

Are you sitting down? Well... get up!

- ▶ The health consequences of being sedentary
- ▶ The risks of being sedentary: The science...
- ▶ Why you need to... **MOVE!**

How Shaklee can help you move!

- ▶ Shaklee can help you feel better
- ▶ Shaklee can help you lose weight
- ▶ Shaklee can increase your energy
- ▶ Shaklee can do so much more...



5 tips for a special glow this season...

- ▶ Prioritize sleep
- ▶ Balance treats with nutrition
- ▶ Hydrate! Hydrate!
- ▶ ...more

This email newsletter has been sent to you compliments of:

Scotia Health

Rick Manley & Jeannette Pothier

781.275.8794

info@scotiahealth.com

www.scotiahealth.com

Shaklee®
INDEPENDENT DISTRIBUTOR

In This Issue...

- Page 1**
- Sitting down?
- Page 2**
- Sedentary science...
- Page 3**
- Moving with Shaklee
- Page 4**
- Seasonal glow...

Through Shaklee, we are all...

Making a Difference!

I know that the food which I eat may not always contain all of the nutritional elements necessary for the welfare of my tissue cells, so I supplement my diet with natural and organic protein, vitamin, and mineral tablets. Whenever possible, I demand that my food be in its natural state.

I find time for exercise and recreation. It is my belief that the average person fails to exercise enough to keep his [or her] body free of stagnating waste. If you want to get well and stay well, you MUST free your body of accumulated waste and provide the nutritional elements so necessary to strengthen your resistance against disease and to build vital, vigorous tissue cells. THERE IS NO OTHER WAY,

~ A Study Course in Nutrition by Forrest Shaklee Sr., DC, DD

The health consequences of a sedentary lifestyle...

- Insulin resistance
- Type 2 diabetes
- Colon cancer
- High blood pressure
- Osteoporosis
- Lipid disorder(s)
- Depression / anxiety
- Heart disease
- Obesity
- Lowered metabolism
- Stroke
- Muscle fatigue / degeneration
- Mental health disorders
- Sleep issues
- Increased risk of falling
- Metabolic syndrome
- Back & neck pain
- Cancer
- Premature death



Are you sitting down? Well... get up!

For centuries, human survival depended on staying active... whether hunting for food, farming crops, or constructing roads and buildings, movement was essential. However, in today's screen-dominated world, physical activity has sharply declined. This shift to a more stationary lifestyle has given rise to "sedentary disease," a metabolic syndrome linked to a range of serious health conditions, including a spike in chronic illnesses, obesity, and premature deaths. Research shows that our level of activity... or lack thereof... directly impacts our health. In fact, this more lethargic behavior is quietly fueling some of the deadliest diseases we face. Now health experts globally are ringing the alarm: move more, or face the grim consequences.

But here's the good news: by *recognizing the risks* of a sedentary lifestyle and *making a commitment to move*, you can actively combat disease and disability caused by inactivity.

(continued on Page 2)

Scotia Health
Rick Manley & Jeannette Pothier
 781.275.8794

info@scotiahealth.com
www.scotiahealth.com

Product Ordering Guide

Item Code	Product	Item Code	Product
20286	Vita-Lea Men 120s	22077	OmegaGuard 60s
20288	Vita-Lea Women 120s	21364	Vita-D3 90s
20290	Vita-Lea Gold w/ K 120s	21398	Collagen-9 (sticks) 20 sticks
20291	Vita-Lea Gold w/o K 120s	20667	Pain Relief Complex 90s
89280	S 180 TumorKit	21400	Dream Serene 30s
20112	Vita-E Complex 90s	21223	Sust. Release VitalMag 30s
20732	CorEnergy 90s	21500	Vivix Liquid 30 sygs
21405	Sust Energy Boost P Gmpfrt 14 stk	21501	Vivix Liquid Gels 60s
21406	Sust Energy Boost Raspb 14 stk	20411	Zinc Complex 120s
20158	Perf Energy Chews 20s	32579	YOUTH Rest Eye Treatment
21217	OsteoMatrix 120s	32586	YOUTH Mascara
20153	Alfalfa Complex 330s	21306	Organic Greens Booster 30 sygs
21376	Tumeric Boost 60s	33034	Pomifera Rose Oil

Not all featured products or sizes listed due to space limitations.

The risks of being sedentary: What the science shows...

Why you need to... **MOVE!**

According to the Mayo Clinic we require physical activity on a daily basis in order to help us thrive in a number of different ways.

☑ Exercise helps us to control our body weight by burning the calories we consume from our food intake. This can mean either physical exercise or just finding time to move around at a sedentary job.

☑ Healthy exercise staves off medical conditions which if left unaddressed can lead to serious long-term issues.

☑ Exercise releases chemicals in the brain which actually help improve your mood.... especially beneficial for those in stressful professions.

☑ Exercise not only gives you more energy but it also helps you get more restful sleep. Using up your energy during the day helps you be more relaxed in the evening.

☑ Physical exercise is a wonderful way to alleviate stress, particularly if you are upset about a situation.

☑ Daily exercise decreases inflammatory markers and improves anti-inflammatory compounds in the body.

☑ Research has shown that exercise can increase pain tolerance, reduce pain sensitivity, and enhance the quality of life for those who suffer chronic pain.

☑ And here's one benefit you've probably never heard of. According to Mohammad Al-Zahrani, DDS, PhD, former associate professor at the University of Case Western Reserve, adults who exercised moderately for 30 minutes 5 or more days a week were 42 percent less likely to develop periodontitis!

Why have the decrease in activity levels and the increase in sitting time become so important? Because doctors all over the world are seeing a sharp rise in sedentary disease, including chronic medical conditions and early deaths.

Shocking statistics

▶ A sedentary lifestyle doubles the risk for cardiovascular disease, diabetes, and obesity.¹

▶ Men who spent more than 23 hours a week riding in a car and watching TV combined had a 64% greater risk of dying from cardiovascular disease.²

▶ Physical inactivity accounted for 5.3 million deaths globally in 2008.³

▶ An extended period of sedentary behavior increases the risk for diabetes by 112%.⁴



▶ Sitting for more than seven hours a day increases the risk for depression by 47%.⁵

▶ A sedentary lifestyle can increase the risk for Alzheimer's disease by 12%.⁶

Increase in sitting disease

Multiple studies point to the health risks

associated with sedentary disease. While chronic medical conditions can be caused by more than one risk factor, sedentary disease plays a major role in developing these conditions.

▶ 60-85% of the world's population have sedentary lifestyles.⁷

▶ Sedentary jobs have increased 83% since 1950.⁸

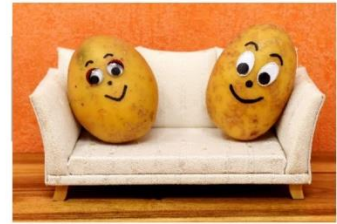
▶ American adults average 7.7 hours a day being sedentary.⁹

▶ During the Paleolithic era, men averaged between 13,000, and 21,000 steps, and women averaged approximately 11,000 steps per day. In the United States today, men and women average about 5,000 steps per day.¹⁰

▶ 25% of Americans spend more than eight hours a day sitting.¹¹

How to combat sitting disease

People across the world are spending more time sitting and less time being physically active. However, increasing your physical activity can make a substantial



difference in the risk of disease and premature death, which impacts everyone, including our children who are increasingly overweight.



▶ Just two minutes of physical activity every

hour can lower the risk of premature death by 33%.¹²

▶ Light intensity activity increased life expectancy by three years compared to sedentary individuals.¹³

▶ People who sit for 30 minutes or less at a time have a 55% lower risk of death than those that sit for longer periods.¹⁴

So... *isn't it time to start moving?* Your journey to better health through exercise begins with just one step!



¹ World Health Organization (WHO)

² Medicine and Science in Sports and Exercise

³ Journal of Circulation Research

⁴ Journal of Diabetologia

⁵ American Journal of Preventive Medicine

⁶ Journal of Alzheimer's Disease

⁷ World Health Organization (WHO)

⁸ American Heart Association

⁹ International Journal of Epidemiology

¹⁰ American Journal of Medicine and Medicine and Science in Sports and Exercise

¹¹ Centers for Disease Control (CDC)

¹² University of Utah School Of Medicine

¹³ Journal of Science and Medicine in Sport

¹⁴ Columbia University Department of Medicine

How Shaklee can help you move!

What's keeping you from becoming more physical... more active? Are you so busy you believe you don't have time? Could it be that you're unmotivated... even depressed? Are you overweight and/or out of shape? Maybe you just don't feel good enough to move? Whatever your concerns, Shaklee can help. Here's how:



Shaklee supplements make you feel better

It's hard to get off the couch and move when you just don't feel good. So your first step is to start taking Shaklee supplements... Vita-Lea or Vitalizer and Life Shake. Shaklee guarantees that you'll feel better in 30 days or your money back!

Shaklee can help you lose weight

If you have excess pounds weighing you down, the Shaklee 180 Turnaround Kit will "lighten your load" with a healthy, sustainable program you'll love!



Shaklee can help you increase muscle mass and hydration

If you've lost the strength of your youth and feel too weak to exercise, Shaklee Performance products

can help you build muscle in a healthy way, hydrate you to stimulate cellular activity, increase your stamina and endurance and help you recover from a strenuous workout.

Shaklee can increase your energy

If you just lack the energy to try moving more, Shaklee offers Vita-E Complex to inject your

bloodstream with vital oxygen, CorEnergy to enhance stamina and promote sustained vitality, Sustained Energy Boost to provide immediate and long-lasting energy and Performance Energy Chews to give you a clean burst of energy when you need it most.



Shaklee supports joint and muscle movement

When your body hurts all over, it's hard to want to move it even more. That's where Shaklee can help.

OsteoMatrix supports healthy bones so you won't

injure them when exercising. Alfalfa Complex is reported to help those who have pain from arthritis, and Turmeric Boost, OmegaGuard, Vita-D3, Collagen-9



and Pain Relief Complex help you deal with whatever hurts in your body.

Shaklee helps you sleep like a baby

No one feels like exercising when they haven't had enough sleep. Restless nights or insomnia can interfere with your health in general and any physical activity you might enjoy. To make sure you're getting enough sleep, here are some tips:

- Soak in a relaxing bath before bed. It will loosen tight muscles and gently warm your bones.
- Establish a regular sleep routine and stick to it. Go to bed and rise at the same time each day.
- Limit caffeine and alcohol in the evening. Both can disturb sleep patterns.
- Keep your bedroom quiet, cool and dark. Turn off all electronics.
- Don't eat late in the evening. Go to bed satisfied... not hungry or too full.
- Relax and clear your mind before bed. Read a book, listen to music, meditate or pray before retiring.
- Take sleep-enhancing supplements. Dream Serene, VitalMag, OmegaGuard, Vivix and Zinc Complex will help you get the sleep you need so that you'll have the energy to move again!



How to avoid sedentary disease

Some people's lifestyles make it difficult to exercise and avoid long periods in a seated position. However, here are some tips that may be helpful in limiting the time in a seated position which can have a great impact in protecting your health.

- ▶ Get some type of movement every day... ideally walk or play sports. The point is to get up and move.
- ▶ Walk around your house for 5 minutes every 2 hours.
- ▶ Rescue a shelter dog and train it to take YOU on a walk at least twice a day. They need exercise, too!
- ▶ Watch less TV and play fewer video games.
- ▶ Spend time playing outside with your children every day. They're at risk for sedentary disease and premature death, too. In fact, according to the Centers for Disease Control (CDC), from 2017 to March 2020, the prevalence of obesity among U.S. children and adolescents was 19.7%. This means that approximately 14.7 million U.S. youths aged 2-19 years are obese.
- ▶ Try to stand for a few minutes every 30 minutes even if it is just at your desk.
- ▶ If you get a phone call that does not require you to be seated get up and walk around the room while you talk.
- ▶ Use a standing desk at work which allows you to work standing for some of the day.
- ▶ If you cannot get outside to walk, invest in a simple treadmill or mini trampoline so you can exercise at home.



5 tips for a special glow this season...

Glowing Skin Hot Chocolate

2 servings

Ingredients:

- 1 cup of milk of choice
- ¼ cup boiling water
- 2 scoops **Shaklee Collagen-9**
- 2 tablespoons cacao powder
- 1 tablespoon honey

Directions:

- 1) Boil water
- 2) Combine collagen, cacao powder, then honey. Whisk until blended.
- 3) Add milk, then water and stir or froth, then serve.



Making a Difference! is not an official Shaklee publication. It is compiled from publicly available information and is published for educational purposes only. No promises or guarantees are intended or implied. Copyright © November 2024 SHAIIDS LLC • lifedreams9@msn.com

For many, the most special time of the year is upon us. It's a season filled with parties, shopping, and festive cheer. But don't let this busy time sideline your skincare! Show up glowing with these quick tips to keep your skin fresh and radiant.

1) Prioritize sleep

Special events can keep you up late, resulting in dark circles and dull skin. Catch up on sleep when you can, and if you can't, reach for **YOUTH Restoring Eye Treatment** to visibly brighten and reduce puffiness. Add **YOUTH**

Lash Revitalizing Mascara for lush, party-ready lashes.

2) Balance treats with nutrition

Enjoy those special goodies... just remember to add nutrients! A scoop of **Organic Greens Booster** in your daily smoothie helps fill nutrient gaps and keeps your complexion bright.



3) Hydrate! Hydrate!

Stay hydrated to keep your skin glowing. Alternate cocktails with water, and use an ultra-hydrating moisturizer. And be sure to apply a rich night cream after removing your makeup.

4) Make BB Cream your best friend

BB Cream is your gala go-to for a smooth, radiant look. Shaklee's 5-in-1 formula protects, nourishes, and evens tone. For extra glow, mix in a drop of **Pomifera™ Rose Serum**.



5) Smile and enjoy!

Nothing boosts your glow like joy. Pamper yourself with a spa day, share a smile, and add **Pomifera Lip Oil** (now available in 6 shades) for a glossy, radiant finish. Shine on!



With Shaklee, It's Easy To...

- Enjoy the benefits of improved health!
- Have more energy and vitality!
- Enjoy natural beauty... inside and out!
- Protect our fragile environment!
- Achieve financial independence... forever!



Take charge of your life today... with Shaklee!