

Healthy is Beautiful

A Daily
Beauty-Care
Checklist to
Feeling Your Best



#1 Adult Gummy Vitamin Brand



About Rebecca: Rebecca Scritchfield is a Washington D.C.-based registered dietitian and fitness expert who specializes in realistic approaches to healthy lifestyles. She is also an expert on the connection between happiness and health, advocating for self-care as the foundation for long-term wellness. Rebecca is a graduate of The Johns Hopkins University and she writes for *US News* and *Pregnancy Magazine*.

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#vitafusionBeauty

Beauty starts on the inside.

As such, an effective beauty routine should include a holistic approach, from good nutrition to sleep. vitafusion™, the #1 adult gummy vitamin brand†, has teamed up with registered dietitian Rebecca Scritchfield to develop a beauty checklist highlighting healthy habits that are enjoyable, so you feel beautiful, inside and out.



†Based on 52 Week Unit Sales of Gummy Vitamins, Nielsen All Outlet Data Thru July '14


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1. Schedule Your Own "Happy Hour"

Schedule at least one hour a week to do something you truly love – a "happy hour" (so to speak) where you put yourself first. Whatever it is that makes you happy – indulging in your guilty pleasure TV show, researching for a trip, whipping up a favorite recipe, trying a new workout, or exploring part of your town. When you take time for yourself, you're taking time to recharge. Even if you feel too busy, you'll likely end up being more productive once you've taken a little break.



2. Rest Easy

One of the best things you can do for your health is to create a better sleep routine. To catch more ZZZ's, experts recommend getting plenty of natural light exposure during the day, exercising in the morning or afternoon, avoiding big meals close to bed, and maintaining a pleasant sleep environment with no distractions.¹ Also consider a Melatonin supplement for sleep support, like **vitafusion™** Extra Strength Melatonin, to help you wake up refreshed and rested.*



¹ National Sleep Foundation, <http://sleepfoundation.org/ask-the-expert/sleep-hygiene>

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

3. Get a Healthy Beauty Boost

Most people try to improve the appearance of their hair, skin and nails from the outside alone, but a nutrient-rich diet is a key component in being healthy, and feeling beautiful. Try adding a variety of foods rich in vitamins and minerals, and, for an easy way to cover your bases, enjoy two delicious **vitafusion™ MultiVites Plus** Hair, Skin & Nails Support* gummies every day.



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4. Master the Mini Workout

If you feel like you don't have the time to include an hour-long workout in your schedule, even shorter periods of exercise can have an effect on your physical and mental wellbeing. Have walking meetings with other fitness-minded coworkers, do body weight exercises like push-ups and jumping jacks, climb the office stairs, or do a short yoga series. Any movement is better than none at all. What's better? You'll be killing two birds with one stone - getting healthy and strong while using these breaks to improve focus and elevate mood.

Be sure to consult with your doctor prior to starting a new fitness routine.

5. Reprioritize the Little Things

Slow down, recharge, and invest in your own wellbeing. Spend time preparing your own meals at home. Limit your screen time on your computer, phone or television and instead enjoy a walk outside or play an interactive game with your family or friends. You'll be amazed how much this can change your mood and energy level.

6. Try a Tasty Reward

Did you know sugar lights up those same dopamine receptors as falling in love, seeing a smiling baby or receiving a wonderful gift? Don't be afraid to reach for a healthy something sweet, like a handful of fresh berries or even a piece of your favorite dark chocolate.



7. Raise a Glass

The skin is our largest and most visible organ – the skin contains about 30% water which contributes to plumpness, elasticity, and resiliency.² Start your day with a tall glass of water and keep a bottle of water with you in your car, at your desk, and on your night stand.



² National Institutes of Health, <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2908954/>

8. Make Healthy Choices Easy

Did you know most individuals consume less than half of the recommended amount of fruits and vegetables every day?³ Take out the guess-work by making healthy foods more accessible to you and your family. Place a bowl of fruit on the counter instead of a bag of chips. Revamp your grocery list into a more healthful one by adding more whole foods. And, to supplement your diet, add two great-tasting **vita fusion™** Women's gummies to your day.



³ PBH Foundation, http://www.pbhfoundation.org/pdfs/about/res/pbh_res/stateplate.pdf



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