



# 30 DAYS TO HEALTHY LIVING PERCEPTION STUDY RESULTS



More than 80% of study participants\* reported the following experiences and results after completing the 30 Days to Healthy Living Program:

- Feeling and seeing noticeable improvements in their body, skin and overall wellbeing
- Feeling they were able to achieve their personal healthy living goals
- Feeling supported and empowered by a community
- Planning to continue utilizing the program as a way to start or maintain a healthy living lifestyle and not as a quick, short-term fix

Specific health and wellbeing improvements noted by a majority of participants\* after completing the 30 Days to Healthy Living Program included:

- Feeling more energized
- Feeling less bloated
- Clothes fitting better
- Feeling more focused throughout the day
- Seeing improvements in the look and feel of skin hydration, radiance and overall health

96% of Independent Consultants and 74% of Preferred Clients agreed that they were likely to do the 30 Days to Healthy Living Program again.

\*Study participants included both Arbonne Independent Consultants and Clients who purchased and completed the 30 Days to Healthy Living Program as directed between June 2019 and August 2020.

