



## A message from the Executive Team

Dear Lifestyles Distributors,

We would like to thank you for your continued support in making Lifestyles the best network Marketing Company to work for globally. As we approach the end of 2012, **we can reflect on our many successes and accomplishments towards a brighter future as we continue to build and improve on Lifestyles.**

This year, the International Leadership Conference (ILC) celebrated the many successes of our Distributors. It united friends and brought the global Lifestyles family closer together. Our theme was "believe" and it resonated well with everyone by later becoming the mantra for Lifestyles Distributors around the world. **If you "Believe in yourself" you can achieve anything.**

We also celebrated a huge milestone, our flagship product Intra turned 20 years old! Its formula unchanged since its inception, and to commemorate this special event at the ILC, we introduced a new Intra commercial, "Intra you're still the best"!

Other new and innovative business tools we introduced in 2012 to help Distributors like you build a stronger and more successful business included:

- "Drink Intra. Share Intra. Pass It On!" Intra's new commercial
- A new "Welcome to Lifestyles" video
- A Guide to Herbal Benefits
- An improved Distributor Success Guide
- An updated [www.lifestyles.net](http://www.lifestyles.net) website
- Health and Wellness with Phytonutrients and Fibre Guide
- A new Business Opportunity video and Presentation
- Mobile access to the PBC

Next year promises to be another great year for Lifestyles. We are confident that we will introduce more innovative business building tools that will help you to realize your dreams of health, wealth and the freedom to do whatever you wish.

**We encourage you to believe in your dreams, stay focus, and don't quit until you achieve them.** We would like to wish you and your family a happy and prosperous New Year! Stay safe, healthy and happy during the holiday season.



  
Paul Kramer  
Senior Vice President



  
David DeBora  
Founder, Chairman and CEO



  
Shawn DeBora  
International Director of Operations