

JOIN OUR 2012 BIGGEST WINNER CONTEST - SPONSERED BY



Body by Vi™
CHALLENGE



This year the Pirate Wellness Center Biggest Winner Contest is being sponsored by ViSalus

- **Individual Competition** – All contestants will be measured for total percent weight loss and be eligible for prizes.
- **Team Competition** – Teams of four will compete for team honors. Form and name your team from your office, restaurant, neighborhood or within your family. The team can be any size of four or more. The top four performers will be the “Winners” for the contest. Claim bragging rights for your business.

Prizes

While the real prize is better health, we will also offer a number of other prizes as well as the honor of safeguarding an engraved trophy. This trophy will then be challenged in the next contest. Some of the prizes include:

- First prize for the individual with the greatest weight loss will be a one year membership at the Pirate Wellness Center;
- The prize for each member of the winning team will be a three month membership at Pirate Wellness Center;
- Additional prizes will be provided for other winners and those making exceptional efforts.

Contest Costs

A small fee is being charged to cover the costs of educational material, personal trainers and other support staff, tee shirts and the final party at Boondocks. PWC members will be charged \$30 and non-members will be charged \$60, payable at sign-up. Please note: non-members will have full access to the PWC facility on the day they weigh in each week. This program gives individuals a chance to access the PWC health and fitness professionals for advice on exercise, use of equipment and goal setting.

Join Us for the ViSalus Sciences® Body by Vi™ – 90 Day Challenge

The ViSalus Sciences® *Body by Vi™ Challenge* is geared to help you reach your goals, no matter what they are. From simply losing a few pounds, to getting fit and toned, we have the tools, the products, and the community of supportive people to celebrate your success. The Body by Vi™ program is easy, fun, and guarantees results.

The *Body by Vi™ Challenge* is not another fad diet. The program is based on nutrition that **helps you burn fat and keep lean muscle**, boosts your metabolism and helps control hunger. The patented ingredients and formulas help you achieve your goals, on your terms with guaranteed results. Included in our program are nutrition guides, fitness tips and plans, and downloadable tracking tools.

Starting Your Challenge

When you join the Body by Vi™ Challenge, you will also instantly be a part of our community of thousands of people like you who are either just embarking on the Challenge, or have already completed it. What better way to get support from your peers and encouragement from those who have had success?

Your Body by Vi™ Kit includes an online “Health Membership” which, in addition to our community, gives you access to a variety of online tools to help you achieve success. Customize your plan to better health so that our challenge fits the reality of your life.



Once you have logged on and created your “Health Membership” Profile, you will have access to thousands of recipes (easy to customize to use only foods you like), multiple exercise videos, reminders, tools to track your success, and more.

Once you join the Challenge, you will be able to instantly log into our online community and take these simple next steps:



Take your measurements and your “Before” Photo

Upload it to your Health Membership Profile and show your results along the way.



Customize your meals and create a shopping list

Use our recipe database and enter your dietary needs and preferences, and

we take care of the rest! You can even send your shopping list right to your email or phone!



Customize your Fitness Plan

Find the plan to match your life, your schedule, and your goals. Watch helpful videos and learn fun, new ways to get active.



Track your progress and set convenient reminders

Celebrate your success as you continue through the challenge. Don't forget to update your Vi-Net profile frequently to share your progress with the ViSalus community.

Balance, Shape, or Transform your life today!



Body by Vi™ **Balance Kit**

The "Balance kit" is designed to help you begin your journey by giving your body good nutritional balance. *This kit contains 30 servings of balanced nutrition with our Vi-Shape™ Nutritional Shake Mix for once-a-day balanced nutrition. The kit includes an assortment of our Health Flavors, to add flavor variety, and added health benefits to your shake.* included is access to our online Health Member website for recipes, menus, nutritional information, exercise tools, and more.



Body by Vi™ **Shape Kit**

The "Shape" Kit helps you to see results and start shaping your body. *This kit contains 60 servings of balanced nutrition with our Vi-Shape™ Nutritional Shake Mix, so that you can have 2 meals per day of this great-tasting shake packed with powerful nutrition. The kit includes an assortment of our Health Flavors, to add flavor variety, and added health benefits to your shake.* To give you even more tools for success, we also include access to our online Health Member website for recipes, menus, nutritional information, exercise tools, and more.





Body by Vi™ Core Kit

The "Core" Kit supports your lifestyle with a patented anti-aging and energy formula, balanced nutrition, and hydration and energy without the jitters. The program is founded on keeping your nutrition in balance with one shake per day, to help your body fuel itself with lean protein, digestive enzymes, fiber, calcium, and prebiotics to support your bodies normal regularity. Combine that with our comprehensive Vi-Pak, for sound nutritional support from head to toe, and patent-pending Neuro Smart Energy drink mix, to support healthy brain function and keep you sharp. No other system can compete to support your optimal physical and youthful health! An assortment of Health Flavors is also included, to add flavor variety, and added health benefits to your shake. *Saves you \$106 off of normal retail prices.*



Body by Vi™ Transformation Kit

The "Transformation" Kit is packed with the ultimate in shaping and nutritional ingredients to help you see and feel maximum results. *This Kit contains a 30-day supply of everything needed to help transform your body for a healthier, happier you. Included in this weight loss kit: 2 (30-serving) pouches of Vi-Shape™ Nutritional Shake Mix; an assortment of our Health Flavors, to add flavor variety, and added health benefits to your shake, 1 bottle of Vi-Slim™ Metab-Awake Tablets; 1 box of Vi-Trim™ Clear Control Drink Mix; 1 box of each flavor of ViSalus NEURO™ Smart Energy (Lemon Lift and Raspberry Boost flavors); and 1 bottle of our Vi-pak Omega Vitals capsules.*



ViSalus Body by Vi™ Frequently Asked Questions

1. What is "Body by Vi?"

ViSalus Body by Vi™ is an innovative solution to getting into better shape, no matter if you want to slim down, tone up or build muscle. Combining our unique and life transforming products along with our online and offline support tools, no other program is as comprehensive, or as easy!

No one else can offer the same comprehensive program that includes a simple nutritional program with recipes, menu plans, exercise videos and programs, and online community support. If you'd rather not get weighed in public, eat expensive foods, or watch endless exercise videos that aren't targeted to your specific needs, then this is the program for you! You can even start with a special Preferred Customer price that shaves over \$125 off normal retail prices, so there is no reason not to join!

2. What is in the kit?

There are three kits in the Body by Vi™ program:

1. **Body by Vi™ "Balance" Kit** – *Help your body get good nutritional balance, and begin your journey.*

The **Body by Vi™ "Balance" Kit** is designed for somebody looking to take the **first step** towards a healthier lifestyle. Try it today to achieve nutritional balance and **begin your transformation**.

Contents:

- **Vi-Shape™ Nutritional Shake Mix:** Help shape your body with perfect nutrition. 30 servings.
- **Chocolate Health Flavor Mix-In:** Add creamy chocolate that has heart health benefits! 15 servings.
- Access to our **online "Health Membership"**: Nutritional information, recipes, menu plans, progress trackers, exercise videos, and a community of people to support you along the way. 30-day membership.

2. **Body by Vi™ “Shape” Kit** – *Help accelerate your results to achieve a trim, slim shape.*

The **Body by Vi™ “Shape” Kit** takes the next step towards your ultimate weight loss goals, supporting you with **proper nutrition** as you cut those bad habits and unhealthy foods out of your diet.

Contents:

- **Vi-Shape™ Nutritional Shake Mix:** Help shape your body with perfect nutrition. 60 servings.
 - **Chocolate Health Flavor Mix-In:** Add creamy chocolate that has heart health benefits! 15 servings.
 - **Banana Health Flavor Mix-In:** Add the benefits of energy from guarana to your shake! 15 servings.
 - Access to our **online “Health Membership”**: Nutritional information, recipes, menu plans, progress trackers, exercise videos, and a community of people to support you along the way. 30-day membership.
3. **Body by Vi™ “Transform” Kit** – *Packed with the ultimate in shaping and nutritional ingredients to help you see and feel maximum results.*

The **Body by Vi™ “Transform” Kit** gives you the best value and the full power of the ViSalus product line to help you have truly transformational results! Benefit from products that boost your energy and metabolism, and enjoy the variety and health benefits to keep you going strong.

Contents:

- **Vi-Shape™ Nutritional Shake Mix:** Help shape your body with perfect nutrition. 60 servings.
- **Vi-Slim™ Metab-Awake Tablets:** Nutritional support to help you burn fat faster, without jitters or stimulants. 60 servings
- **Vi-Trim™ Clear Control drink mix:** Keep hunger at bay and help prevent diet sabotage. 30 servings.
- **Shape-Up Health Flavor Mix-Ins™:** Add to your shake for fun, variety, and health benefits!
- **Omega Vitals™:** Help your joints, your skin, your hair, your heart and every cell in your body. 60 servings.

- **ViSalus NEURO™ Smart Energy:** Get healthy energy, and stay focused without high caffeine or the jitters other energy drinks can provide. 30 total servings.
- Access to our **online “Health Membership”:** Nutritional information, recipes, menu plans, progress trackers, exercise videos, and a community of people to support you along the way. 30-day membership.

Program Guide: Recipes and information, a journal to track your success, and other information to help you get started.

3. Does purchasing a kit provide more value?

Yes. Because we want everyone to experience the life enhancing transformation, the "Transform" Kit has the largest value by saving you over \$125 off of normal retail prices from ordering the products individually. The "Shape" Kit saves you over \$56 from normal retail, and the Shape kit saves over \$32 from normal retail prices.

4. Is it expensive?

No. In fact, it can **SAVE** you money. The program provides 2 full meals, and all the nutrition you need to be healthy and help transform your body. The cost per day for the program is less than many people spend on **ONE** fast food lunch, or breakfast on the go. And it provides much more nutrition and health support, for maximum transformation.

5. Do I need to exercise?

The program is designed to help you lose weight, even if you don't exercise. However, to really transform your body and get in great shape, we do recommend exercise. This is why we provide two types of exercise plans □ one for the person just getting started, and one for the person that wants a firmer physique. There are also instructional videos online for more information and education on how to exercise.

6. How do I maintain my weight?

It's simple! Once you have reached your goal, transition to our "Core" Kit, stay vitalized, and save \$105 off normal retail prices. The "Core" Kit provides Vi-Shape™ Nutritional Shake Mix to help provide balanced nutrition to start your day. Starting your day with the shake for breakfast helps fuel the body, and helps maintain healthy blood sugar levels.

Contents:

- **Vi-Shape™ Nutritional Shake Mix:** Help shape your body with perfect nutrition. 30 servings.
- **Banana Health Flavor Mix-In:** Add the benefits of energy from guarana to your shake! 15 servings.
- **Chocolate Health Flavor Mix-In:** Add creamy chocolate that has heart health benefits! 15 servings.
- **ViSalus NEURO™ Smart Energy:** Get healthy energy, and stay focused without high caffeine or the jitters other energy drinks can provide. 30 total servings.
- **Vi-pak Advanced Anti-Aging & Energy System:** Cellular support, defense against free radicals, omega rich oils, glutathione, grape seed extract and more to help you live healthier and younger. 30 Day supply

Can I buy the products separately, and not in the kit?

For the best value, the kits provide savings from \$32-\$126 off normal retail prices. Should you wish to add more products, you can always do so.

Can I use only water for the shake?

The shake is great mixed in water for a low calorie, nutrition rich snack. For meals, we suggest that it be blended with non-fat milk, or soy milk for extra protein and nutrient support.

Who should take this product?

Anyone that desires to have a better shape, to lose weight, to get fit, or to build lean muscle!

What are the primary benefits of the Vi-Shape shake mix?

The shake mix provides complete nutrition – fast
Helps control appetite
Provides bone–healthy calcium
Provides heart healthy, low fat protein
Helps promote & maintain lean muscle mass
Supports protein digestion and nutrient absorption
Helps support healthy energy levels while cutting calories
Provides fiber benefits for health protection
Includes two unique fibers for health, and for hunger control
Supports a low glycemic lifestyle
Supports healthy metabolism

Each protein has been specially processed to remove fat, remove lactose, and remove carbohydrates. In addition, we have processed the soy to remove the isoflavones, so there is no estrogenic affect. The “shake mix that tastes like a cake mix” is hard to beat. Try your own taste test!

What are the primary benefits of the Vi–Slim metabolism boosting tablet?

It helps burn fat
Boosts your thermogenic system
Helps wake up a tired metabolism
Supports healthy blood sugar levels
Supports natural insulin function
Supports energy while dieting
Promotes lean muscle mass
Has antioxidant properties
Helps inhibit fat production

What are the primary benefits of the Vi–Trim appetite control drink mix?

Helps control hunger between meals
Helps alleviate the stresses of dieting
Supports healthy blood sugar levels
Boots metabolism and excretion of fat

What are the primary benefits of the Shape–Up Health Flavors?

Each packet is not just a flavor, they are concentrated nutrition! Chocolate Cardia Care (included in all 3 Body by Vi™ kits) has polyphenols, which are great antioxidants and support heart health. Each packet has about the equivalent of 6–8 bars of dark chocolate for only a few calories. Our Peach Complexion Care (included in the "Transform" Kit) has glucosamine, biotin, collagen and more to support healthy skin and healthy joints. Banana Energy Charge (included in the "Shape" and "Transform" kits) has guarana power to provide a burst of energy that lasts. Strawberry Phyto Power (not included in the kits) has the equivalent of 75 strawberries worth of phytonutrient protective power. Orange Everyday Defense (not included in the kits) has immune and detox supporting ingredients.

What are the primary benefits of the Vi-pak?

Studies show that almost 85% of us do not get enough omegas from our diet, and therefore don't get the head to toe support we need. Combine that with the other nutritional deficiencies, stressful lives, pollution, and other stressors

- Supports a healthy heart
- Supports proper immune function
- Supports cellular recovery
- Supports cellular energy
- Supports healthful sleep
- Supports cognitive function and memory
- Supports healthy organ function
- Supports free radical defense

What are the primary benefits of ViSalus NEURO™?

Most energy drinks are high sugar, high caffeine, high taurine which can make you feel jittery, not alert. Our product is low caffeine, and combines unique nutritional ingredients to help you feel more awake, alert, and refreshed.

- Supports energy levels
- Supports stamina and endurance
- Supports healthy cognitive function
- Supports vein health and healthy oxygen transfer

