



the **Insider**

June 28, 2016

**IN THIS
ISSUE:**

Get Running with Dr. Oz | MySmartStart | Champions for Change

▶ LAST CHANCE TO SAVE BIG ON CONVENTION—REGISTER NOW.



BE A CHAMPION FOR CHANGE WITH DR. OZ

It's time to lace up your running shoes and strap on your superhero cape for the Champions for Change 5K. Run or walk with Dr. Mehmet Oz as we raise money for the USANA True Health Foundation.

On Your Mark



Get Started

RESET YOUR LIFE WITH MYSMART™ START

See where you can take your health in seven days with MySmartStart. With our USANA MySmart™ Shakes and USANA MySmart™ Bars, it's the perfect program to get your health back on the right track.



AWARD NOMINATIONS ARE NOW OPEN

Know an Associate who goes above and beyond for others? Don't keep it a secret! Nominate them for the Teamwork Award or USANA Children's Champion. [From now until July 1, recognize those who foster the best in teamwork or strive to improve the lives of children.](#)

SEE WHAT'S HAPPENING AROUND USANA:

1. [Black Bean, Corn and Quinoa Salad](#)
2. [Mastering Team USANA in Five Easy Tabs](#)
3. [Infographic: The Warehouse of Cellular Biology](#)



GET ON THE ROAD TO ACHIEVER

The Road to Achiever is more than your map to

success and rank advancement—it's your chance to earn great prizes. [Opt in](#) today for a chance to attend a special breakout session with Nicki Keohohou at Convention.



LIFE UNLOCKED

Calling all Silver Directors and below—looking for extra cash to attend Convention? With Life Unlocked, you have a chance to earn up to \$500 in travel reimbursements. [Find out how today.](#)



HOME OFFICE HOLIDAY SCHEDULE

The USANA Home Office will be closed on Monday, July 4, for Independence Day. For assistance on that day, please take advantage of our online services on [The Hub.](#)

WE'RE HOSTING A ROCKIN' PARTY

Our biggest party of the year is set to kick off and it's going to be a rockin' good time. USANAfest will be on the plaza of the Vivint Smart Home Arena (formerly EnergySolutions Arena). [With games, photo booths, food trucks, and our own house band, the Free Radicals, nothing kicks off Convention like USANAfest.](#)



UPCOMING CONFERENCE CALLS



HEALTH & FREEDOM

Date: Wednesday, June 29

Time:

10:00 a.m. local time

7:00 p.m. local time

[Register](#)



HOW TO RUN YOUR OWN 6-WEEK MYSMARTSTART

Date: Wednesday, June 29

Time: 7:00 p.m.

Guest Speaker: Abby Ramboyong, Ruby Director

[Register](#)



PROCOSA®: OPTIMIZE YOUR JOINT HEALTH

Date: Monday, July 11

Time: 7:00 p.m. local time

Guest Speaker: Dr. Brian Dixon, executive director of health and science education

[Register](#)

MAKING HEADLINES | USANA IN THE NEWS



- › Dr. Brian Dixon, executive director of health and science education, knows the trick to get the best summer body. Here's a hint—it starts with counting calories. [See how USANA MySmart™ Foods can fit into your workout regime to help you look your best all summer long.](#)
- › It's no secret that WTA star and USANA Ambassador Caroline Wozniacki has a sweet tooth. [Get her go-to recipe to satisfy her pre-match cravings with a "berry" delicious shake recipe.](#)
- › Remember little D.J. Tanner from *Full House*? Actress Candace Cameron Bure has grown up and now has a dynamite fitness program. [Check out how USANA fits into her healthy lifestyle while she's getting ready for her next big project.](#)

- › [Read this fascinating interview](#) with USANA scientist Sheila Zhou as she offers her recommendations for naturally balancing your hormones.

