving sizes under control—this holds true for every meal, home or away.
 - * Make it enjoyable—leave serious discussions for another time. Family meals are for nourishment, comfort, and support.
 - * Set the mood—play soothing music, place flowers on the table, or light a candle.
 - * Don't allow distractions—put away cell phones and turn off the TV. This is time for listening to each other, sharing the day's stories, and nurturing the family connection.

- 5 Integrate a day for exercise—either one-on-one or as a family—and make your outing a surprise adventure. If it's a hike or a walk, make some (healthy) treats and put them in a cooler for lunch afterwards. ■

NANCY'S FIVE FITNESS TIPS FOR FAMILIES

The international bikini model shares advice to get families healthy

Written by Misty Dangel

If your family is like most, you're probably tossing the kids a granola bar on the way to school, then driving to the nearest fast food chain at night because you don't have time to make dinner.

It's the way most of us are surviving with our fast-paced, too-much-to-do lifestyles. But you set your kids up for failure by not teaching them how to eat right while they're young. Statistics show that nearly one in five children ages six to 19 in the U.S. are overweight, putting them at higher risk for many health problems later in life.

Nancy Drew, USANA influencer, international bikini contest winner, and fitness

expert, knows all too well how difficult it is to juggle the pressures of life with being healthy.

As a single mom, she battled poor health and struggled just to get out of bed. She knew if things didn't change, she'd be on medication the rest of her life. So Nancy began researching how to live a healthy lifestyle, and she ended up making some very big changes.

Through knowledge gained from volumes upon volumes of books, articles, and experts, Nancy has become a top fitness athlete. Now she shares what she's learned with families, hoping to help them live a happier, more fulfilling life.

 Search Nancy Drew Fitness

 NancyDrewCoach

 ca.linkedin.com/in/nancydrew

 YouTube.com/NancyDrewCoach

 nancydrewfitness.net

whatsupUSANA.com/2013/02/nancy-drew-making-the-choice-to-become-a-top-fitness-athlete/

A HEALTHY RECIPE FOR THE WHOLE FAMILY

BANANA NUT PANCAKE 250 calories per serving (Makes four servings)



85 grams of
gluten-free oats



4 egg whites



2 bananas



138 grams of
almonds or walnuts



Place all the ingredients except for the nuts into a blender and blend until smooth. Stir in nuts. Pour batter onto griddle set to low. Serve with fresh fruit, yogurt, or almond butter.

(Tip: Make a dozen ahead of time for a healthy snack or lunch. Save additional time by freezing and reheating in the microwave.)



The RESET Factor

Written by Nick Peterson & Angie Larsen



Listen, it's no secret that weight management is an ongoing battle. It may seem like certain people always have it figured out, while others struggle to stay on track. No worries though, because USANA totally gets it, and they're here to help. Not only does USANA understand how important a person's weight is to their overall health and wellness—they also listen to people asking for an easy, nutritious, and delicious alternative to those crazy (and usually unhealthy) diet fads we hear so much about.

The **RESET™ weight-management program** is USANA's healthy and convenient approach to a complete lifestyle transformation. Their tasty **Nutrimeal™** meal replacement shakes are designed to fit in perfectly with your busy, hectic lifestyle.

Because the company is so confident in its products, USANA encourages its Associates and Preferred Customers to host their very own RESET challenges. It's a great way to help friends and family create their own lifestyle transformation. In fact, USANA finds these challenges so effective that they decided to initiate one themselves—one that would challenge thousands of people to stop procrastinating and start working toward the life they were meant to live.

The ultimate 90-day **RESET Challenge: Destination Transformation** officially kicked off on January 7, 2013, leading more than 3,000 participants to shed more than 17,600 pounds! The weight loss itself was impressive. But once we dug deeper, we realized it was the long-lasting connection that was created among the participants that will truly help these individuals live lives of health and happiness.



STRANGERS RESET AND CREATE A LASTING FRIENDSHIP

Getting healthy is not an easy task. That's why so many of us recruit a buddy to cheer us on, keep us accountable, and share the struggle. So when two strangers, Shirley Hoppner and Jacqueline Zwambag, couldn't find a friend willing to take on the Challenge with them, they found each other.

Shirley, from Williams Lake, British Columbia, Canada, has been married for

33 years to her husband, who suffers from minor cognitive issues due to a brain tumor. As his caregiver, Shirley's own well-being had taken a back seat. But at the end of 2012, Shirley decided to take back her health. And as a USANA Associate of one year, she knew the RESET Challenge was the perfect vehicle for her to create her own personal transformation.

Meanwhile, Jacqueline, of London, Ontario, Canada, was going through her own weight-related struggles. As a mother of two young children, Jacqueline decided 2013 was her year to make some healthy lifestyle changes. She wanted to set a good example for her kids and have more energy for her family. So when this new USANA Associate read about the RESET plan, she decided to accept the challenge.

These two women, separated by thousands of kilometres, started the journey alone. Then, three weeks into the competition, Shirley posted a simple plea on the RESET Challenge Facebook page: "Would anyone like to team up with me?" Jacqueline answered the call.

Shirley and Jacqueline became cross-continental cheerleaders for one another. They gave each other a sense of accountability, and since they didn't know the other's lifestyle habits, they had no limitations as they started to get healthy. One example: Jacqueline didn't know Shirley had weak wrists when she dared her to do push-ups. "I was not about to do push-ups at first, but when Jacqueline convinced me to try, I did," said Shirley. "Now I'm actually quite good at them!"

At the end of the 90-day Challenge, Shirley was the only female winner in the overall weight-loss category after losing an astounding 49 pounds. When Shirley asked if she could take her cyber comrade on the grand prize trip to Sanoviv, she was thrilled to discover that Jacqueline was a winner as well, in the essay category.

After weeks of bonding over the Internet, the two finally met in San Diego, California, on their way to Sanoviv. "It was like we knew each other when we saw each other waiting in line at customs," recalls Jacqueline. "I ran over and gave her a huge hug. It was great to finally meet face to face."

At Sanoviv, their friendship flourished. But their journey didn't end with the conclusion of the challenge. In fact, these two winners have created a RESET Facebook page to encourage friends and family to reset their own lives.



JACQUELINE:

27.4 POUNDS (13.98%)

SHIRLEY:

49 POUNDS (17.31%)

A LITTLE FAMILY COMPETITION



When you hear that someone has lost 88 pounds, it's hard not to be impressed. But what if those 88 pounds were shed in only 90 days? Well, that's exactly what Australian RESET Challenge winner Jerome Amarasinghe did. And he wasn't just the top winner from Australia, either. At the end of the 90-day Challenge, Jerome had lost more weight than 3,002 other contestants, making him the overall top weight-loss winner of Destination Transformation.

Just when you thought this story couldn't get any more impressive, let's talk about the only other Challenge winner from the Australian market. Her name is Renuka Keenawinna, and she lost a total of 44 pounds, shedding more than 27 per cent of her body weight. Oh, and she's Jerome's aunt. Yep, coincidentally, the two Australian grand prize winners were also family members.

Why did we use the word "coincidentally"? Neither one of them knew the other was competing in the Challenge. They didn't join, or even work, as a team. They didn't even know they were both on a weight-loss journey at all until the sixth week of the Challenge when their entire family came together to celebrate Renuka's mother's (Jerome's grandmother) 80th birthday.

"When I saw Jerome at the party, I was completely shocked to see his transformation," Renuka says. "We had both lost so much weight, so we started sharing our tips with each other. That's when he mentioned that his weight loss was motivated by a challenge he'd entered. In that moment, I realized we were in the same contest and that I was competing with my nephew."

Both Jerome and Renuka took this discovery and used it to push themselves even further. After all, what's wrong with a little friendly family competition? It gave them both the drive to push to the finish line and become grand prize winners.

"Losing 88 pounds and changing my life was reward enough," Jerome says, "but knowing I finished this with my aunt makes it that much sweeter. I'm incredibly proud, and I can't wait to see both of us continue this amazing journey." ■



RENUKA:
44 POUNDS (27.21%)

JEROME:
88 POUNDS (29.78%)

HOW COULD YOUR LIFE CHANGE WITH RESET?
LEARN MORE AT USANA.COM.



Sanoviv.com



Facebook.com/RESETUSANA



[@USANA_RESET](https://Twitter.com/@USANA_RESET)

Individual results may vary. RESET weight-management program lowers your daily caloric intake and recommends moderate exercise for best results. Typical results are 4.5 lb. in five days. It is suggested that you take these products to your physician and secure his or her advice if you intend to change your diet, begin an exercise program, are pregnant, lactating, have allergies, are taking medications, or are under the care of a physician. Children under the age of 18 should not participate in the RESET program, except on the advice of their physician and/or dietician.

MAKING THE IMPOSSIBLE POSSIBLE

WRITTEN BY Cameron Smith



Try this. Think of one of the most seemingly impossible goals you could set for yourself. Like, fly across the Atlantic with a plane you built in the backyard. Or finally write that novel of yours, while entirely submerged below water. Or running seven marathons...on seven continents... all within seven days.

That's more like it.

Most people would find any single one of those goals incredibly difficult. Running seven marathons is an accomplishment that only the most dedicated runners will ever be able to do. Running them on seven different continents is a much loftier goal indeed. Running them in seven consecutive days? That just seems, well...IMPOSSIBLE.

But for pilot, mountaineer, and all-around adventurer Mike Allsop, “impossible” isn’t even in his vocabulary. After all, this is the same guy who has climbed dozens of mountains, including Alpmayo, Kilimanjaro, and this little mountain named Everest. Maybe you’ve heard of it. Oh, and he did it without a guide.

The New Zealander has been conquering challenges his entire life—from growing up in a low-income, single-parent home to realizing his boyhood dream of becoming an Air New Zealand captain. After climbing the highest peaks in the world for more than 12 years and spearheading numerous humanitarian projects (including the search to return, no joke, a missing yeti hand to a Nepalese village—check it out at returnthehand.com), finishing the 777 Project is just another in a long list of amazing adventures.

Mike’s marathon of marathons was designed to help inspire children, especially those who come from disadvantaged backgrounds. His goal with the 777 Project is to raise \$10,000 NZ for the New Zealand charitable organization KidsCan. Mike often shares his story with children in schools around the world to help them realize that they too can realize their dreams.

“I want an adventure—a huge adventure that seems so far-fetched that it looks impossible,” Mike said on his website 777project.co.nz. “First you have to ‘dare’ to achieve it and that is really the hard part. That takes guts. Then you set out on your path of many, many small steps toward your goal.”

Seven marathons equal just over 234,000 of those steps, in case you’re keeping track. Or, counting the virtual steps between the locations of each marathon, right around 33 million.

And USANA was with Mike every step of the way during this amazing feat. The USANA True Health Foundation donated \$2,000 NZ to KidsCan at the beginning of Mike’s journey. At the completion of each marathon, the Foundation donated an additional \$1,000 NZ. Once Mike crossed the finish line in his home country in February of 2013, the Foundation donated a \$1,000 NZ bonus, making the total donation \$10,000 NZ. The money was put specifically towards the Shoes for Kids and Food for Kids programs within the charitable organization.

Mike is also an avid USANA product user and credits USANA for helping him continue to push his boundaries. “I began taking USANA products five months ago and have been quite astounded with the results,” he said. “Without a shadow of a doubt USANA has enabled me to train hard and recover faster. USANA is my foundation block which I trust and know I can depend upon.”

So, what other “impossible” adventure will Mike take on next? Climbing Mt. Fuji...on a pogo stick? Swimming the channel between England...and Madagascar? Only time will tell. But one thing is for sure—USANA and Mike will continue making the impossible...possible. ■

 [@777_project](https://twitter.com/@777_project)

 [Facebook.com/airnzeverestbc](https://www.facebook.com/facebook.com/airnzeverestbc)



Mike talked about how USANA helped him along his journey in several media outlets, including:

“IN ALL THAT YOU KNOW TO BE RIGHT... DO.”

Those were the words **Bill Bohlke** lived by. They are the words his family and friends will never forget.



Top: Team Illuminate celebrating their triumphant run for Emerald. Bottom Left: Brian and Bill Bohlke posing after a Team Illuminate race – one of their last pictures together. Bottom Right: Emerald Directors, Jaelyn and Brian Bohlke and family.

WHAT IT *REALLY* MEANS TO BE PART OF A USANA FAMILY

Written by Misty Dangel

Bill was the mayor of Hollywood Park, a quaint town within the San Antonio area. He was a hard worker who believed in doing what was right at all costs. His family says he was the epitome of good character and never faltered.

Tragically, his life was taken in an inexplicable farm accident on August 27, 2012.

In what was the darkest hour of his son Brian's life, the most joyous experience emerged in this rural town of just over 3,000 residents.

“The night my dad was killed, the intensity of my situation began to set in,” Brian says. As a USANA Associate, Brian was in the middle of building his business and advancing to a new rank: Emerald Director.

No small task. But now, Brian's whole life had changed in an instant, and he couldn't even think about advancing without being consumed by emotions.

Then, a life-changing text came in from Brian's best friend, USANA Gold Director Chris Harl. “I want you to know that I am taking the rest of the Emerald run; Bill would want it that way!” Chris' text read. “Y'all handle the family stuff, I will have a meeting with all your leaders tomorrow.”

Over the next week and a half, Brian watched over his family while Chris watched over his USANA family and all

the business details. And Brian's Emerald status became a reality.

“They showed my family a love I didn't know existed inside the business world,” Brian says.

It would have been understandable to put the Emerald run on hold, but Chris explains why they didn't: “We all learned this lesson from Bill Bohlke—always do what is right,” he says. “I believe 100 per cent that the right thing to do was finish the run for Brian and Jaelyn for all that they have done for their entire team over the years.” ■

Learn more about Brian's story and his remarkable team on whatsappUSANA.com.

 www.facebook.com/pages/Team-Illuminate/212730788798295

 illuminatetruth.com

 @TeamIlluminate

EVERYDAY PEOPLE. EXTRAORDINARY STORIES.

WRITTEN BY SUZANNE HOUGHTON

THESE THREE USANA ASSOCIATES ARE DETERMINED TO MAKE THE WORLD A BETTER PLACE, ONE PERSON AT A TIME. AND BY SHARING THEIR STORIES, THEY MAY JUST CHANGE YOUR MIND ABOUT WHAT'S POSSIBLE.

BERNANDO LAPALLO, JR.



2011 Mark Lipczynski

AGE IS JUST A NUMBER

Bernando LaPallo, Jr. has more energy than most people half his age. And he doesn't plan on changing anything in his life now. "My goal for the future is to try and live the same type of life I have been living up to now," he explains. "Ain't no sense in changing. I have been doing the same things for over 100 years."

Born in Victoria, Brazil, Bernardo is embracing his age and continuing to set personal goals for himself. He has his own Twitter account and more than 3,700 "Likes" on his Facebook page. Bernardo is also in the process of working on his second book. He published his first book, *Age Less, Live More*, in 2008. Bernardo's longevity comes down to two things: obedience and moderation. "In the Bible, it says to obey your parents and the laws of God and your days will be long and healthy. I have obeyed my parents, and I am the living proof of that," Bernardo says. "In other words, understand the laws of nature and follow them and those teaching them to you. As for moderation, you can have anything you want but it must be in moderation."

 Facebook.com/BernandoLaPallo

 @BernandoLaPallo

DYANN LYON



A PASSION FOR LIFE

Dyann Lyon loves life. It is easy to see the joy in her face as she talks about her USANA business, her husband, USANA Associate Wild Bill Jones, and living life the way they want.

Dyann's passion for health is evident when she discusses her USANA business, and that passion also inspired her to become active in the Go Red for Women organization. After Dyann's first husband, Lee, died of a heart attack, she wanted to share the warning signs of heart disease with others. Dyann contacted the American Heart Association, and she quickly became the founding ambassador in the Tacoma/Pierce County area for Go Red for Women. In 2010, Dyann was awarded the Ambassador of the Year Award from the American Heart Association.

Dyann's strong work ethic, in both her USANA business and Go Red for Women, was also recognized in 2012 when she was honored with the Business Examiner's Women of Influence Award, a program that recognizes women leaders in the Tacoma area who are leading the way for others. "I was thrilled to be in the company of so many wonderful past and present honourees," she says. Following that prestigious award, she also received the South Puget Sound Business and Professional Women's Woman of the Year Award.

 Search Dyann Lyon

TRACI CASTAÑEDA



A PRICELESS GIFT

Meet Traci Castañeda. She is an ordinary woman, and yet, she has done the extraordinary—something that not many can say they have accomplished. She saved the life of a friend.

In October 2012, Traci donated a kidney to Rhonda, an acquaintance and fellow member of her church who was in need of a transplant. Making that type of decision would change her life forever, but Traci couldn't rid herself of the feeling that it was what she needed, and wanted, to do.

Prior to the transplant, Traci went through hundreds of questions with the transplant coordinator at the Oregon Health and Science University in Portland, Oregon, followed by nearly three months of further medical questions and testing. In the end, Traci was given the go ahead from the transplant team.

Traci is still the same person she was before the surgery, but this experience has given her the opportunity to understand the importance of experiencing life—not just living it. "I want to come to the end of life with the feeling like at the end of a roller coaster—heart racing, hair blown back, tear-stained face, big smile—knowing I had given everything and that was the best ride ever," she says.

 Search Traci Castañeda

A Year's Worth of Difference

The USANA True Health Foundation hit the ground running in its first year, turning immeasurable heart into measurable action. Check out how the Foundation has impacted thousands of lives and made a positive difference all over the world.

August 18, 2012

USANA sponsors the inaugural USANA Champions for Change 5K at the USANA International Convention in Salt Lake City, Utah. Donations from the run, as well as the entire four-day event, total \$270,000.

October 24, 2012

The Women's Tennis Association donates \$25,000 to the Foundation



March 8, 2012

USANA announces the USANA True Health Foundation led by Elaine Pace, president



fundraising

December 10, 2012

Musician Chris Collier donates 100 per cent of the proceeds from his song "Alone on Christmas" to Children's Hunger Fund, through the Foundation

November 15, 2012

The Foundation receives its first "In Honour of" gift; more than 250 gifts given throughout the holidays

February 23, 2013

USANA's USA SWEET Retreat benefits the Foundation



donation

November 21, 2012

\$30,000 to support rebuilding efforts for victims of Hurricane Sandy

December 6, 2012

\$10,000 to help victims of Typhoon Bopha

August 24, 2012

\$50,000 to aid victims of flooding in the Philippines

April 15, 2013

The Foundation announces that three individuals will be granted a two-week stay at the Sanoviv Medical Institute, a gift valued at more than \$15,400 per person

February 14, 2013

The Foundation sponsors Mike Allsop's 777 Project (learn more on page 60), culminating in a \$10,000 NZ donation to KidsCan



partnership

November 1, 2012

The Foundation partners with International Relief Teams

March 8, 2012 to present

\$2.2 million in monetary and product donations to Children's Hunger Fund



August 18, 2012
Photography by Raji Barbir



December 10, 2012



2012
© International Relief Teams



© International Relief Teams



© International Relief Teams



Photo courtesy of Children's Hunger Fund

Interested in learning more about the USANA True Health Foundation and how your donation can make a difference? Visit the Foundation online:

 USANAFoundation.org



@USANAFoundation



Facebook.com/USANAFoundation



Real Women. Real Results.

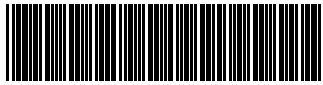
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600+ ATHLETES CAN'T BE WRONG



They trust USANA to meet their personal nutritional needs.
You can, too.



your **health.** your **life.** your **way.**™

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