

# ATHLETES

## General Tips as You Begin

- Be sure to introduce yourself and the class, even if you think everyone already knows. How long will the class be and what can the participant expect?
- If the room is small enough, have everyone introduce themselves with their name, where they are from, and a fun fact.
- Be sure to pause and ask for questions regularly throughout the class. If you do not know an answer, say so, and ask if anyone in the audience knows.
- If people are falling asleep, make them stand up and move around. Ask them to teach each other and get them chatting.
- Feel free to adapt the language to make it sound more like you!

## Essential Rewards Meeting Prep Order

- Any selection of the following products.
  - Sulfurzyme
  - Agilease
  - Cool Azul Pain Cream
  - PanAway
  - Relieve It
  - Deep Relief
  - Wintergreen
  - Lavender Shampoo
  - Lavender Conditioner
  - Morning Start Body Wash
  - Lavender Lip Balm
  - Thieves Spray
  - Thieves Waterless Hand Purifier
  - Motivation
  - Transformation
  - Fitness
  - Slique Essence
  - Peppermint Vitality
  - Slique Bars
  - NingXia Zyng
  - NingXia Nitro



## Preparations

- Before Meeting Snacks
  - Zyng Punch
    - For each person mix:
      - 1 can of Zyng
      - 1 shot of Nitro
      - 1 drop of Citrus Fresh

## Compliance Tips

- This class is simple to keep compliant as the product claims are easy to understand and easily applicable to many people's health. However, people do sometimes ask questions about diseases directly, and just be sure to redirect these.

## Slide 1

- Thank you so much for coming to learn more about how Young Living products. Tonight, we will be here for about an hour, and we will be reviewing Young Living products for athletes. I love how many products that we have to support fitness routines.
- My name is XXX and I am a XXX leader with Young Living. [Share personal stories: when did you join Young Living? What makes you excited to share Young Living? Are you an athlete? What made you pick this topic to share? Which of these products do you use each day and why?]

## Slide 2

- This presentation is divided into 4 sections: first we will be going through products for before a workout, then during a workout, after a workout and finally daily support for athletes.

## Slide 3

- Let's start with our before workout routine.

## Slide 4

- First, deodorant. No one wants to be 'that guy' in a workout class who brings a healthy dose of BO, so most of us choose to use deodorant. But, many deodorants are laden with potentially harmful ingredients such as aluminum, parabens, propylene glycol, and triclosan, which all may cause harm to the body such as endocrine disruption, skin allergies, neurotoxicity, or even cancers.



- Young Living's deodorant provides cleaner alternative to commercial deodorant. It is free of propylene glycol, aluminum salts, triclosan, parabens, formaldehyde, steareths, and BHT.
- The base of the deodorant is coconut oil, beeswax, and zinc oxide.
- There are two options to choose from: Mountain Mint and Meadow Mist.
- The Mountain Mint contains Clove, Lemon, Peppermint, Rosemary, Eucalyptus and White Fir essential oils and has a kick of extra moisture from Vitamin E. Meadow Mist deodorants contains lemon, geranium, rosemary, coriander, lavender, bergamot, niaouli, ylang ylang, and tea tree essential oil.

## Slide 5

- The next product to review is NingXia Nitro. Nitro is a product that can be a game changer for a lot of people because it has ingredients that support both the body and the mind.
- This is the perfect pick me up during the afternoon, a great supplement to take to the gym, and the small size of it makes it convenient to take on travels.
- The powerful ingredients in NingXia Nitro give it the power to reboot your day without the risk of a big sugar crash.

## Slide 6

- NingXia Nitro contains a potent mind body blend.
- The juice in NingXia Nitro is a blend of wolfberry, strawberry, cherry, bilberry, raspberry, kiwi and more, and it contains a blend of essential oils and fatty oils like vanilla and chocolate, yerba mate, peppermint, spearmint and nutmeg.
- You also have Korean ginseng which has been used for centuries to enhance cognition, about 35 mg of naturally occurring caffeine from green tea extract, mulberry leaf extract which supports a healthy fitness routine, a blend of B-vitamins that supports cognitive fitness, and a very special ingredient called Bioenergy Ribose.

## Slide 7

- Bioenergy Ribose is a special sugar that helps your body to build a powerful molecule called ATP. ATP is the energy currency of the body, and every time you take a breath or flex a muscle, it is dependent on the action of ATP. The ATP molecule is built in three parts: you have the base on one end, and 3 phosphate groups on the other; then in the center you have this special ribose sugar. The ribose in Bioenergy Ribose is in the correct 'd' formation, meaning that it can easily be incorporated into the ATP structure. This ingredient is certified non-GMO,



Kosher and Halal certified, is generally recognized as safe by the Food and Drug Administration of the US, and it is over 99% pure ribose making it the highest quality on the market.

- Let's pass around some Nitro for everyone to try! [If this is an evening meeting, you may encourage people to save for the following morning, and you can give them a call and see how they feel the next day.]

## Slide 8

- Now let's move on to NingXia Zyng. Zyng provides you with hydrating energy and is the perfect alternative to sugary sodas. It only has 8 grams of sugar and 35 calories per can versus 49 grams of sugar in the average soda.
- Zyng contains 35 mg of caffeine from white tea extract a blend of wolfberry, blackberry and pear juice, and it is sweetened with organic cane juice and stevia.
- It also contains vitamins A, E, and B5 and B3 to give even a further boost of energy.
- There is a blend of Lime and Black Pepper Essential oils that balance the sweetness of the wolfberry puree and provide powerful antioxidant ingredients.
- NingXia Zyng contains no artificial colors or flavors, and no preservatives.
- Everyone now gets to try a bit of the Zyng. I love to add additional flavors to Zyng—it is great with a bit of Nitro or NingXia Red added to it, and it is extra delicious with a drop of Jade Lemon Vitality added in. [Again, adapt this with your favorite recipes.]

## Slide 9

- To support any weight-management plan, Slique Bars take a dual approach to empower your success. This dual-target satiety approach and medley of exotic fruits, nuts, and potato skin extract create a nutritious, stimulant-free snack to help you feel fuller, longer.
- First, a mix of exotic nuts and berries, featuring baru nuts, goldenberries, and wolfberries delivers delicious taste and promotes fullness when combined with protein and high levels of fiber.
- Next, Slique Bars include potato skin extract that, when ingested, triggers the release of CCK (cholecystokinin (KOL-e-CYST-e-KIN-in) in the body, increasing the duration of feelings of fullness.
- CCK is a peptide hormone that is rapidly released from the small intestine after a meal. It triggers the release of digestive enzymes, and it also helps to delay gastric emptying making you feel fuller longer. Interestingly animal data suggests that the impact may be greater on older animals than younger animals, and this may indicate that older people could glean more benefit from potato skin extract than younger people.
- It also includes a blend of Cinnamon, Vanilla, and Orange essential oils that can help moderate cravings.



- Slique bars are high in fiber and gluten-free, and they contain no trans fat, and no preservatives.
- [You don't have to teach this unless someone brings it up: Q: But I am allergic to potatoes, they are nightshades and cause inflammation? Can I still use the Slique bars? A: It is up to you whether you decide to use them. I am not aware of any data that clearly demonstrates that potato skin extract can cause inflammation, but if you are concerned, that is okay; there are plenty of other Slique products out there that can support healthy weight management.]

## Slide 10

- Now let's move on and talk about what products can be used during a workout.

## Slide 11

- Essential oils are a great way to inspire your workout. Motivation is excellent to inhale when starting a new fitness routine. Transformation has an inspirational and minty aroma and is excellent to apply to the belly during a workout. Fitness from the Oola line, is an essential oil specifically designed to be used around the time of workouts or when starting a new routine. Add a drop of Slique Essence to water to ensure that you stay hydrated through your entire fitness routine. Peppermint Vitality can support a normal exercise routine and may increase exercise capacity when taken as a dietary supplement.

## Slide 12

- I already mentioned the importance of staying hydrated. Exercise increases water loss, and it is critically important to replenish what is lost.
- Staying hydrated flushes out toxins that are released when working out. Drink plenty of water 30 minutes before working out and 4-6 ounces for every 30 minutes of exercise. You can add Lemon, Grapefruit or Lime Vitality to your water as well.

## Slide 13

- Gyms can be gross places, and I love to keep a couple of Thieves products in my gym bag. Thieves Spray is a great way to clean gym equipment before and after use, and it is also can refresh stinky gym shoes, cleats or bags. Thieves Waterless Hand Purifier can be used on your hands after touching dirty gym equipment. These are so small and convenient, they are easy to slip into your on the go workout bag.

## Slide 14

- Once we are finished working out, it is necessary to replenish lost water and nutrients. You can also use Young Living products to refresh and get ready to head back to the office, dinner, or to pick up the kids.



## Slide 15

- At the end of a workout, stretching can help to lengthen muscles and improve range of motion. Adding in essential oils that are high in wintergreen or peppermint can add a soothing aromatic experience. You can also create a muscle rub using coconut oil, shea butter, and essential oils of your choice.

## Slide 16

- Young Living offers an entire line of personal care products, and they can be cleaner alternatives to the products offered in the gym. Wash hair with the Lavender Shampoo and Conditioner, cleanse with the refreshing aroma of the Morning Start Bath and Shower Gel, moisturize with the mild aroma of the Genesis Lotion, and be sure lips don't get chapped using the Lavender Lip Balm.

## Slide 17

- Adding a Pure Protein Complete shake after a workout can help ensure that you are able to build lean muscle, and help muscles to recover quickly.
- Pure Protein Complete contains a blend of five high quality protein sources: whey protein, goat's milk, egg whites, peas, and organic hemp seed. This provides all amino acids including the essential amino acids that must be obtained from food as they cannot be built in the body.
- Pure Protein Complete contains a blend of ancient peat and apple extract also helps to build ATP. ATP is the energy currency of the body, and you use a lot of it during exercise. ElevATP is the brand name of the ingredient that helps raise ATP.
- One serving of Pure Protein Complete provides 25 grams of protein, about 50% of the daily recommended allowance.

## Slide 18

- Pure Protein Complete comes in two flavors: Chocolate Deluxe and Vanilla Spice.
- In addition to protein, it also provides a blend of digestive enzymes, probiotics, B vitamins, calcium, and zinc.

## Slide 19

- AminoWise is another amino acid supplement that specifically provides branched chain amino acids. These support muscle recovery, prevents muscle breakdown. The lemon-wolfberry flavored powder is added to water or a smoothie and brings with it an antioxidant punch.



## Slide 20

- Cool Azul Pain Cream is specifically designed to treat minor aches and pains in the joints or muscles, as well as pain associated with arthritis or bruises.
- It contains methyl salicylate from wintergreen essential oil that alleviates pain and menthol from peppermint essential oil that acts as a counter-irritant that distracts your brain from the pain.

## Slide 21

- To use Cool Azul Pain Cream, simply rub onto the affected area 3-4 times a day. Use caution in children as salicylates have been associated with Reye's syndrome. Also use caution in people who use blood thinning medicines, as wintergreen essential oil may increase the risk of bleeding. Talk to your doctor or pharmacist about the signs and symptoms of bleeding before using Cool Azul.

## Slide 22

- Now let's finish up with a couple of products that are great for daily support of athletes.

## Slide 23

- Let's start with Sulfurzyme. The encapsulated version contains only 2 ingredients, and wow do they pack a punch!
- First there is MSM (methylsulfonylmethane). MSM is one of the most important sulfur donating molecules, and sulfur is necessary for proper cell structure, healthy skin and nails, proper insulin function, and it builds one of the body's most important detoxifying compounds (glutathione).
- Sulfurzyme helps support joint health and helps to speed recovery and soothe inflammation after exercise.
- Wolfberry contains trace minerals and coenzymes that help sulfur to come together in proper structures in the body. Wolfberry and sulfur work hand in hand.

## Slide 24

- AgilEase is a supplement that reduces inflammation and supports joint health, and protects joint and cartilage health
- This is not only beneficial for athletes, but also anyone who may be concerned about healthy aging. As we age or workout, we may experience a natural, acute inflammation response in joints and AgilEase can help healthy individuals gain greater mobility and flexibility through the reduction of inflammation.



## Slide 25

- It contains unique and powerful ingredients such as frankincense powder, undenatured type 2 collagen, hyaluronic acid, calcium fructoborate, and essential oil blend of Wintergreen, Copaiba, Clove, and Northern Lights Black Spruce—oils that are known for their joint health benefits.
- For best results, take two capsules daily for joint support

## Slide 26

- The last supplement for tonight is PowerGize.
- PowerGize is infused with Blue Spruce, Goldenrod, and Cassia essential oils—is specially formulated to help individuals of all ages boost stamina and performance. With botanicals from around the world, PowerGize helps sustain energy levels, strength, mental and physical vibrancy, and vitality when used in addition to physical activity.
- PowerGize is also formulated with KSM-66, a premium ashwagandha root extract. One of the most common herbs used in Ayurvedic traditions to support the male reproductive system. It also helps maintain balanced energy levels for physical performance and endurance. Ashwagandha root helps boost stamina and enhance sports performance. When paired with physical activity, sustains energy levels, strength, and vitality. It can also help support healthy muscles, increase muscle size and strength, and enhance muscle tone and the rate of muscle recovery in men.
- Lastly, there is muira puama (mur-E-uh POO-a-ma) which has been traditionally used as an aphrodisiac in both men and women. A study of the combination of muira puama and ginkgo biloba was examined in healthy pre- and post-menopausal women. After one month of treatment, women reported more interest in sex, having more sex and orgasms, and higher satisfactions with their sexual life.

## Slide 27

- Slides for this meeting were provided by Lindsey Elmore and they can be downloaded at [www.lindseyelmore.com](http://www.lindseyelmore.com)

## Common Questions

Can any Young Living product cause a false positive on a drug test?

- Young Living products do not necessarily cause false positives on drug tests, but drug testing mechanisms give false positives answer 5-10% of the time and false negatives 10-15% of the time.

