A woman with dark hair, wearing a teal long-sleeved top, is shown from the waist up, stretching her arms behind her head. She is looking off to the side with a slight smile. The background is a blurred outdoor setting with trees and sunlight filtering through the leaves. On the left side of the image, there is a vertical column of light blue triangles of varying sizes, some solid and some outlined, arranged in a pattern that tapers towards the top.

**THE  
MODERE BODY  
TRANSFORMATION  
PROGRAMME  
GUIDE**

**MÖDERE**

# Congratulations on starting your journey towards a healthier lifestyle

This guide is here to accompany you on your journey towards healthier eating habits\*, more physical activity\* and a little extra help from the Modere Body Transformation System.

It includes tracking tools, nutritional tips, fitness routines and more information about our products—all designed to help you stay on track, and support you in achieving your goals.

If you are looking for even more support, then join our Modere Body Transformation community on Facebook where you'll find really useful resources such as instructional videos, delicious recipes and inspiring stories! You'll also get the chance to share your story and interact with other like-minded people who are also on the Modere Transformation Programme.

---

\* Please always remember to check with your doctor before embarking on any new dietary or exercise programme.



# Are you ready to start your transformation?

Your purchase of the Modere Body Transformation System is a pivotal first step towards achieving your goals.

When it comes to reaching your goal size, it shouldn't be about the number you see on the scales. What really matters is the way you feel and your overall level of health, which is often determined by body composition—more specifically, the ratio of fat to muscle in your body.

That's where our trio of products that compose the Modere Body Transformation System—Activate, Ignite and Trim—come in.

Together, these three scientifically designed products can optimise and complement any nutritional, exercise or weight management plan, making them the perfect companion to this programme.

In short, you're about to experience a new way to achieve the goals you have set for yourself.

And it's simple too if you follow these three principles:

- ▲ **TAKE 3 PRODUCTS**
- ▲ **MAKE 3 CHANGES**
- ▲ **FOR 3 MONTHS**

## TAKE 3 PRODUCTS



**Activate:** Is a monthly, 3-day cleanse designed to kick-start your digestive system with ginger root which contributes to normal digestive function. When your digestive system gets sluggish, so can you. Diet, exercise and avoiding stress are good places to start, but sometimes a little extra support each month can help too. Use Activate for three consecutive days at the beginning of each month you use the Body Transformation System.



**Ignite:** A powerful, science-backed formula designed to complement any diet and exercise programme. This vegan, dairy-free formula is crafted with a blend of citrus extracts and guarana, plus l-carnitine and plant-derived caffeine. The guarana seed in Ignite contributes to fat metabolism and weight control. This combined with Camellia sinensis, which supports resting metabolic rate and energy expenditure, provides a truly unique way to optimise any diet and exercise program.



**Trim:** A robust combination of CLA (conjugated linoleic acid) and multi-patented Liquid BioCell™ technology. Liquid BioCell introduces a highly absorbable form of type II collagen<sup>1</sup> into the body to support skin's hydration, elasticity and firmness. CLA, contributes to the maintenance of normal blood cholesterol levels<sup>2</sup>. Trim is available in 3 delicious flavours: Chocolate, Coconut Lime and Vanilla.

<sup>1</sup> Formulated exclusively with Liquid BioCell™.

<sup>2</sup> Linoleic acid contributes to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 10g of CLA.



Please always read the product label prior to use.

From time to time we update our packaging and formulations, so you may notice minor differences in the product you receive. Please see [www.modere.eu](http://www.modere.eu) or [www.modere.co.uk](http://www.modere.co.uk) for the latest information.

## MAKE 3 LIFESTYLE CHANGES

### CHOOSE AT LEAST 3 OF THESE LIFESTYLE CHANGES EACH DAY

---



**Drink a minimum  
1.5 litres of water**



**Avoid  
sugary drinks\***



**Walk a minimum of  
7,500 steps**



**Avoid fried  
foods\***



**Avoid refined  
carbohydrates\***

\*to reduce calories

By incorporating Activate, Ignite and Trim into your routine and committing to making a minimum of three lifestyle changes each day, you're choosing to take charge of your body and maximise your results, so you can look and feel your best!

## TRACK YOUR LIFESTYLE CHANGES

---

WEEK	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<b>Did you take your Modere Body Transformation System products?</b>	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
<b>How many lifestyle changes have you made today?</b>	1 2 3 4 5 more		1 2 3 4 5 more		1 2 3 4 5 more		1 2 3 4 5 more		1 2 3 4 5 more		1 2 3 4 5 more		1 2 3 4 5 more	
<b>Rate your energy levels.</b>	1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5	
<b>Rate your mood.</b>	1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5		1 2 3 4 5	
<b>Do you feel better overall?</b>	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N

Download your weekly tracker in the Modere Body Transformation community on Facebook



## A SIMPLE GUIDE TO EATING WELL

---

The Modere Body Transformation Programme slots conveniently into your daily life.

If you wish to see results, ideally you must consume fewer calories and increase your physical activity. In theory this sounds simple enough, but managing your daily food intake can be quite challenging.

Take some time to consider how balanced your diet is and the types of foods and nutrients you include in your meals. Use the tips opposite as a guide to ensure your meals provide everything that your body needs.

---

\*Please always remember to check with your doctor before embarking on any new dietary or exercise programme.



## KEEPING IT BALANCED

---



**Fresh fruits:** 2-3 portions per day (1 portion is the size of an orange). The key is to include a variety of different fruits.



**Fresh or frozen vegetables:** 2-3 portions a day. As soup or salad, cooked or raw, at least half of your main meal should be filled with vegetables. The more colourful the plate, the better.



**Healthy carbohydrates:** Replace those refined carbs in every meal and opt for wholegrains (for example brown bread, wholegrain pasta, brown rice) or potatoes, oats and pulses.



**Protein:** Include a protein source in each meal:

- Meat and alternatives: poultry, fish, lean cuts of pork, beef and lamb, eggs, pulses, tofu.
- Dairy (or non-dairy alternatives): including milk, yoghurts and cheeses, but beware of fat content.



**Fats:** choose healthy fats for cooking (such as olive oil, sunflower oil) and use in moderation (1 tablespoon = ±90 calories), limit salad dressings, cream, sauces and fat spreads

If you're part of the Modere Body Transformation community on Facebook, you'll find some great recipe ideas that are designed on these principles.

## A SIMPLE EXERCISE GUIDE

---

It's important to include physical activity into your lifestyle not only to burn calories, but also to improve your overall health. Here are some of the main exercise types and their general benefits:



**Cardio:** Exercises which speed up your heart rate and breathing, giving your heart and lungs a workout and increasing endurance. These exercises include brisk walking, swimming, jogging, cycling, dancing or classes like aerobics.



**Strength:** This helps to build muscle mass, endurance and strength. Strength training boosts your metabolism by increasing muscle mass and burning fat. Exercises can include squats, push-ups, lunges, and workouts involving resistance from a weight, a band or a weight machine.



**Circuit:** A style of workout where you go through several exercises targeting different muscle groups with minimal rest in between. This enables you to combine strength and cardio exercise, benefiting from both increased endurance and building muscle. It's a great way to maximise overall results in a minimum amount of time.



**Core:** Core muscles create a solid base for your body. Challenging your core not only improves balance and functional movement, but it creates that toned look that so many people seek. These exercises include crunches, plank, mountain climbers, sit-ups or leg-raises.



**Recovery:** This is the time that the body adapts to the stress of exercise and the real training effect takes place. Think of it as the days when you can let your body rest. Choose gentle exercise such as a leisurely walk or stretching.

## YOUR WEEKLY EXERCISE PLAN

---

To start (and to help you maintain) a new exercise programme, we recommend creating a schedule with the types of exercise you wish to include for each day of the week. The frequency and intensity of your exercise will of course depend on your current activity levels and your objectives. However, no matter what your level is, make sure you include at least 1-2 days of recovery each week and a minimum of 25-30 minutes of exercise on each workout day.

We've suggested a 5-week schedule which includes a combination of Cardio, Strength, Circuit, Core and Recovery days. You can then repeat or intensify depending on your specific goals. You can find workout videos specific to each of these exercise categories in the Modere Body Transformation community on Facebook.

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>WEEK 1</b>	Cardio	Strength	Recovery	Circuit	Strength	Core	Recovery
<b>WEEK 2</b>	Cardio	Strength	Recovery	Circuit	Strength	Core	Recovery
<b>WEEK 3</b>	Cardio	Strength	Recovery	Circuit	Strength	Core	Recovery
<b>WEEK 4</b>	Cardio	Strength	Recovery	Circuit	Strength	Core	Recovery
<b>WEEK 5</b>	Cardio	Strength	Recovery	Circuit	Strength	Core	Recovery

---

Please always remember to check with your doctor before embarking on any new dietary or exercise programme.

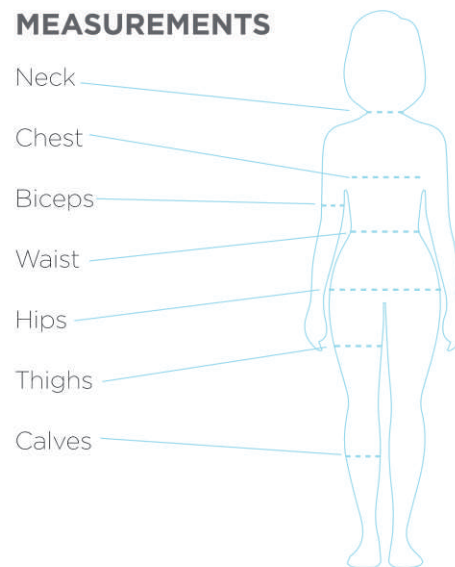
## TRACK YOUR RESULTS

---

Before you get started, don't forget to take pictures and measurements. By documenting your progress every week, you'll notice even subtle changes that are sure to motivate and encourage you to keep going.

DATE:					
	START	WEEK 1	WEEK 2	WEEK 3	WEEK 4
NECK					
CHEST					
L BICEP / R BICEP	/	/	/	/	/
WAIST					
HIPS					
L THIGH / R THIGH	/	/	/	/	/
L CALF / R CALF	/	/	/	/	/

## MEASUREMENTS

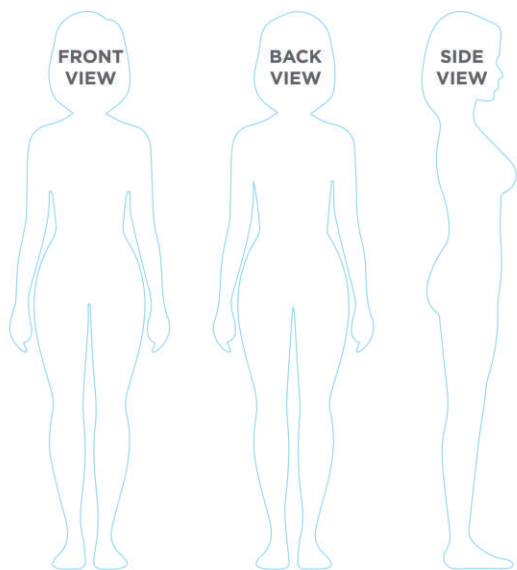


Download your weekly tracker in the Modere Body Transformation community on Facebook.

## BEFORE & AFTER PICTURES

---

Set up your photos using the same clothing, background, lighting and poses each week so it's easier to compare and track your progress!



### Tips for taking credible Before and After photos

- **DATE YOUR PICTURES:** Make sure you date or timestamp your pictures. This will allow you to keep a record of your progress.
- **DRESS AND POSE APPROPRIATELY:** Wear fitted clothing to best demonstrate your overall transformation. Maintain a neutral posture in both photos: don't suck anything in and stand up straight.
- **REQUEST HELP:** Selfies will not capture the details you want to document for your picture. Use a tripod and an auto-timer on your camera, or ask a friend to stand in as your photographer.
- **LOCATION, LOCATION, LOCATION:** We recommend you pose in front of a blank, solid-coloured wall. Be sure to choose a location where you will be able to recreate the same conditions for future photos that track your progress.
- **TAKE MULTIPLE PHOTOS:** Make sure you capture every angle with these pictures. Take enough photos to show your body clearly from the front, the back and the side. The more pictures you take, the better.
- **BE CONSISTENT:** Remember to take progress photos at regular intervals throughout your transformation journey. This will help to highlight the changes from one photo to the next even more clearly.

## ADDITIONAL PRODUCTS TO SUPPORT YOUR MODERE BODY TRANSFORMATION JOURNEY



### White Kidney Bean

White Kidney Bean is developed with plant extracts to provide an easy and convenient way to support a healthy meal plan. Although carbohydrates are an important nutritional source for energy production, their proliferation in our diet and a tendency to over indulge too often may lead to weight gain.



### Fiber

Moderne Fiber increases satiety between meals. Fibre blend includes psyllium husk, cellulose and guar gum and provides an easy, convenient way to stay on top of your fibre intake.



### Chitosan

Chitosan combined with vitamin C and prebiotics. Chitosan is an amino polysaccharide. Vitamin C contributes to normal energy-yielding metabolism. This can be of great benefit if you are adjusting your dietary regime.



### Acai Boost

Acai Boost is infused with our proprietary valuable blend to get you on your feet. Supercharged with brazilian açai berries, green tea extract, fruit juices, guarana, and vitamin B1.

## ADDITIONAL PRODUCTS TO NOURISH YOUR BODY EVERY DAY



### Mineral Solutions

Take in a quick shot of our popular liquid nutritional formula. Mineral Solutions combines minerals, B-vitamins, amino acids and fruit extracts into every serving.



### Omega-3

Our Omega-3 formula includes a balance of DHA and EPA fatty acids. EPA and DHA contribute to the normal function of the heart. DHA contributes to maintenance of normal brain function and normal vision.



### Protozymes

Protozymes supports the growth of friendly bacteria by crowding out harmful bacteria and restoring balance in the gut. Each capsule contains five strains of friendly bacteria, around 2.88 billion\* live cells.

\*Minimum 8 billion viable cells per gram at point of manufacture.



### Green Qi

Proprietary blend combining spirulina and chlorella, fruit and berry extracts, herbs and grasses. Green Qi supplies your body with a multitude of fruit and vegetable ingredients rich in nutrients.



## THANK YOU FOR PURCHASING THE MODERE BODY TRANSFORMATION SYSTEM

We hope that you enjoy being part of the Modere Body Transformation Programme, and that you find this guide and the community useful in supporting your efforts, tracking your progress and achieving your goals!

We have one final tip for you:



**MAKE THE MOST OF OUR SMARTSHIP™ & SAVE PROGRAMME!**

Did you know you could make savings each month if you purchase your Modere Body Transformation System with a SmartShip subscription?

If you purchase your next one via SmartShip then you could save at least 5% on that System price. If you add more items to that SmartShip order then you could make additional savings.

### FOLLOW US ON SOCIAL MEDIA



Modere Europe BVBA Telecomlaan 9 (B5), 1831 Diegem, Belgium  
A company registered in Belgium | Website [www.modere.eu](http://www.modere.eu) or [www.modere.co.uk](http://www.modere.co.uk)  
VAT Number BE 0893.292.596 | No de SIRET 507563013 00014

SAL-00675ENG  
Version 06/20



For more information including SmartShip Terms and Conditions see [www.modere.eu/smartship](http://www.modere.eu/smartship)