



November 15 - December 31, 2012

**Synergy challenges you to make healthy choices this holiday season by using Synergy product, engaging in frequent exercise, and choosing healthy dietary options.**

Enter for a chance to win **weekly** prizes in Synergy's Healthy Choice Challenge by purchasing the Healthy Choice pack and emailing your healthy choice experiences to [marketing@synergyworldwide.com](mailto:marketing@synergyworldwide.com).

1. Purchase Healthy Choice Pack (1 entry)
2. Email healthy choice experience to marketing email (1 entry)
3. Share your healthy choice on Synergy's Facebook page (2 entries)



Prizes include iPads, Kindle Fires, Synergy products, Synergy branded merchandise and more! There is no limit to the number of entries you can have per week.

#### Healthy Choice Pack

2 - Maximum Protein  
1 - ProArgi-9+ Active  
**\$89 • 50 CV**

## Healthy Holidays

There's no denying it, the holiday season is filled with some of the tastiest dishes of the year. To be healthy doesn't mean you can't indulge, just pay attention to what you're eating and how much. Where possible, choose healthy alternatives. Try these for starters:

❄️ **Be Active.** Schedule 30 min of physical activity 3-5 times per week. Don't forget your *ProArgi-9+ Active*.

❄️ **Eat before.** Grab a *Maximum Protein* shake before the holiday parties to reduce hunger and make you less likely to over indulge.

❄️ **Choose Water.** Drink plenty of water. Staying hydrated will reduce hunger, decrease calorie consumption, and help maintain a healthy immune system.

❄️ **Eat Frequently.** When you skip meals your body goes into storage mode. Eat three meals each day and find healthy snacks for the in-between-meal cravings.

**Make the small decisions that will have a big impact on your health and result in a great start for 2013!**



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