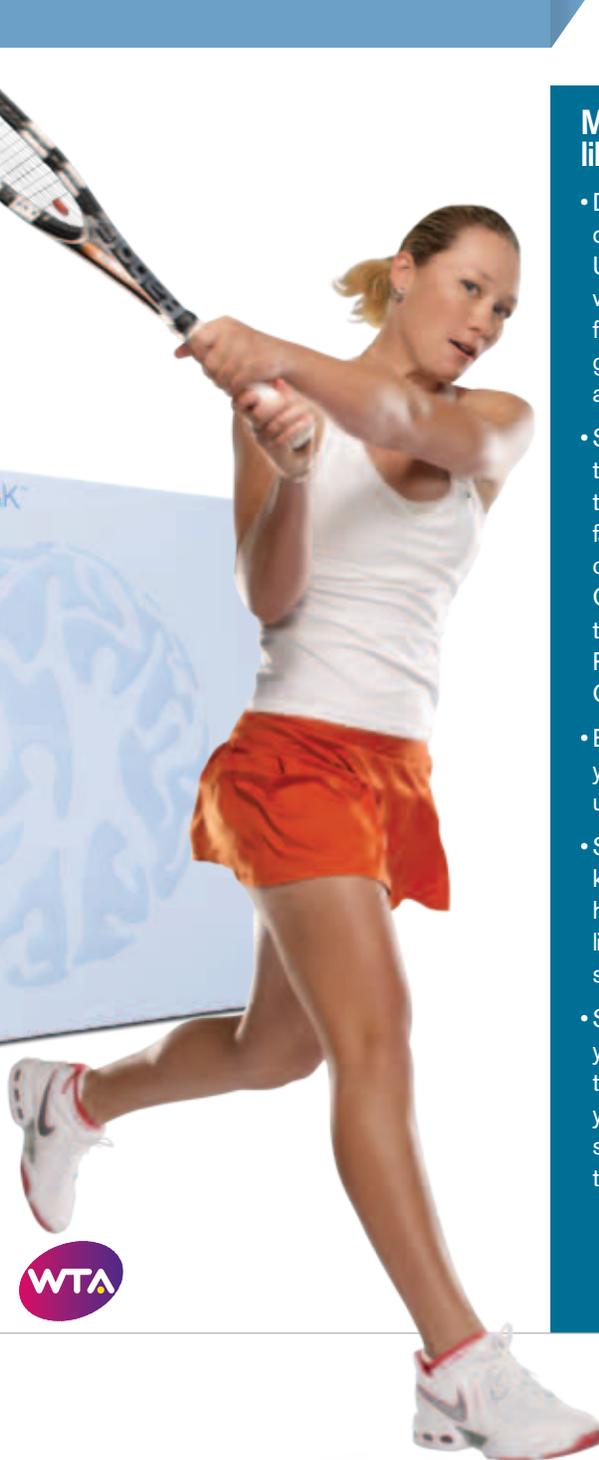


# The *Heart* of a Champion

Trust your heart health to the same company champions of the WTA do.

"I train for hours every day and the USANA supplements I take help replenish and nourish me. I trust USANA to maintain my health and wellness and support my goals."\*

—WTA champion  
Samantha Stosur



## Make sure your heart beats like a champ.

- **Diet:** Eat a balanced, low-fat, low-sodium diet rich in fruits, vegetables, and fiber. USANA's Fibergy® Plus is a convenient way to enjoy the benefits of high-quality fiber. Also look to USANA's line of low-glycemic foods and shakes to help manage weight and keep you healthy.
- **Supplements:** Many nutrients are important to maintaining heart health. Among these are vitamins C, D, and E; omega-3 fatty acids; CoQ10; resveratrol; and compounds found in USANA's patented Olivol®. For your heart, nothing beats the convenience of HealthPak™. But Proflavanol® C<sup>100</sup>, BiOmega™, and CoQuinone® 30 are also musts.\*
- **Exercise:** Regular exercise helps keep your weight down and your heart tuned up for the long run.
- **Sleep:** Getting plenty of sleep is key to keeping your heart healthy. Poor sleep habits can be detrimental and have been linked to conditions like high blood pressure and heart attack.
- **Stress Management:** Having stress in your life is normal. What's important is the way you handle that stress. Exercise, yoga, meditation, or other methods of stress management can help you maintain the heart of a champion.\*

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**USANA**  
INDEPENDENT ASSOCIATE

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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

The pictured athlete has received compensation for his/her partnership and/or complimentary USANA products.