



HealthyBodyHealthyLife  
with *Melissa Koerner*

## Module 2 - Part 9 Action Step Plan

# Top 5 Essential Supplements to Boost Your Health



Copyright © 2020, Forward Fitness 360, LLC d/b/a/ Healthy Body Healthy Life

All rights reserved. No portion of this book may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for his or her own personal use. This book may not be reproduced in any form without the written permission of the publisher, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine, newspaper or website and has written approval prior to publishing.

[HealthyBodyHealthyLife.com](http://HealthyBodyHealthyLife.com)

#### Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.

## | TOP 5 ESSENTIAL SUPPLEMENTS TO BOOST YOUR HEALTH

### ***Here's your success checklist:***

- Remember, supplements are meant to *supplement* your diet; they're only effective when taken in combination with a balanced, whole foods diet. Focus on eating a healthy diet first.
- See your Essential Supplements Guide for a complete list of recommended supplements, brands and amounts.
- Consult your physical *before* taking any supplements.