

# Home Health Party/Healthy Lifestyle Party

**\*\* Hand out Lifestyle Survey,  
ask them to fill it out immediately and return it to you \*\***

1. **INTRODUCTION:** Example: Hi! My name is \_\_\_\_\_. I would like to thank you all for coming here tonight (or today). It's wonderful to see you take a step toward better health. Today I am going to share with you why it is so important to eat fruits and vegetables. We will be learning how we can improve our health through better nutrition.
2. **TELL STORY:** Share why you are so passionate about Juice Plus+®. Keep it down to about 2 - 3 minutes.
3. **SHOW POSTER BOARD #1:** Americans Aren't Very Healthy, Read Statistics
4. **SHOW POSTER BOARD #2:** Our Children, Read Statistics
5. **SHOW POSTER BOARD #3:** Why Are We Unhealthy? Read Board
6. **SHOW POSTER BOARD #4: FACT! Read Board**
7. **VIDEO:** Now we're going to watch a short video. This video is called "The Whole Truth in 15 Minutes" featuring Dr. Richard Dubois. This will explain why it is so important that we eat right to prevent disease. SHOW VIDEO.

**Distributor Option:** Depending on your audience, you may wish to show the video "Making A Difference" by Dr. William Sears.

**AFTER VIDEO, ASK THE AUDIENCE...**

**\*How Many of You take supplements?**

**\*Is There Any Question About Whether Vitamin Supplements Are The Answer?**

**\*Do you think Vitamins are as beneficial as Whole Food?**

**\*Discuss how disease can be reduced with increased Fruits and Vegetables**

8. **SHOW POSTER BOARD #5: Apple Board**

Do you now understand why we cannot get our nutrition from isolated vitamins? This board lists just 400 of the 10,000 vitamins contained in an apple. That's why when you take just vitamin C and not all these other nutrients you can't possibly get the nutrition you need. Man cannot duplicate nature and that's why it's imperative that you get your nutrition from the whole food and not from a synthetic vitamin.

9. **SHOW POSTER BOARD #6** -Read ingredients of Juice Plus+

10. **GUESS COST OF FRUITS AND VEGGIES**

Ask the questions:

- How much do you think this variety of fruits and veggies would cost per day?
- How long would it take to prepare?
- Could you eat, or more importantly could you get your kids to eat these fresh raw fruits and veggies everyday?

11. **SHOW POSTER BOARD #7:** Summary/Conclusion Board

12. **SHOW POSTER BOARD #8:** "Closer" Board

Isn't it wonderful to know that for just \$1.30 per day you can add the nutritional essence of 17 different fruits, vegetables and grains?

13. **Introduce Juice Plus+® Children's Health Study** if applicable.

14. **QUESTION AND ANSWER:** At this point I'd like to open the meeting up for questions. (You can use the questionnaire to do a prize drawing if you like.)

15. **THANK EVERYONE FOR COMING!**

Have I answered all your questions? (Group nods, "yes")

**Some sample suggestions for closing the Home Health Party:**

1. I would like to thank you once again for joining us today. If you are interested in placing an order for Juice Plus, we have order forms

available and would be happy to help you fill them out so your order can be processed right away.

2. I am going to hand out the order form and go over it with you so you will know how easy it is to order Juice Plus, as well as how cost effective it is for you and your family.
3. Thank you all for coming this evening. We invited you here to share what we've learned about staying healthy through proper nutrition. For those of you who are interested in placing an order today, we have forms available and would be happy to help you complete them.
4. Okay, if there are no further questions we can take your orders right now and get you on the product right away.

\* Have samples of the Gummies, Chewables and Thins available for your guests to try. You may also wish to prepare samples of the Complete drinks either before or after your presentation.

**HAVE HANDOUTS AVAILABLE:**

- The Recipe for Better Health
- Research Tri-Fold (Independent medical studies demonstrate the effectiveness of Juice Plus+®)
- The Guide to Better Health - covers all products and health studies, excellent!

## Promoting a Health Party

1. **Get a verbal commitment:** Offer two dates and times, one in the daytime and one in the evening, on the same or different days. Do mention that you will be sending them a written invitation and an audio tape so that they will have an idea of the type of information that is going to be presented. Focus on inviting a specific group (ladies night out, sports team, etc.) for best results.
2. **Send out a written invitation and an audio tape.**
3. **Make two (2) follow-up calls:**
  - a. To ask if they have listened to the audio tape
  - b. Call the night before the health night to remind them

## Items Needed for Health Party

1. **Script**
2. **"The Whole Truth in 15 Minutes" Video** (TV & VCR)
3. **Presentation Health Boards or Notebook**
4. **Easel, chair, or mantle** (to set the boards on)
5. **Juice Plus Box, capsule containers, and other product items for display**
6. **Tapes:** If appropriate, give them the latest tape or your tape of choice
7. **Order Forms:** Do ask for the sale! People buy because you ask them to buy.
8. **Samples:** Complete, Gummies, Chewables, Capsules
9. **Cups for samples**
10. **Plastic samples packets**
11. **Tray of Fruits and Veggies cut-up**
12. **Have handouts available - use your brochure of choice:**
  - The Recipe for Better Health
  - Research Trifold (Integrative Medicine)
  - The Guide to Better Health - covers all products and health studies, excellent!

# LIFESTYLE SURVEY

Name \_\_\_\_\_ Spouse \_\_\_\_\_

Address \_\_\_\_\_ City/St/Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Occupation \_\_\_\_\_ Children \_\_\_\_\_ Age(s) \_\_\_\_\_

## Hobbies/Physical Activity

- |  |                                      |   |
|--|--------------------------------------|---|
| <input type="checkbox"/> Running         | <input type="checkbox"/> Tennis      | <input type="checkbox"/> Swimming       |
| <input type="checkbox"/> Walking         | <input type="checkbox"/> Skiing      | <input type="checkbox"/> Dancing        |
| <input type="checkbox"/> Weight Training | <input type="checkbox"/> Racquetball | <input type="checkbox"/> Golf           |
| <input type="checkbox"/> Bicycling       | <input type="checkbox"/> Basketball  | <input type="checkbox"/> Roller Blading |
| <input type="checkbox"/> Other _____     |                                      |   |

## Children's Activities/Interest

- |  |                                    |   |
|--|------------------------------------|---|
| <input type="checkbox"/> Field/Team Sports | <input type="checkbox"/> Bicycling | <input type="checkbox"/> Roller Blading |
| <input type="checkbox"/> Swimming          | <input type="checkbox"/> Tennis    | <input type="checkbox"/> Skateboarding  |
| <input type="checkbox"/> Other _____       | <input type="checkbox"/> Skiing    |   |

## Health Interest

- |   |  |                                       |
|---|--|---------------------------------------|
| <input type="checkbox"/> Nutrition          | <input type="checkbox"/> Immunity Building | <input type="checkbox"/> Anti Aging   |
| <input type="checkbox"/> Disease Prevention | <input type="checkbox"/> Children's Health | <input type="checkbox"/> Men's Health |
| <input type="checkbox"/> Weight Management  | <input type="checkbox"/> Women's Health    | <input type="checkbox"/> Pet Health   |
| <input type="checkbox"/> Other _____        |  |                                       |

## Health/Dietary Patterns

- |   |     |    |
|---|-----|----|
| • Do you exercise at least 3 times a week for a half hour or more?  | Yes | No |
| • Do you have a history of degenerative disease in your family?   | Yes | No |
| • Do you take a vitamin or mineral supplement?  | Yes | No |
| • Do you eat 5-9 servings of fruits & vegetables everyday?  | Yes | No |
| • Do you feel that you eat healthy most of the time?  | Yes | No |
| • Would you be interested in a convenient way to add the benefits of fruits and vegetables to your family's diet everyday | Yes | No |

*Thank You For Your Participation*

