



LTS 2025

Amway

***This Material Is For The Personal Use Of Abos Only.
The Reproduction, Modification Or Distribution Of This Material,
Including But Not Limited To The Use In Bsms And Social Media Without
Prior Written Approval From Amway Is Prohibited***



Zach Wahl

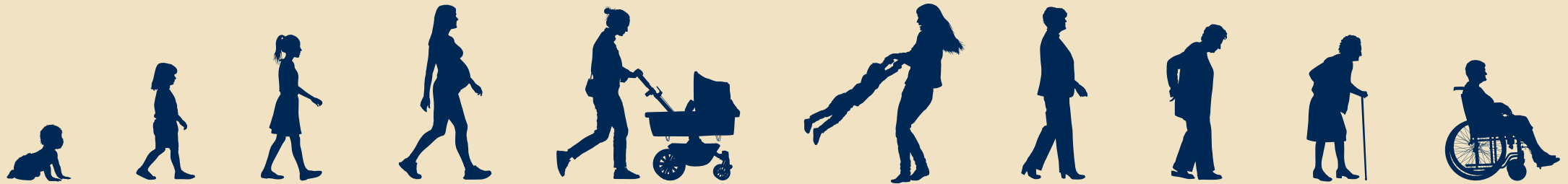
Manager – Solutions R&D

The current presentation is meant only for educational purposes,
and should not be intended as marketing material

What is Healthspan?

HEALTHSPAN is

Keeping more **Life** in your **Years** vs Adding more **Years** to your **Life**



Typical Healthspan

Declining
Capacities

Optimal Healthspan

Declining
Capacities

The journey towards Healthspan



**Protection from
Exposome** (Environment)

Air • Water • Healthy Skin
Healthy Home



**Maintain Ability
to Move**

Lean Muscle • Fitness • Mobility
Cardiovascular • Weight Management



Support Cell Function

Cellular Health



**Optimize
Nutrition**

Morning Nutrition

Gut Health

Microbiome and
Digestive Health

**Proactive
Daily Habits**



Community



Diet



Hydration



Mindfulness



Movement



Sleep



Products

Why Breakfast is essential to enhance Healthspan?



It is inversely Associated with Cardiovascular Risk Factors

It is inversely Associated with Adiposity

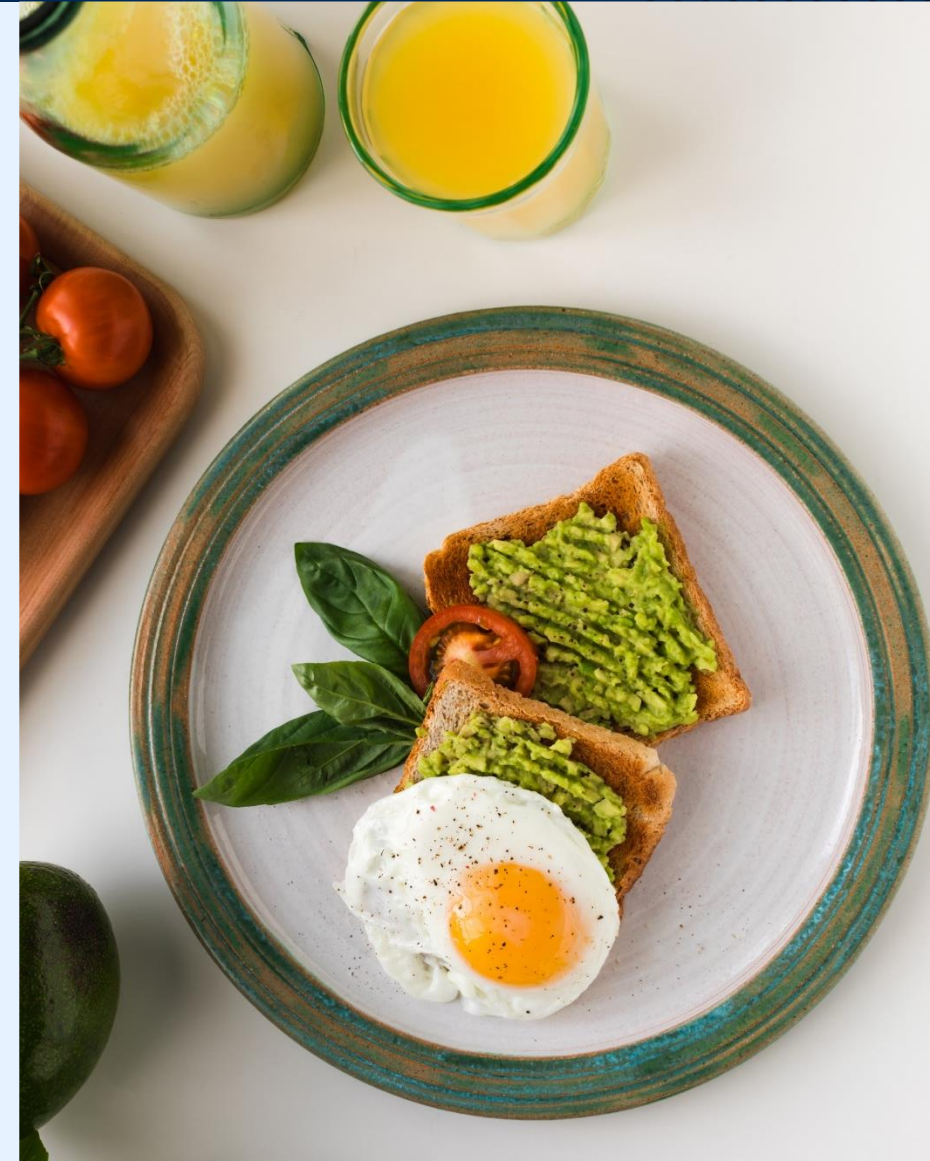
It is Positively Associated with Well-Being

Shapes Diet Quality



The benefits of a morning meal

- Establish your daily Metabolic Rhythm
- Optimize Carbohydrate Utilization
- Enhance Digestion
- Regulate Appetite



Breakfast sets the stage for the entire day



What is a good breakfast?



OR



What is a good breakfast?



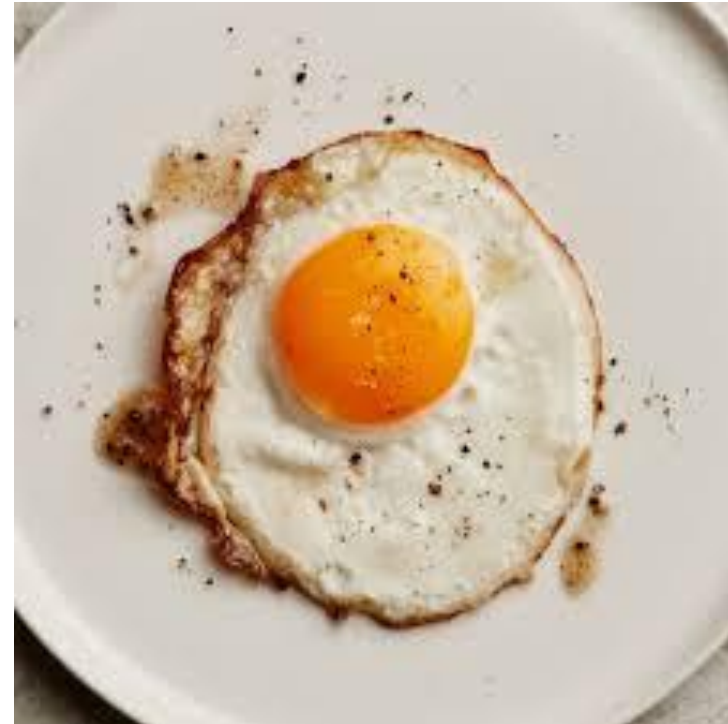
OR



What is a good breakfast?



OR



What is a good breakfast?

Provide 15% to 25% of total daily energy derived from:

- Fiber-rich whole grain foods
- Lower sugar containing fruit and vegetables
- Lean protein (15-35 g) from low-fat / fat-free dairy, dairy-alternatives, or other sources of lean protein
- Healthy fats such as omega-3 fatty acids and monounsaturated fats



Optimize morning nutrition to sustain your Healthspan journey



Protein



Fibre



Multivitamins

Scientific reference

- Breakfast consumption in Spain: Patterns, nutrient intake and quality. Findings from the ANIBES Study, a study from the International Breakfast Research Initiative. Nutrients. 2018; 10: 1324.*
7. Martinez CF, et al. Breakfast quality and its sociodemographic and psychosocial correlates among Italian children, adolescents, and adults from the Italian Nutrition & Health Survey (INHES) study. *Nutr J.* 2024; 23: 20.
8. Iqbal K, et al. Breakfast quality and cardiometabolic risk profiles in an upper middle-aged German population. *Eur J Clin Nutr.* 2017; 71: 1312-1320.
9. Pereira MA, et al. Breakfast frequency and quality may affect glycemia and appetite in adults and children. *J Nutr.* 2011; 141: 163-168.
10. di Giuseppe R, et al. Typical breakfast food consumption and risk factors for cardiovascular disease in a large sample of Italian adults. *Nutr Metab Cardiovasc Dis.* 2012; 22: 347-354.
11. Chatelan A, et al. Association between breakfast consumption and abdominal obesity in the Swiss adult population eating breakfast regularly. *Int J Behav Nutr Phys Act.* 2018; 15: 115.
12. Reeves S, et al. Breakfast habits, beliefs, and measures of health and wellbeing in a nationally representative UK sample. *Appetite.* 2013; 51-57.
13. O'Neil CE, Byrd-Bredbenner C, Hayes D, et al. The role of breakfast in health: Definition and criteria for quality breakfast. *J Acad Nutr Diet.* 2014; 114: S8-S26.
14. Giovannini M, Verduci E, Scaglioni S, et al. Breakfast: a good habit, not a repetitive custom. *J Int Med Res.* 2008; 36: 613-624.
15. Rosato V, Edefonti V, Parpinel M, et al. Energy contribution and nutrient composition of breakfast and their relation to overweight in free-living individuals. A systematic review. *Adv Nutr.* 2016; 7: 455-465.



LTS 2025

Amway

