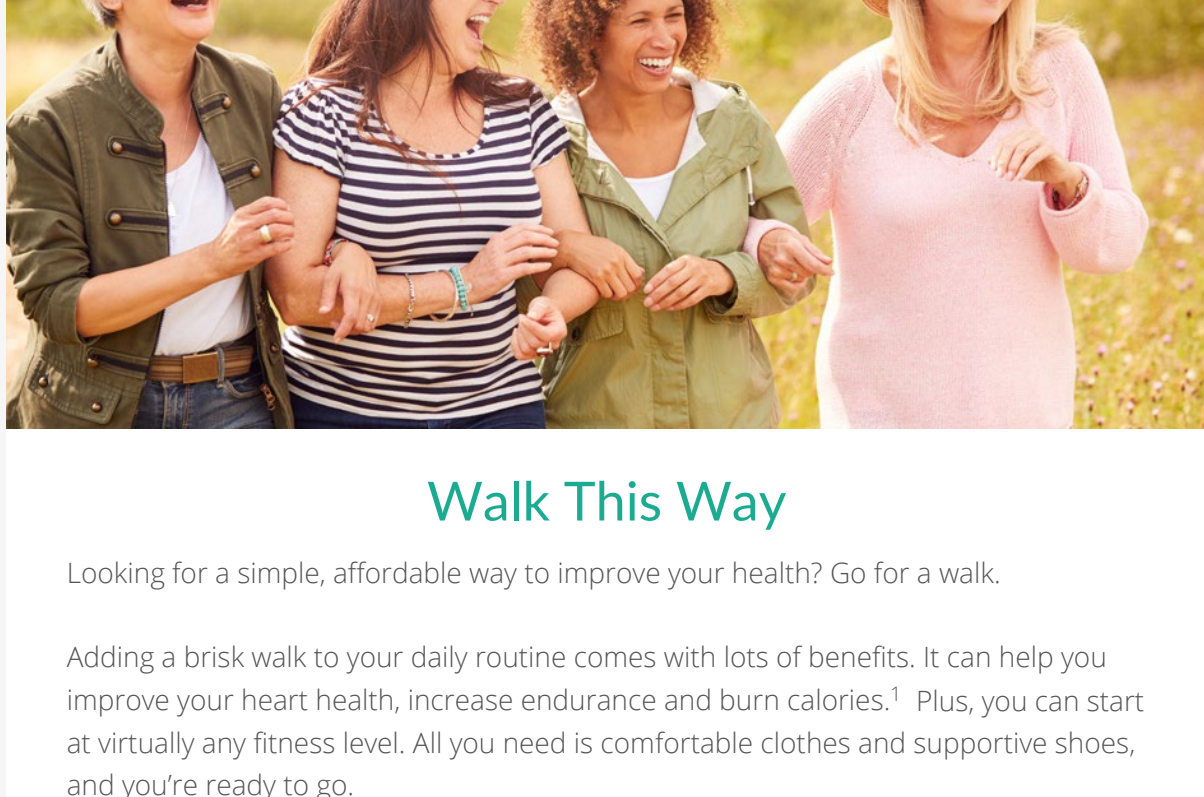




Good Science. Good Sense.

ADD WELLNESS AND WONDER TO YOUR DAY



Walk This Way

Looking for a simple, affordable way to improve your health? Go for a walk.

Adding a brisk walk to your daily routine comes with lots of benefits. It can help you improve your heart health, increase endurance and burn calories.¹ Plus, you can start at virtually any fitness level. All you need is comfortable clothes and supportive shoes, and you're ready to go.

If you're ready to walk your way to better health, here are three tips for adding more steps throughout your week:

1. **Walk while you wait.** Waiting to pick up your kids? Go for a walk around the school or practice field. Dentist running behind schedule? Walk around the parking lot while you pass the time. On hold with customer service? Pop in your earbuds and walk around the house or yard.
2. **Invite a friend.** Walking can be a great social activity. Meet up with a neighbor or head outside with a coworker over your lunch break. You'll enjoy catching up and boost your step count over your daily average at the same time.
3. **Don't let bad weather break your momentum.** You don't need a gym membership to get in an indoor workout. Challenge yourself to a stair workout at home, take some extra laps around the store while you're shopping or see if your local high school or college will share their indoor track.

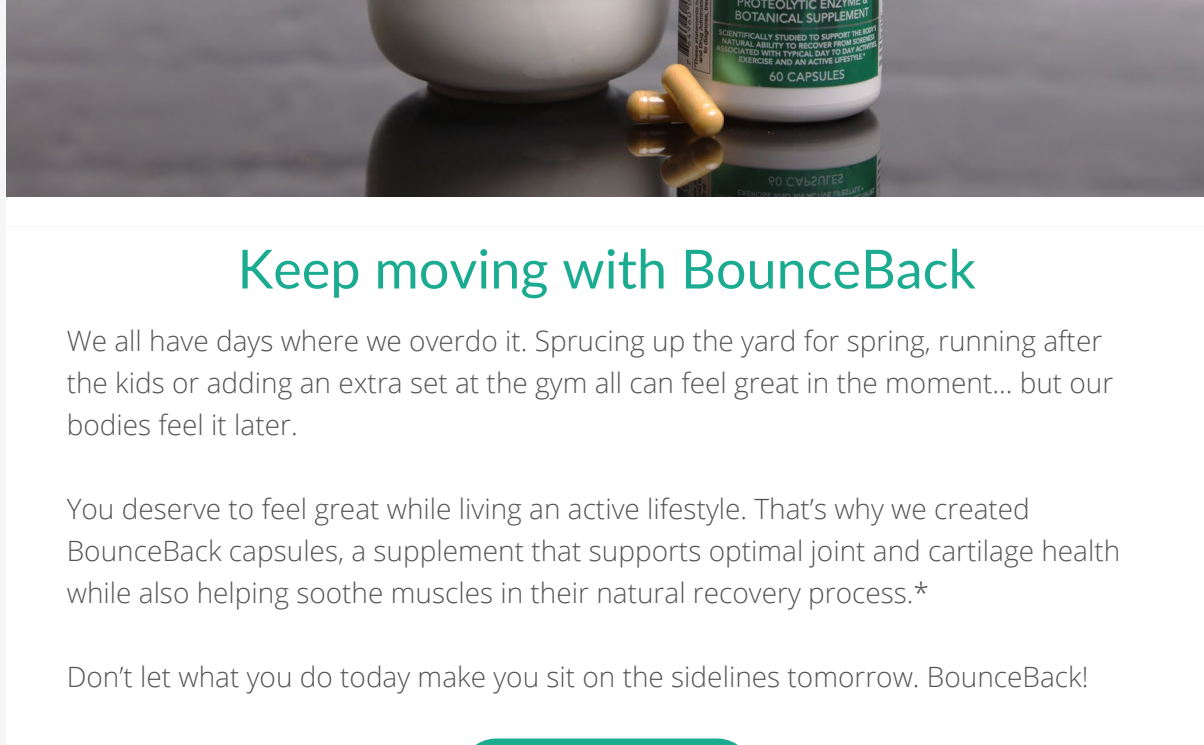


Put more spring in your step

When you add a new element like walking to your health routine, it's important to make sure your body has what it needs to take on the new challenge.

This starts with fueling your body with real nutrition. Mannatech's BounceBack® capsules and OsoLean® whey protein powder are two great additions to your self-care plan. Add them to your Monthly Subscription today and feel the difference!

SHOP NOW!



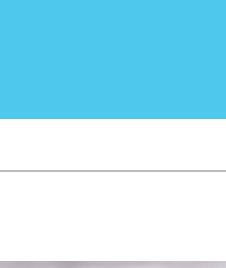
Keep moving with BounceBack

We all have days where we overdo it. Sprucing up the yard for spring, running after the kids or adding an extra set at the gym all can feel great in the moment... but our bodies feel it later.

You deserve to feel great while living an active lifestyle. That's why we created BounceBack capsules, a supplement that supports optimal joint and cartilage health while also helping soothe the muscles in their natural recovery process.*

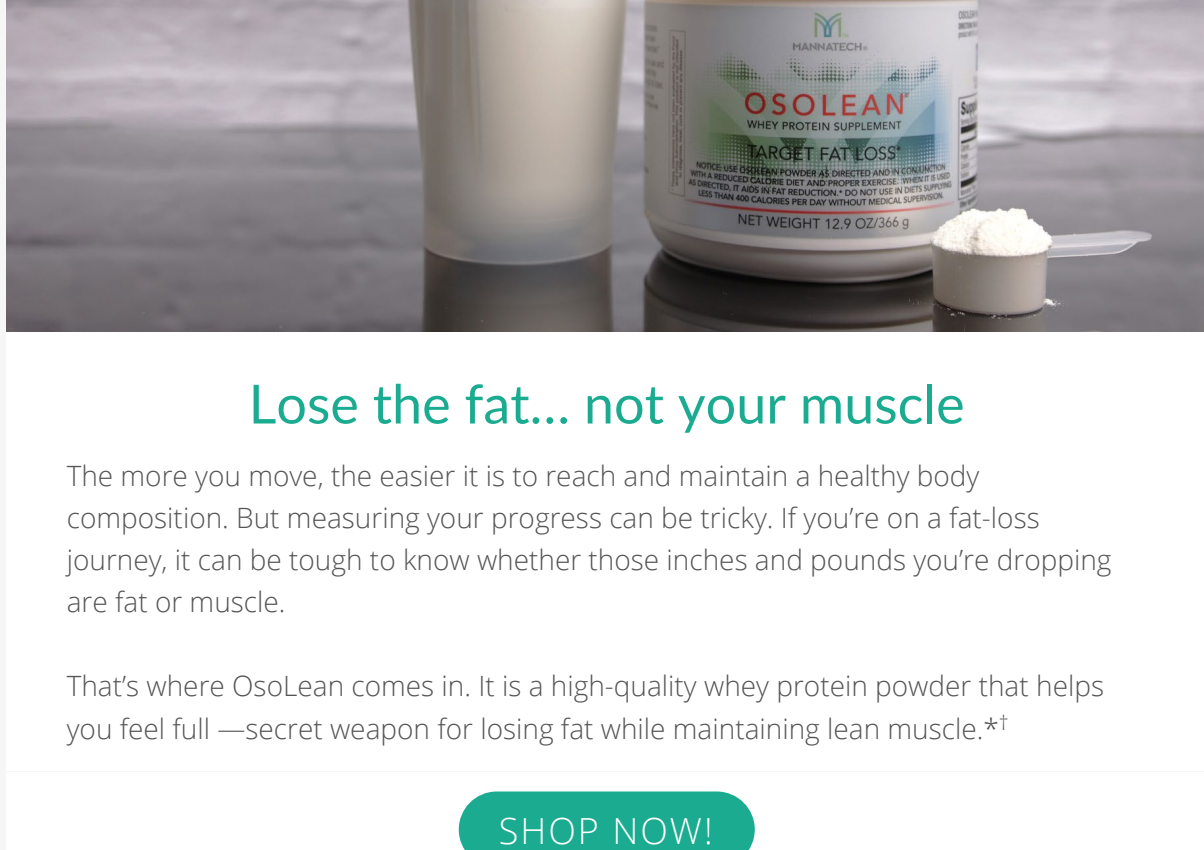
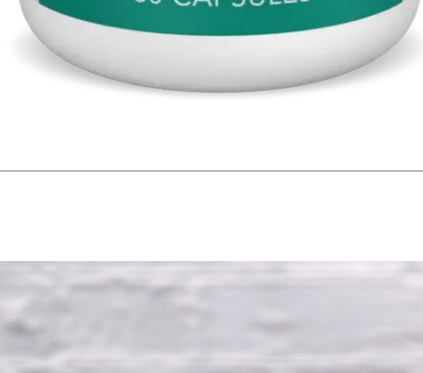
Don't let what you do today make you sit on the sidelines tomorrow. BounceBack!

SHOP NOW!



Why BounceBack?

BounceBack capsules harnesses the power of turmeric, a nutrient-rich plant in the ginger family that has been a staple of Ayurveda and other holistic health systems for centuries. Turmeric, combined with the other real-food ingredients in BounceBack, helps support your body's natural ability to recover from exercise and other activities when you push a little too far.* Taken daily, over time, BounceBack helps you stay in the game.



Lose the fat... not your muscle

The more you move, the easier it is to reach and maintain a healthy body composition. But measuring your progress can be tricky. If you're on a fat-loss journey, it can be tough to know whether those inches and pounds you're dropping are fat or muscle.

That's where OsoLean comes in. It is a high-quality whey protein powder that helps you feel full —secret weapon for losing fat while maintaining lean muscle.*†

SHOP NOW!



Why OsoLean?

OsoLean powder keeps things simple. It takes naturally sourced whey protein and puts it into an easy-to-use powder that blends well in drinks and smoothies or gives a boost of nutrition to other foods.*

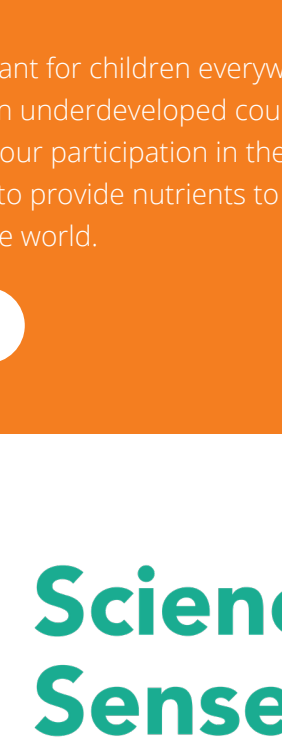
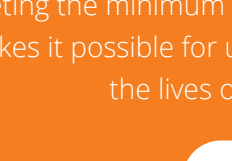
Each serving includes 10 grams of protein to help you feel full but just 45 calories to give you maximum control over your diet.*†



It's time to get moving! Add to your Monthly Subscription today!

If you're serious about walking more, losing fat and building muscle, invest in the nutritional support you need.*† Add BounceBack and OsoLean to your Monthly Subscription today!

SHOP NOW!



A healthy blend of vitamins and minerals is important for children everywhere. However, many of the foods being given to those in underdeveloped countries are not meeting the minimum nutritional criteria. Your participation in the M5M program makes it possible for us and our partners to provide nutrients to enrich the lives of children all over the world.

LEARN MORE

Good Science. Good Sense.

ADD WELLNESS AND WONDER TO YOUR DAY



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

MANNATECH

†In conjunction with a reduced calorie diet and exercise.

¹ <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261#:~:text=You%20might%20start%20with%20five,most%20days%20of%20the%20week>

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