

## Health For Life – Orientation Document

Here at Health For Life we use Generation Health Ltd's course content to help coach our clients towards their health and weight loss goals.

To help you on your way to achieving your health goals, there's a few things you need to know to get yourself set up and ready to go.

Your supplement starter kit is on it's way.

### Supplement Starter Kit

X1 month supply CellSentials™ (Multi Vitamin)

X1 month supply Hepa Plus (Liver Function)

X1 Probiotics (Gut and Digestive Health)

X1 Fibergy (Gut and Digestive Health)

X2 Gusset Bags (18 Serves) Nutrimeal (Meal Replacement shake)

This is your practice week so you won't be starting on the shakes this week but you will be starting to use your Nutritionals when they arrive.

Start on your Nutritionals slowly as per guided by your coach and please read the [Understanding your USANA Supplement Programme](#)

To access any USANA products you require in the future, go to [www.usana.com](http://www.usana.com) and enter in your login details you will have received in your welcome e-mail.

This will take you into your own personal wholesale account.

On the left side under shop/orders is where you can shop for any additional products.

If you have any problems accessing your account or questions about your account, please ask your coach.

To access the Nutrition Education Course content - go to ([www.generationhealth.co.nz](http://www.generationhealth.co.nz)) and click on the members area at the top of the page.

You will have received your Username in your welcome email and password sent separately from Generation Health Ltd. (If you don't receive this, please check your junk folder).

When you first login, you can change this password by clicking on 'Manage Profile'.

Your first step is to download the session one notes and print them out (this is the longest session at 24 pages). We do recommend getting a ring binder or clear file to keep all of your notes together.

Watch the two videos for week one, 'Goal Setting' and 'Fat Burning and Fat Storing Hormones'.

Each week there will be a new set of notes to be printed and videos to be watched that correlate to the videos. These you will recap with your coach to confirm understanding.

You will have taken the [The Body Type Quiz](#) prior to your initial meeting with your coach, however should you wish to take it again or need to take it again to clarify your Body Type, please go ahead and do so.

You will be invited to join the [Health For Life Members Facebook Page](#) this is your local online support community where you can share your successes and challenges with other members. Post out great recipes you may have discovered, results to date, goals (for accountability) and so much more.

One key to remember - This is a journey.

Remember to record your wins, health changes no matter how big or small, successes and moments of challenge. These are great to reflect on and take note of how far you've come. We often forget the small health challenges we were experiencing once they've gone, such as brittle nails, headaches, aches and pains etc so this is a great reminder to ourselves of the state of our health prior to starting and along the way and a reminder to celebrate all of our small wins.

We congratulate you again on committing to this 12 week nutrition education course and starting on this journey towards achieving your optimal health goals.

Yours in health

Beck - Health For Life