Shape your future

SYSTEM GUIDE & INSTRUCTIONS
DISCLAIMER

If you are pregnant, nursing, taking medication, or have a medical condition, please consult your health professional before using this system. Before starting any new fitness routine, discuss it with your health professional to make sure it is right for you.
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SYSTEM HIGHLIGHTS

• Lose body fat
• Lose inches
• Get firmed, toned and stronger
• Increase energy
• NO restrictions on healthy eating
• NO diet pills or “fat burners”
• NO extreme exercise

How is all of this possible?

By using our revolutionary new system that combines our patented patch technology, our Theta One and Theta Activate nutrition formulas, and modifications to when you eat and how you exercise. When followed precisely, this pioneering approach helps you lose fat, lose inches, increase energy, improve muscle growth and tone, and enhance overall wellness. It’s important to note that this is not a diet or extreme exercise program. Rather, it’s a lifestyle change designed to produce results that virtually anyone can achieve.
OVERVIEW


We’re told we must reduce calories and exercise more to lose weight, and where has that gotten us? Take a typical diet and extreme exercise approach to weight loss. First you reduce calories and exercise 30 – 60 minutes a day, and you WILL lose weight in the first few weeks.

The problem is your metabolism will eventually slow down. Why? Because when you reduce your calorie intake, you not only lose body fat but also your hard-earned muscle. And what about that extreme workout? Most people don’t even start, much less get past the first 30 days.
The Data Says It All.

These extreme programs simply don’t work for most people, and here’s the proof: a staggering 69 percent of the U.S. population is overweight or obese¹ (over 50 percent in the EU²). This problem is also on the rise in Asia, particularly in Malaysia, where obesity rates are now over 50 percent.³ So it’s time to try something completely different.

Not Like Anything Else.

Through proven science, WinFit defies the conventional wisdom by posing one pivotal question: how can we eat more, exercise less and still successfully shape our body? It all begins with the WinFit patch, which helps you lose fat and build lean muscle. From there, all other components of the system help produce this primary result.

Our breakthrough nutrition formula, Theta One, contains the amino acid L-arginine, which is shown in published studies to improve growth hormone response.⁴ And research shows that human growth hormones helps build lean muscle and metabolize fat. The eight-hour eating window enhances insulin response and stability, while optimizing blood sugar levels and increasing and sustaining energy. And our short burst, interval approach to exercise will help you lose fat and build a stronger body, exercising a minimum of two days a week, just 10 minutes each day.

In the world of fitness, LifeWave is now the first to combine patented technology, proven science and a commonsense approach to nutrition. And perhaps most important of all, specific sequence and timing are crucial to your results: this approach keeps your body in a steady, fat-burning state, while maximizing muscle growth and energy. In short, each step is essential and each component contributes to your success.

¹ National Institute of Diabetes and Digestive and Kidney Diseases.
² World Health Organization
³ The Lancet: Global, regional, and national prevalence of overweight and obesity in children and adults
⁴ The Journal of Strength & Conditioning, bodybuilders: In a three-week study, results showed that growth hormone levels were increased after L-Arginine supplementation.
WinFit delivers a completely new approach to fat loss and body shaping that emphasizes six carefully timed components, including nutrition and exercise.
For best results, follow the specific sequence below:

1. **HYDRATION**
   - Start by drinking water first thing in the morning.
   - Research shows that consuming 17 ounces can increase metabolism by 30 percent.¹

2. **EXERCISE WINDOW**
   - Studies show a little exercise goes a long way. WinFit helps you succeed with a minimum of 10 minutes in the morning, two days a week.

3. **WINFIT PATCH**
   - For daytime use, it promotes a reduction in body fat.
   - This helps improve the metabolism and build new muscle.

4. **EATING WINDOW**
   - You are when you eat. Stay within an eight-hour daily window to keep your body in a fat-burning state, while maximizing muscle growth.

5. **THETA NUTRITION**
   - Award-winning formulas for nighttime use, which work together to help build lean muscle and metabolize fat.

6. **Y-AGE CARNOSINE PATCH**
   - For nighttime use, this patch improves strength and flexibility, and increases endurance.

¹ Berlin’s Franz-Volhard Clinical Research Center
Timing Contributes to Your Success

HYDRATION
Start each day by drinking water. Research shows that people who consume 17 ounces of water increase their metabolism by 30 percent.\(^5\)

EXERCISE WINDOW
Want to hear some exciting news? You can burn fat, build strength and get toned, exercising a minimum of two days a week, just 10 minutes each day (four days a week for maximum results). And if you want to build a lot of muscle, you can do that too! How is this possible? By increasing the intensity, you can exercise in a VERY brief period of time.

HIIT Training and Tabata Training
The science behind HIIT and Tabata training is extremely well grounded. These efficient methods help you get stronger and more fit in the shortest amount of time possible. In fact, a recent study conducted at McMaster University in Hamilton, Ontario shows that sprinting for 20 seconds, resting for one minute, and then repeating this two more times (one minute of exercise) provides the same amount of fat loss as 45 MINUTES of walking. Now that’s efficient!

Example: You could use this method to do push-ups for a total of four minutes. How? By doing push-ups for 10 seconds, resting for 20 seconds, and then repeating that pattern until finished. This exercise-rest cycle promotes very large releases of growth hormones, which is the most efficient way to train your body.\(^6\)
Isometric Training

There’s no actual movement in isometric training. You simply apply pressure to the muscle over a given period of time (holding a position). The higher the pressure you apply (weight), the shorter amount of time you need to hold the position.

Just how short? Using resistance bands, which can apply a significant amount of pressure to a muscle (over 100 pounds), a given exercise only lasts 7 - 10 seconds! This means that in less than 10 minutes you can get a full body workout. In fact, if you perform the exercise correctly, you shouldn’t be able to do it more than two days a week.
WINFIT PATCH

For daytime use, the WinFit patch is designed to help you lose fat and build muscle. Because your metabolism is “shifting gears” to build new muscle, you need lots of energy (fat) and fuel (food). This is one of the main reasons there are NO calorie restrictions with the WinFit system.
EATING WINDOW

Eating whole, nutritious foods within a daily eight-hour window keeps your body in a steady, fat-burning state and maximizes muscle growth. So there’s ONE main rule you need to follow to succeed: only eat during an eight-hour window each day. That’s it! Just eat your breakfast, lunch and dinner during an eight-hour period, and DO NOT consume any food or calories during the other 16 hours, and you’ll succeed.

The eight-hour eating windows enhance insulin response and stability, while keeping blood sugar at an optimal level and increasing and sustaining energy. This, in turn, improves fat burning in the body. Studies also show that this approach elevates growth hormone levels in the morning, leading to improved Body Mass Index (BMI).
THETA NUTRITION®

Theta One®

For nighttime use, Theta One contains 3.5 grams of L-arginine per stick, which has been shown in published studies to increase human growth hormone levels. This is important because growth hormone is another important factor for rapidly building strength and reducing body fat. There are two “biological windows” for growth hormone release: one is first thing in the morning (a mild increase) and one in the evening just before bed (a large increase). So by drinking Theta One at night, you compound the natural release of growth hormone in your body.

Theta Activate®

Theta Activate increases the absorption of nutrients provided by Theta One throughout the day. As a result, more of these nutrients enter the cells. Theta Activate then speeds up the cells’ metabolism for fast results you can feel.
Y-AGE CARNOSINE PATCH

For nighttime use, the Y-Age Carnosine patch improves strength and flexibility and increases stamina. This helps the body perform at an optimal level, leading to enhanced athletic performance. Just how effective is this patch? In a study conducted by Dr. Lisa Tully, participants experienced a whopping 125 percent increase in stamina!

(5) Berlin’s Franz-Volhard Clinical Research Center
(6) A 2003 study published in the journal Sports Medicine found that “exercise intensity above lactate threshold and for a minimum of 10 minutes appears to elicit the greatest stimulus to the secretion of Human Growth Hormone.”

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
INSTRUCTIONS FOR USE

Hydration

Drink approximately 16 ounces of water, right after you wake up. It’s also okay to consume coffee or a caffeinated beverage before or during exercise.

Exercise Window

PLEASE NOTE: If you have more than 30 pounds (14 kilos) to lose, we recommend NOT starting with our exercise programs for the first two or three weeks, as it’s too big of a swing for your metabolism. Instead, start by simply walking 10 – 30 minutes each morning. If you want to accelerate results, walk an additional 10 – 30 minutes in the evening.
HIIT Training and Tabata Training (Minimum of Once Weekly for 10 minutes):

Exercise a minimum of two days a week, for 10 minutes each day (one day of HIIT/ Tabata training and one day of isometric exercise). To boost your results, double the amount of exercise (two days of HIIT training and two days of isometric training exercise per week).

• Warm up and stretch for a few minutes before starting.
• Example: Do push-ups for 10 seconds, rest for 20 seconds, and then repeat that pattern for four minutes.

Other HIIT and Tabata Exercises May Include:
• Jumping jacks
• Running up and down stairs
• Jogging (or sprinting) in place
• Using a punching bag and more

Isometric Training (Minimum of Once Weekly for 10 Minutes)
• Warm up and stretch for a few minutes before starting.
• Use resistance bands to apply pressure to the muscle (hold a position).
• Repeat this process, using 10-second exercises.
• Get a full-body workout in less than 10 minutes.
WinFit Patch

The WinFit patch should be worn throughout the day (remove it in the evening before applying the Y-Age Carnosine patch). You may use either the Energy Enhancer patches OR the IceWave patches with the WinFit patch. You can also use Y-Age Aeon and Y-Age Glutathione with the WinFit patch.

Each morning, apply the patch to clean, dry skin at ONE of the following locations:

- Back of the Neck
- Middle of the Chest
- Below the Belly Button

Eating Window

Eat only during an eight-hour period.

Eating during an eight-hour window and then not eating for 16 hours allows the body to tear down old tissue and build new tissue. This also keeps your body in a steady state of anabolic metabolism, as well as giving the liver and kidneys the opportunity to rest, detox and recover.
EATING RECOMMENDATIONS

Make dinner the biggest meal of the day.
The body needs protein to build new muscle and make hormones, both of which occur in the evening.

Avoid processed foods.
It’s best to reduce or eliminate sugar, processed foods, refined carbohydrates (e.g. bread, pasta, cereal, baked items) and grains. Example of a recommended meal: salmon with broccoli is a perfect dinner choice.

Eliminate sugar or anything that converts to sugar.
If your body uses sugar for fuel you’ll burn less fat, so this is the best approach for fast results.

Eat healthy carbohydrates.
Your body needs them to build muscle. Example of a recommended meal: steak with broccoli and a baked potato with butter is a perfectly acceptable dinner.

Limit caffeine consumption.
Only consume caffeine before or during exercise, but not after exercise, because it interferes with muscle building.

Great Tips to Live By

Alcohol: Stay away from beer (refined carbohydrates); however wine and other alcohol are acceptable in moderation. If you plan to consume alcohol, we recommend keeping it to one day a week.
**Snacking:** Healthy snack examples include nuts, veggies, avocados, hummus and berries (especially goji berries).

**Protein Shake:** If you want to build more muscle, drink a protein shake (20 - 50 grams) for the first meal of the day. For best results, we recommend using protein powder, as it has more branch chain amino acids and will help facilitate better increases in muscle growth.

**Beverages:** Any non-calorie, decaffeinated beverage (e.g. water, decaffeinated tea, Vitamin Water Zero, etc.) is okay to drink at any time throughout the day.

**Coconut Oil:** Take a few tablespoons a day to help you feel full.

**Here are a few sample meals using the ingredient options listed on the right:**
- Poached salmon with 1/2 of an avocado, 1/2 plate of mixed vegetables cooked in 1 - 2 tablespoons of coconut oil
- Steak, mashed cauliflower with butter and seasonings, a side of sautéed kale
- Dark meat turkey burger, 1/2 cup of asparagus, 1/2 cup of sautéed onions and peppers, a pat of butter on vegetables
PROTEIN

Bacon (from pastured pork), Beef, Bison, Buffalo, Chicken,
Clams, Cod, Crabmeat, Duck, Eggs, Flounder, Halibut, Herring,
Lamb, Lobster, Mussels, Ostrich, Oysters, Pasture-raised pork,
Salmon, Sardines, Sashimi, Scallops, Shrimp, Sole, Trout, Tuna,
Turkey, Veal, Venison

VEGETABLES/ FIBER

Artichokes, Bok Choy, Broccoli, Brussels sprouts, Cabbage,
Carrots (2 per day), Cauliflower, Celery, Chard, Collard greens,
Green beans, Kale, Mushrooms, Onions, Pumpkin, Scallions
or green onions, Snow peas/Snap peas, Spaghetti squash,
Spinach, Tomatoes, Zucchini

FATS

Avocado, Avocado oil, Butter, Coconut oil, Flax oil
(salad dressing only), Macadamia nut oil, Nuts
(about 1 ounce a day), Olive oil, Palm oil,
Sesame oil (limited), Walnut oil (salad dressing)
Y-Age Carnosine Patch

Strictly for nighttime use, this patch should be worn throughout the night (remove it in the morning before applying the WinFit patch). You may use EITHER Silent Nights or the Alavida patch with the Y-Age Carnosine patch, but not both.

Each evening, apply the Y-Age Carnosine patch to clean, dry skin at ONE of the following locations:

Back of the Neck

Inside Right Wrist Crease
Theta One and Theta Activate

About 30 minutes before going to sleep at night, mix two sticks of Theta One and two droppers of Theta Activate into 16 ounces of water and drink.

Without Theta Activate

Without a delivery system like Theta Activate, less essential nutrients enter the cells.

With Theta Activate

Theta Activate increases absorption, which allows more of Theta One’s nutrients to enter the cells and speeds up the cells’ metabolism for rapid results.
Protein Intake

Muscle gain is easily controlled by the amount of protein you consume. 100 grams or more of daily protein (depending on body weight and desired goal) will help support significant increases in muscle in a very short period of time. To boost results, drink a protein shake with about 40 grams of protein, as a meal replacement in the morning. You can also add three to six grams of creatine and five grams of glutamine per day.

As muscle building is almost exclusively dependent upon the presence of branch-chained amino acids (BCAAs), protein supplementation is the obvious choice; it naturally contains the most leucine, isoleucine and valine of any natural protein.
Exercise Window

To accelerate your results, do four days a week of HIIT/Tabata training and isometric training. You can also walk an additional 10 – 30 minutes in the evening. Not everyone will feel ready to increase their HIIT/Tabata training and isometric training, but those who are should expect even greater benefits. Especially when you consider the study conducted at McMaster University (see the System Components and Sequence section). Its results show that exercising in short-bursts, followed by brief resting intervals, provides the same amount of fat loss as 45 minutes of walking.

Training Videos

As an added value for purchasing WinFit, you get access to exclusive training videos, coached by a world-champion fitness professional. They include easy-to-follow instructions that keep you on track to achieve your goals. For best results, view the videos while you do your weekly HIIT/Tabata and isometric training.
TOOLS FOR SUCCESS

The following success tools are included in your WinFit System box:

Daily Checklist

What did you do TODAY that brings you one step closer to your goal? This handy checklist helps you track your progress throughout the week.

MONDAY
- Drink water
- Exercise
- Wear WinFit patch
- Eat within 8-hour window
- Drink Theta One/Activate Carnosine patch

TUESDAY
- Drink water
- Exercise
- Wear WinFit patch
- Eat within 8-hour window
- Drink Theta One/Activate Carnosine patch

WEDNESDAY
- Drink water
- Exercise
- Wear WinFit patch
- Eat within 8-hour window
- Drink Theta One/Activate Carnosine patch

THURSDAY
- Drink water
- Exercise
- Wear WinFit patch
- Eat within 8-hour window
- Drink Theta One/Activate Carnosine patch

FRIDAY
- Drink water
- Exercise
- Wear WinFit patch
- Eat within 8-hour window
- Drink Theta One/Activate Carnosine patch

SATURDAY
- Drink water
- Exercise
- Wear WinFit patch
- Eat within 8-hour window
- Drink Theta One/Activate Carnosine patch

SUNDAY
- Drink water
- Exercise
- Wear WinFit patch
- Eat within 8-hour window
- Drink Theta One/Activate Carnosine patch

WEEKLY MEASUREMENT TRACKING:
- Weight: ____________
- Height: ____________
- Hips: ______________
- Thigh: ____________
- Waist: ____________
- Bicep: ____________
BEFORE AND AFTER PHOTOS

The best way to monitor your progress, and a great way to stay motivated and inspired with WinFit. Be sure to wear a swimsuit or underwear, so you can see where you’re improving and where you need work.

Take your first series of photos prior to day one, following these easy steps:

- For best results, have another person take the photos
- Use a plain background if possible
- Take a few front shots with your hands on your hips
- Take a few side shots, with your hands at your sides
- Take a few back shots with your hands on your hips
- To chart your visual progress, repeat this process on a weekly basis

BEFORE AND AFTER BODY MEASUREMENTS

The proof is in the numbers, so don’t be shy about measuring your results.

Sample Schedule

Timing and sequence are essential to your success. This sheet includes three Eating Window examples, along with helpful notes and tips.