About 45 percent of Americans make New Year’s resolutions, but only 8 percent achieve their goals. In fact, the annual ritual of setting resolutions has become so futile for some they’ve stopped making resolutions altogether.

Making a plan can help. “Most resolutions involve inspiration but no preparation,” said Prevention’s nutrition advisor, David L. Katz, MD, MPH, director of the Yale Griffin Prevention Research Center in Derby, Conn. “For long-term success, a detailed and sustainable action plan is key.”

**Seven Tips to Help Keep Your Resolutions**

1) **CHANGE YOUR OUTLOOK**

Instead of seeing it as all-or-nothing, look at health as a continuum. Small, positive steps can help you move closer to good health. It can be as simple as making the choice to drink a glass of water rather than a can of soda, said Rallie McAllister, MD, MPH, a family physician in Lexington, Ky., and founder and medical director of The Mommy MD Guides. “Every decision that I make moves me closer to one end of the continuum (good health) or the other (poor health),” she said. “By making small, positive decisions I move closer to good health.”

2) **INTEGRATE EXERCISE**

For most people, exercise is an add-on, something that they do if they can find time. It’s easier to build activity into your daily schedule. “Climbing the stairs to the third floor takes just a minute longer than waiting for the elevator,” McAllister said.

Increasing activity, even in small amounts, pays big dividends through increased energy. Research shows that energy improves with activity. The more energized you feel, the more likely you are to increase your daily activities and the more likely to continue to exercise.

“The most important thing about exercise it that you move your body,” said Duffy MacKay N. D. at the Council for Responsible Nutrition. He recommends about an hour a day.

3) **MAKE EXERCISE FUN**

The benefits of exercise are well documented, and just about anything that increases the amount you move your body qualifies as exercise, from a short walk around the block to simply adding a few steps to your daily total. Enjoyment is one of the most important indicators of success when it comes to exercise. Choose something you like to do. Get an exercise buddy or listen to music while you exercise.

4) **SAY GOODBYE TO FAD DIETS**

Losing weight is a staple resolution ... which could explain why so many diets fail, according to Nadia Rodman, R.D., registered dietitian for Curves Health Clubs and Fitness Centers for Women. “It's fine to have weight loss as a goal, but instead of following the latest diet craze, focus your efforts on eating healthfully,” she said.

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5) HEAD BACK TO THE KITCHEN

Resolving to do more of your own cooking helps you gain more control over the nutritional quality of your meals. “Prepare your own food from fresh ingredients. You will save calories and money, and you will be healthier for it,” Rodman said.

Adequate nutrition is vital in any plan for self-improvement. Getting the right nutrients for your body to function properly improves energy, mood and overall health.

6) ADD NUTRITIONAL SUPPLEMENTS

Including nutritional supplements also can help you make strides toward better health.

“Fill nutrient gaps,” MacKay said. “Even people who try to eat the best diet often will have nutrient gaps and a multivitamin is the best way to try and fill those gaps.”

7) RELIEVE STRESS

Thanks to modern electronics, we’re switched on, tuned in 24/7 — and more stressed than ever. A growing body of research finds that media overload can increase your risk for depression, social anxiety, job burnout and even allergies.

The solution? “Spend an hour, 10 hours, or a full day without your cell phone, Blackberry, computer or games,” said Ashley Koff, R.D., a registered dietitian in Los Angeles.

Another way to reduce your stress level (and boost your mood) is to work on clearing out the clutter in your home. “Living in the midst of clutter saps your energy,” according to Thom Lobe, M.D., owner of Rejuveneda Medical Group in Beverly Hills, Calif. “Clean up your mess, and it will open up your life for more positive energy.”

How to Make Lasting Choices Anytime

Elizabeth Scott, M.S., a wellness coach from San Diego, offers the following tips to create lasting changes:

• Think in terms of goals rather than resolutions, Scott said. It helps you avoid the all-or-nothing attitude that can set you up for failure. Rather, look at your desired changes as something you are working toward.

• Remember it’s a process. Expect to work your way up to your goal. Aim toward taking the new action once or twice a week, rather than every day.

• Set yourself up to succeed by setting small, attainable goals and adding more steps as you complete each one, she said.

• Have a goal each month. Rather than trying to overhaul your entire lifestyle at one time, start with one thing until it becomes a normal part of your routine and then add more changes. “It generally takes about 21 days to form a habit,” she said. Making changes slowly will help you focus on your self-improvement goal, according to Scott.
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Your eyes are particularly vulnerable to free radical damage, but Vision Power provides protection you need. You get the combined eye-defending antioxidant power of carotenoids, lutein, lycopene, zeaxanthin, alpha lipoic acid and much more.

Nutritionally Supports Normal, Healthy Function that May Help:

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- Promote circulation and nourish eye tissue
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Your eyes need daily nutritional support for protection from aging, oxidative damage and environmental stresses, including wind, extreme temperatures, vehicle exhaust, dust and dirt, everyday chemicals, UV light and much more. Every part of your eye; retina, lens, cornea, iris, optic nerve, tear duct and even the eyelid, is crucial for sharp vision and requires specific nutrients. Vision Power gives you advanced nutritional eye health support in one easy-to-use formula.

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What would you do to protect and maintain sharp vision for the rest of your life? Vision Power provides the most highly prized, essential nutrients that may potentially help to strengthen and protect your eyes and your entire body.

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SUGGESTED USE: 6 capsules daily, preferably 3 capsules with each meal. For nutritional eye maintenance, take 3 daily. For highest premium nutritional eye support take 6 per day. Each 6 capsules provide:

- Bilberry extract (25% or 80 mg Anthocyanins) ......................................................... 321 mg
  (Bilberry, one of the most effective ingredients for eye health, is the foundation of Vision Power. It has been used by herbalists for centuries to help strengthen vision.)*
- Lutein (as Esters from Marigold) .............................................................................. 15 mg
- Alpha Lipoic Acid ........................................................................................................ 60 mg
- Quercetin (as Dihydrate) .......................................................................................... 300 mg
- Lycopene/Eye health blend:
  (Carrot root; Schisandra berry; Ginkgo biloba extract 80 mg; Eyebright aerial parts; Spinach; Tomato; Broccoli floret extract; Lycopene 4 mg; Zeaxanthin 1100 mcg) .............................................................. 1115 mg
- Triphala Complex:
  (Terminalia belerica, Terminalia chebula, Emblica officinalis) ................................. 150 mg
- Vision health proprietary blend:
  (L-Taurine; N-Acetyl Cysteine 250 mg; L-Glutamine; L-Glycine; Glutamate; L-Methionine; L-Glutathione 10 mg) .................................................. 1360 mg
- Vitamin A (Natural Carotenoids from D. salina) ......................................................... 2250 IU
- Vitamin C (Ascorbic Acid) ........................................................................................ 75 mg
- Vitamin E (d-Alpha Tocopherol Succinate) ............................................................... 37.5 IU

If you are pregnant, lactating or taking blood thinning drugs consult a health care professional before using this product.

For additional vision help, see back cover.

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Feature Product

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Ultra Multi (with Iron)
Multi-vitamin, mineral, superfood, herbal supplement. Same great formula as AJ’s ULTRA Multi but with iron. The ultimate in nutritional support.* Contains 38 ingredients beyond the Daily Nutritional Support premium multi.

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Wholesale Price $28.20 • Retail Price $41.60
(DNU01) CA, (6) 180 ct. • Commission Credits $161.10
Wholesale Price $161.10 • Retail Price $248.70

A.J.’s Ultra Multi (without Iron)
Multi-vitamin, mineral, superfood, herbal supplement. Same great formula as the Ultra Multi but without iron. Contains 38 ingredients beyond the Daily Nutritional Support premium multi.

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Wholesale Price $28.20 • Retail Price $41.60
(DW101) CA, (6) 180 ct. • Commission Credits $161.10
Wholesale Price $161.10 • Retail Price $248.70

Children’s Chewable Multi
Great-tasting nutritional support for raising healthy kids. Also great for adults who prefer a chewable.

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Wholesale Price $12.35 • Retail Price $18.35
(DCC01) CA, (6) 90 ct. • Commission Credits $70.50
Wholesale Price $70.50 • Retail Price $108.95

Daily Nutritional Support
Our original premium multi formula.
(Smaller Tablets)

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Wholesale Price $21.50 • Retail Price $31.80
(DNS01) CA, (6) 180 ct. • Commission Credits $123.00
Wholesale Price $123.00 • Retail Price $189.95

Ultra Multi (DNU)
Ultra Multi is a premium multi-vitamin formula comprised of more than 86 vital ingredients, reflecting the latest breakthroughs in nutritional science. A unique protein chelation of the minerals allows four to six times better absorption of essential minerals over unchelated minerals. The foundation to the exclusive “Ultra Multis” is a superfood/herbal base of 1450 mg and a super antioxidant/bioflavonoid blend of 450 mg.

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Wholesale Price $28.20 • Retail Price $41.60
(DNU01) CA, (6) 180 ct. • Commission Credits $161.10
Wholesale Price $161.10 • Retail Price $248.70

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**DEALER: 'It's Like Drinking a Milk Shake'**

Dealer Randy Repp of Hilo, Hawaii is no stranger to nutritional supplements. He has researched, sold, used and tested a number of brands of nutritional supplements, he said.

His newest favorite supplement is Nutritional Drink Mix. “It’s a fantastic product,” Repp said. It tastes so good it feels like you’re doing something bad, but it’s totally good. It’s like you are cheating and drinking a milk shake for breakfast.”

Repp is using Nutritional Drink Mix as a meal replacement. He mixes it in about 10 ounces of milk with one heaping scoop of the mix. “I just shake it up and go,” Repp said. “I’m actually satisfied until lunch.”

His wife, Shannon, and their son, Jonathan, also are using Nutritional Drink Mix. “My son has tried several meal replacement drinks recently and he tried Nutritional Drink Mix and said, ‘this is the one,’” Repp said.

Repp is a fan of the entire ALTRUM line of products. “There’s something for everybody in ALTRUM products and at an affordable price,” he said.

### Balanced Formula Provides Nutrient Boost

ALTRUM Nutritional Drink Mix provides a balanced formula that contains protein, vitamins and fiber. It also contains enzymes to help your body absorb the nutrients, a healthy blend of fruits and vegetables in its proprietary antioxidant powder and HMB, a metabolite of the essential amino acid leucine, known to help maintain muscle mass.

### Ingredients in Nutritional Drink Mix

- Protein – 10 g of protein — an excellent source
- Fiber – 5g of fiber — an excellent source
- Enzyme blend — protease (digests protein), amylase (digests carbs) and lipase (digests fats) — to help assimilate nutrients in the formula
- HMB — helps maintain muscle mass
- Proprietary antioxidant powder — a blend of healthy fruits and vegetables
- Non-fat milk — contains a form of niacin (niacinamide riboside) that can help maintain a healthy weight
- Vitamins and minerals — 30 percent daily value
- Flavor — chocolate
- Stevia — natural sweetener
- Beet sugar — natural sweetener

### Your Way to a Healthier Body

ALTRUM Nutritional Drink Mix is formulated with essential vitamins, minerals and protein to help you recover from exercise, maintain healthy blood sugar levels and manage weight in a healthy way. HMB supports healthy lean muscle. Digestive enzymes support the breakdown and utilization of the protein amino acids. Proprietary fruit blend provides additional antioxidant support.

**DIRECTIONS:** Combine one scoop (33 g) of Nutritional Drink Mix with 8 fl. oz. of cold milk or water and blend well.

Consume anytime you need a healthy meal or snack, or immediately before or after your workout.

**Contains:** Milk

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Superior, WI 54880 (715) 392-7101

### Supplement Facts

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*Daily Values are based on a 2,000 calorie diet.
**Daily Values are based on a 2,400 calorie diet.

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ALTRUM NUTRITIONAL DRINK MIX

ALTRUM Nutritional Drink Mix has a rich chocolate flavor that delivers high-quality whey protein, fiber, vitamins and minerals, enzymes, proprietary fruit-and-vegetable powder blend and HMB, a metabolite that can help reduce soreness from exercise and maintain lean muscle mass. Simply combine one scoop with 8 ounces of cold milk or water for a delicious nutrition boost any time of the day.

Daily Protein Shake ordering information

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