

Healthy Lifestyle Parties ~ Notebook Style

Items Needed:

NOTEBOOKS (10-12)

Name Tags

Fruit and Veggie Tray (optional)

Video & VCR

Health Surveys

Snack (optional)

Use 1/2-inch 3-ring binders with cover inserts and inside pockets and plastic sheet covers.

Place a one-page colorful, pertinent article on fruits and vegetables in the front cover insert. You can add an article to the back as well, but don't take time to have them discuss both sides.

Inside the Front Pocket - Take home information for participants

Guide to Better Health brochure and CRF brochure

Fruits & Vegetables Good as Gold from the 5 a day people (302 235-2329 100-\$7)

Tape other than the "15 minute"

Inside rings:

Americans Aren't Healthy

Children Are Unhealthy

Why We Are So Unhealthy

Fact

Apple

Solution

F & Veggie Picture

Summary of Independent Medical Research - in same sleeve as F & Veggie Picture

Conclusion

Complete, Thins and Gummies

CRF Board - Foundation principles (from NSAOnline)

CRF Board - Advisory Committee (from NSAOnline)

CRF Preliminary Findings

Real Important board

Back inside pocket:

Order form (new long version)

CRF order form

OPTIONAL: Hosting a Party flyer on colored paper (review and edit for yourself)

FORMAT:

Serve JP+ Complete as your guests arrive. Use your very favorite or most delicious recipe.

Give them a nametag and have them fill out the health survey.

You are NOT a presenter, you are a facilitator.

Pass out notebooks. Tell them not to open the notebooks, if they do, they will lead the discussion. Make introductions. Go around the room asking each person to explain what is on the cover of their notebook. Add a comment to each one. For example: If you have the Newsweek cover of "Diet and Cancer" with the fork and broccoli on the front. You can say - that isn't a Twinkie on the end of the fork. This is a great way to start the presentation, gets them involved and gives them ownership of the information. Even before they open their notebook, they understand the value of whole-food nutrition.

Review the inside cover. The brochure(s) and tape are theirs to take home. You can use the "Juice Plus+ Guide to Better Health", "Juice Plus+ Recipe for Better Health", and/or the "Children's Research Brochure". NOTE: "The Guide" does have all the products in it - however it is more expensive.

Go over the notebook - one page at a time, BUT ask them to read. For example: "Sue. Would you read the first page.?" Each person will read one page. Then follow the same format as with the Story Boards with the video, fruit and veggie tray, etc. You can print the instructions off your Virtual Franchise Website.

When you go over the Complete, Thins and Gummies - this is a good time pass out the Thins, Gummies and Gummies. Don't forget to remind the guests they have already enjoyed the Complete in their smoothie.

Question and Answer Session

Review the Inside Back Pocket - Order Form - You are there to help them fill this out.