

HOW TO MAINTAIN ALL THE FABULOUSNESS YOU JUST ACHIEVED!!

Congratulations on achieving your health goals! Isn't it fabulous to look and feel so great?!

You've put a lot of focus and effort into your health transformation and maintenance is an integral part of that transformation.

There are numerous approaches for maintenance and here are some ideas for your consideration.

1. Incorporate at least one [IsaLean](#) or [IsaPro](#) shake into your daily routine. Most people continue to have a shake for breakfast to benefit from the outstanding nutritional profile of Isagenix shakes to kick start their day. And the isalean bars are always great to have on hand for a quick snack or meal.

2. Continue to make your “knife and fork” meals from clean, whole foods. You have established powerful new habits with your food choices. Keep making those same great choices!

3. Continue with your Ageless Essentials with Product B. Ageless Essentials provide nutritional insurance so you know you are providing your body with the right amounts and kinds of nutrients to support overall health and wellness—even on days when your diet isn't up to par.

[12 Reasons Why You Need Ageless Essentials with Product B](#)

4. Continue to incorporate cleansing into your routine. Keep your body guessing and switch things up. Two consecutive Cleanse Days is the deepest advisable cleanse. You can try one Cleanse Day per week or switch to drinking 1 or 2 ounces daily (“daily cleansing”) Two to four ounces of [Cleanse For Life](#) before bed on an empty stomach may be helpful for many people, too. The key is to keep your body guessing by making sure to switch things up!

5. Add other Isagenix products into your health routine. [IsaGreens](#) and [IsaFruits](#) are two hands-down favorites. Both supplement your daily requirements of fruits and vegetables, so it's easy to get the nutrition your body needs even on busy days.

6. Keep up your water habit. Water is essential to your health on so many levels. Nutritional guidelines recommend that women consume approximately 3 liters per day. For men, it's about 4 liters.

7. And everyone's favorite, [Ionix Supreme](#)! Ionix is your super-charged stress buster that helps reduce fatigue and supports greater overall health. Drinking 1-or 2-ounce shots daily protects the body from stress while supporting mental and physical performance.

These are possible approaches for your on-going maintenance. As always, your coach is your best resource for a maintenance plan specifically tailored to your unique requirements.