



**bulaFIT™**  
WARRIOR  
FITNESS  
PROGRAM

**WAKAYA**  
PERFECTION™

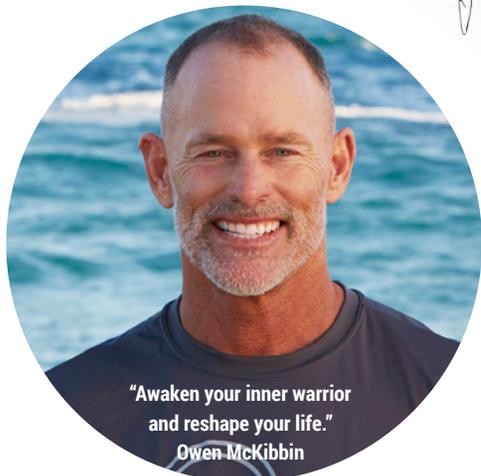
# Bula— the Fijian word for life and good health!

The ancient Fijian warrior class understood that our bodies are our greatest asset. These warriors continually increased their strength and agility to effectively build and defend their homes and communities.

While the requirement of having a strong body may not be as important to physically protect our homes and build our communities, maintaining a healthy weight with proper muscle mass is still critical for our long-term health and overall happiness.

Reducing excess fat can help you reduce your risk for chronic illnesses including heart disease, improve your mobility as you age and give you greater confidence and energy.

The principles of health found in this booklet are simple but incredibly powerful. Participating in the BulaFIT Warrior Challenge will help you awaken your own inner warrior so you can begin to reshape your life. It's time to get BulaFIT!



**"Awaken your inner warrior  
and reshape your life."  
Owen McKibbin**

## Meet your Wakaya Perfection fitness expert and BulaFIT coach, Owen McKibbin

- 30-year fitness veteran and Creator of the Warrior Fitness Program and Cover Model Workout
- Celebrity trainer for Blake Lively, Zac Efron, Amber Valetta, Jessica Simpson and more
- 13+ time Men's Health cover model

## About Wakaya Perfection

Wakaya is a 2,200-acre remote island in the Fiji archipelago. Here the crystal-blue water and nutrient-rich volcanic soil create the perfect environment for growth and healing.

Wakaya Perfection offers organic, pure and proprietary products that help you get well, stay well, and be well, inside and out.



# The 5 Pillars of Warrior Health

Health is beyond just losing weight. True warrior health is a mindset and a way of living. It is a deep respect for the body and a commitment to provide it what it needs each day. We call these needs the 5 Pillars of Warrior Health:



## NUTRIFY

Providing the body the essential nutrients and micronutrients it needs for healthy, vibrant daily living.



## HYDRATE

Ensuring the body has proper hydration for daily detoxification and heightened metabolism.



## FUEL

Supplying the body an optimal balance of macro-nutrients to create sustained energy and leanness.



## PERFORM

Developing the body through exercise and daily movement to build muscle, improve agility and promote long term health.



## RECOVER

Giving the body the time and support it needs to repair cells and rebuild muscles from daily stress and use.

*“Mind of a warrior,  
Power of a warrior,  
Vitality of a warrior,  
Life of a warrior.”*

*—Owen McKibbin*

# Nutrify



## Optimize Your Health

Give your body the high impact superfoods it needs to function optimally and the nutrition it needs to repair, build and sustain itself with vibrant health.

### Improving nutritional efficiency

To achieve optimal health, we must improve our body's efficiency in three key areas: absorption (getting nutrients into the blood and into the cells), circulation (distribution of nutrients throughout the body) and metabolism (burning of fuel for energy). High-impact superfoods like Pink Fijian Ginger and Fijian Turmeric support these important functions in the body. When used with BulaFIT Burn Metabolic Accelerator, these three products complement each other and promote fat loss and long-term health.



#### Pink Fijian Ginger Capsules

Known around the globe as one of the world's healthiest foods. Ginger is known to help relieve nausea, reduce muscle soreness, help with chronic indigestion, promote detoxification, aid in brain function, support heart health and provide a metabolic boost. Our Pink Fijian Ginger contains an elevated concentration of gingerols, the active ingredient in Ginger.



#### Fijian Turmeric Capsules

Long used in China and India to treat a wide variety of ailments and conditions, Turmeric and Ginger work very closely together. Turmeric is known as a powerful antioxidant and potent anti-inflammatory. It may support improved brain function, heart health, healthy joints and improved mood. Our Fijian Turmeric contains 6 times more curcumin (the active healing ingredient) than traditional turmeric.

### Detoxification

Our bodies are bombarded by toxins each day through polluted air, artificial ingredients, modified foods and unhealthy chemicals. These toxins may contribute to disease and weight gain. The BulaFIT Program includes the potent detoxifying power of Pink Fijian Ginger and Fijian Turmeric. These potent superfoods provide powerful support to remove toxins, improve digestion and progress towards a healthy weight and lifestyle.

#### BulaFIT Burn™ Metabolic Accelerator

One of the keys to the amazing results of the BulaFit Program is the Burn Metabolic Accelerator. These incredible capsules help you get into ketosis easily and quickly. They are designed to help increase energy, boost fat burning, and provide a feeling of balance within the body. When taking Burn Capsules, many people feel a sense of well being and energy that reduces cravings for food and snacking. Burn can also play an important role in increasing the results of ketosis and even avoiding the "keto flu" that some people may experience with other ketogenic programs.



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

# Nutrify



## Micronutrients Matter

Our bodies require a broad array of micronutrients to thrive. Unfortunately, many people are deficient of these trace nutrients due to increased agriculture chemicals, leached farm soils and poor eating habits.

### Vitamins and micronutrients

Micronutrients are what are commonly referred to as “vitamins and minerals.” For the human body to complete all the tasks it has in a normal day, it must be given a wide and complex variety of vital nutrients. Becoming deficient in any one of these can interfere with your body’s metabolic pathways, compromising optimum efficiency and performance. Along with a healthy lifestyle and diet, taking a high-impact supplements is a good way to boost the presence of many of these essential nutrients.



#### MultiEssentials Capsules

Contains many of the vitamins, minerals and trace minerals your body needs for optimum health, PLUS a special blend of enzymes, herbs and adaptogens to enhance absorption and energy production. Designed as an all-in-one vitamin and mineral complex that is even more effective when combined Pink Fijian Ginger and Turmeric.



#### Bone and Muscle Capsules

Designed to provide ongoing support to two critical systems of the body. Our Bone and Muscle formula is potent blend of calcium, magnesium, and other key nutrients and herbs to help the body absorb and utilize these critical minerals for bone and muscle support.

### Botanical Minerals™

Minerals are not only necessary for the growth of bone and tissue, they function as co-factors and catalysts for thousands of different chemical reactions. Minerals are essential for the proper utilization of vitamins, amino acids and many other key nutrients. Unfortunately, in today’s modern world, many trace minerals are simply not available in the food we eat or may be blocked by compromised digestive systems. Wakaya Perfection uses highly absorbable Botanical Minerals to help your body get the minerals it needs.



#### Joint Formula Capsules

Specifically designed to improve joint function and mobility, while decreasing irritation and inflammation. Our Joint formula supports flexibility and promotes improved lubrication and nutrient flow while aiding in the detoxification of joints and connective tissue.



#### Lax Formula Capsules

This unique blend of herbs works with the smooth muscles of the colon to naturally and gently support smooth healthy bowel movement without the uncomfortable drawbacks of many colon cleaners.



#### Digest Formula Capsules

A proprietary blend of enzymes that support proper digestion in the stomach and small intestines. Enzymes are known to assist the body in breaking down difficult to digest proteins, sugars, carbohydrates and lactose.



#### QELE Detoxification Drink

Calcium Bentonite Mineral Clay has been used around the world for centuries to promote better health and support deep detoxification. QeLe (the Fijian word for clay) has a smooth texture that can be added to food or drinks.

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# Hydrate



The patented Bula System is a simple and delicious way to detox, hydrate, lose weight and feel great. The Bula Top purifies regular tap water while delivering customized nutrition.

## The damage of dehydration

Water is a critical component in every system of the body including digestion, joint health, heart health and brain function. Unfortunately, it's estimated that up to 75% of Americans are chronically dehydrated.\* Dehydration can cause fatigue, irritability, foggy memory, constipation, headaches, dry mouth, dizziness, food cravings and an increase of fat retention in the body. The best way to avoid the damage of dehydration and risk of weight gain is by staying hydrated throughout the day.

## Benefits of proper hydration

When you drink the proper amount of water, the physical benefits are many and may include:

- Combats fatigue
- Boosts metabolism
- Reduces overeating
- Promotes healthy blood pressure
- Combats allergies and asthma
- Reduces skin imperfections and premature aging
- Supports healthy cholesterol levels
- Reduces digestive disorders
- Supports cardiovascular health
- Speeds up joint and cartilage repair
- Assists in fat loss
- Slows the aging process
- Helps maintain and build muscle tone
- Cleans toxins from the body
- Improves waste removal
- Boosts energy

## What you drink matters

Many people turn to sodas, juices, energy drinks or sports performance drinks to curb thirst and to make daily hydration more enjoyable. Unfortunately, most of these beverages are loaded with sugars, artificial flavorings, artificial colors and chemicals which may negate many of the benefits derived from proper hydration— and may cause unwanted fat gain. Although drinking water is often much better than these unhealthy beverages, unfortunately common municipal water however, common municipal water may carry excessive amounts of chemicals and often tastes awful.

## The Bula Nutri-Cap Hydration System

Wakaya Pefection's Bula Bottle filters regular tap water to help remove chlorine and additional chemicals and improves the taste of water Bula Caps are used with the Bula Bottle to provide a delicious taste while delivering health promoting nutrients. Each Cap is all natural, non-gmo, and gluten free with no artificial ingredients, msg, herbicides or pesticides. Each Bula Cap supports an important area of health including:



**DetoxCap**  
Gentle daily detoxification



**GoCap**  
Improved energy and focus



**ProCap**  
Probiotic digestive support



**MineralCap**  
Provides critical trace minerals



**SlimCap**  
Weight loss and maintenance



**SportCap**  
Enhanced endurance and recovery



**NiteCap**  
Promotes relaxation and rest



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# Fuel



## Macronutrients: Fueling the Body

Did you know that the types of foods you eat can dramatically improve your weight loss results? Striking the correct macronutrient balance (carbohydrates, proteins and fats) could mean the difference between success and failure.

### The role of carbohydrates

Carbohydrates in foods such as bread, pastas, cereals and sugars are great at providing energy quickly, in fact, it is the first source of energy for the body. Yet most modern lifestyles can't burn the all of the energy that these foods provide. The excess energy is often stored as fat. Moderating carbohydrates is critical. In the BulaFIT Program, most of your carbohydrates will come from low-carb vegetables and protein sources. These sources can provide valuable fiber, adequate energy and keep you from carbohydrate over indulgence.

CARBS

### The role of proteins

Eating sufficient amounts of protein helps the body to maintain and build muscle. The more muscle you have, the more energy and fat your body will burn to power it. Protein is also used as an energy source for the body, but doesn't convert to fat as quickly as carbohydrates. This helps alleviate hunger and provide sustained energy and calorie burn as the body converts protein to usable energy. The BulaFIT Program is based on higher protein consumption can help take advantage of these valuable benefits.

PROTEINS

### The role of fats

Recent research shows how beneficial and necessary this macronutrient is for healthy weight management. Good fats include the unsaturated fats found in nuts, fish, flaxseed, coconut oil, avocado, etc. They support heart health, brain function and much more. Bad fats include trans fatty acids that can clog arteries, increase the risk of heart disease and often contribute to weight gain. BulaFIT Nutrition Plans use good fats to provide needed energy and to support better health.

FATS

### Calorie deficit

Weight gain is often caused by consuming more calories (usually from carbohydrates and unhealthy fats) than the body needs for energy and growth. When this happens, our bodies store the excess energy in the form of body fat. The body can burn its excess stores of energy, but only after it has fully used the energy from daily calorie consumption. Consuming less calories than your body uses each day to operate is called Calorie Deficit. Remaining in appropriate Calorie Deficit for an extended period of time allows the body to begin to burn its excess stores of fat.

Individual average caloric needs vary based on gender, age, activity and genetics. Many metabolic calculators are available online to determine your own caloric needs for healthy fat loss. Calorie counting isn't required in the BulaFIT Program so long as participants follow the meal and snack suggestions.

### Weight loss vs. fat loss

Weight loss doesn't always mean fat loss. Your total weight is the sum of the water, muscle, bone and other tissues in your body. A reduction of any of these will create "weight loss." In fact, many popular diets create quick weight loss simply by dehydrating the participant. Unbalanced macronutrition may also cause the body to begin metabolize muscle in order to cope with calorie deficit. The BulaFIT program focuses on fat loss and the preservation of muscle mass by using the body's natural ketogenic metabolic processes (see the **KetoZone** on page 14). Once the desired body fat percentage is achieved, BulaFIT focuses on muscle development to support long term health and mobility (see the **ProteinZone** on page 16).



# Fuel



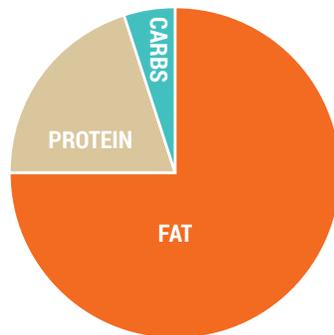
## The KetoZone™

Can you eat fat in order to lose fat? The ketogenic diet makes use of the body's natural metabolic processes to increase fat burn while producing high levels of energy!

### What is ketosis?

Ketosis occurs when low levels of carbohydrates cause the body to switch to burning fat for energy. This metabolic process creates ketones as source of fuel. Ketones are also known to fuel and stimulate the brain. Think of ketosis as the state when your body is in a pure fat burning mode.

In a ketogenic diet, approximately 75% of calories are obtained from fat, with 20% from proteins and 5% from carbohydrates. Maintaining these high fat, medium protein and low carb percentages is essential to keep the body in fat-burning ketosis. Daily carbohydrate consumption of under 30g to 50g will usually keep someone in ketosis.



### Is it safe?

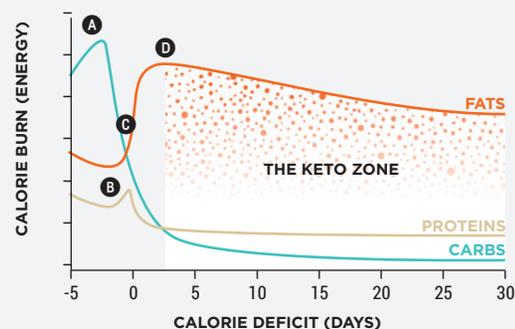
Ketosis is a completely natural process and is generally regarded as safe. In fact, babies are born into a light state of ketosis and continue producing ketones to help metabolize breast milk. Ketogenic diets have long been used by doctors to assist in treating illnesses affecting the brain and body. Individuals suffering from chronic illness such as Type 1 Diabetes should consult with their healthcare provider before starting a ketogenic diet. Ketone strips can be purchased from most pharmacies to monitor the body's ketone levels. Ketone levels should be kept low to moderate for optimal fat burning. Report high levels of ketones to your doctor.

*Always consult your physician before beginning any weight loss or exercise program. The general information provided in this booklet is not intended to diagnose any medical condition or to replace the advice of your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with exercises, stop and consult your healthcare provider. If you experience any symptoms of weakness, unsteadiness, lightheadedness or dizziness, chest pain or pressure, nausea, or shortness of breath, seek medical help. Mild soreness after exercise may be experienced after beginning a new exercise regimen. Contact your physician if the soreness does not improve after 2-3 days.*

### The feel-good diet

The keto diet is called the "feel good diet" because of the high amounts of energy that metabolizing fat provides. Ketones also fuel the brain and help to avoid "brain fog" caused by other low carb diets. Keto diets taste great and allow dieters to enjoy butter, cream, cheese, eggs, bacon and other guilty pleasures.

### TRANSITION TO KETOSIS



- A Carb Zone** Glycogen (sugar) is burned as the primary source of fuel. Energy is high, but glycogen depletes quickly.
- B Protein Zone** Proteins are converted to glycogen to be burned as fuel. Moderate protein consumption is necessary to avoid muscle deterioration.
- C Keto Transition** Possible drop in energy and flu-like symptoms
- D Keto Zone** Body is optimized to metabolize fat with ketones and energy is high. Ketogenic diet must be maintained to continue in ketosis.

### BulaFIT KetoZone™

Eating less calories than what the bodies uses to operate (a calorie deficit) forces the body to burn its various stores of energy. The body's first source of fuel is glycogen (sugar). It's quick burning and creates high amounts of energy but is only stored in limited amounts in the body. When glycogen runs low our bodies start converting protein to glycogen to continue fueling the body. Moderate protein consumption is necessary to avoid muscle deterioration in this phase. As the body continues to lack enough glycogen from carbohydrates and proteins, it begins to metabolize fat to create ketones for energy. Ketosis provides high energy levels to the body and brain.

During transition from glycogen to ketones, some people can feel a of lack of energy and or flu like symptoms, often called "keto flu". Increasing salt intake by salting food to taste can help. Salt is used in creating ketones and can help the body transition more effectively. BulaFIT Burn Capsules can also promote energy and support during the keto transition.

Diet consistency is critical to maintain ketosis. Introducing high levels of carbs or even protein can cause the body to revert to using glycogen as fuel instead of fat.

# Fuel



## The ProteinZone

Developing healthy muscle mass is vital for longterm health and to fight fat rebound.

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### Why higher protein?

When you eat protein, your body breaks it down into the amino acids, and then uses those amino acids to build its own proteins. When you don't eat enough protein every day, your body can become deficient of the building blocks it needs to repair and build muscle.

Your body requires protein even if you don't exercise. Every day cells are dying and new cells are being created, and this regeneration requires amino acids. When you exercise, your body needs even more amino acids to repair and build the damaged muscle fibers. The amount of protein you need depends on whether you exercise or not and how strenuous your workouts are.

### How much do I need?

The American Dietetic Association's recommended daily allowance for protein is 0.36g per pound of bodyweight. This would be considered a bare minimum to maintain muscle mass. The National Strength and Conditioning Association recommends that active people aim to consume between 0.4g to 0.6g of protein per pound of bodyweight, and as much as 0.8g to 1 g for competitive athletes. Generally, the higher your activity level is, the more your protein body requires.

Protein serves the second purpose of providing energy. Replacing high carbohydrate consumption with protein can help to reduce sugar cravings. A high protein, medium fat and lower carb diet can be an excellent way to help shed body fat.

### Best sources of protein

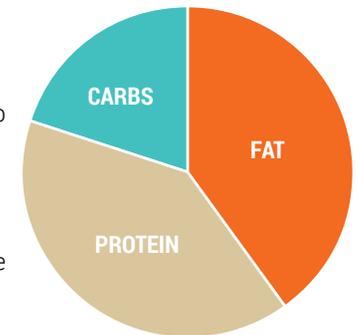
The two types of protein that occur in nature are complete proteins (which contain all essential amino acids) and incomplete proteins (which only contain some essential amino acids). Complete proteins are generally found in animal sources. Incomplete proteins are found in plant sources, however some plants like quinoa, buckwheat, hemp, chia, spirulina, and soy are considered to provide complete proteins. Good protein can include eggs (unless allergic), fish, and whey. Many people also enjoy some red meat, though experts recommend avoiding burnt red meat. Processed meats with nitrates and nitrites should also be avoided.

### BulaFIT ProteinZone

Using the body's natural ketogenic metabolism is the BulaFIT Program's preferred way to burn fat. When a desired body fat level is achieved, choosing to develop muscle mass can be an important decision for longterm health and mobility. Developing muscle mass also increases the body's daily requirement of energy and helps fight body fat rebound. The BulaFIT ProteinZone provides the body with higher protein while also harnessing the health benefits of good fats. Carbohydrates are kept to a low to moderate level depending on overall activity level.

Strength training or Zone Progression Training is critical in developing muscle mass. When muscles are pushed to exhaustion during these exercises, the body is forced to repair during recovery and increases muscle density and size. Proteins should be consumed throughout the day in the form of meals and snacks to continually supply the body with necessary amino acids for muscle repair.

Adding a good whey protein powder to your diet is an easy way to increase protein consumption. Whey is one of the two proteins found in cow's milk, is easily digested and delivers protein quickly to the body. Drinking protein prior to a workout can start protein synthesis during exercise instead of after. You may also consider consuming branched chain amino acids (BCAAs) to help stimulate muscle development.



# Fuel



Intentionally choosing what to eat, and what not to eat, is critical for high-impact fat loss and overall health. With the BulaFIT KetoZone and ProteinZone Meal Plan it's simple to make great food choices.

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## What to eat

Making great meal choices is easy with BulaFIT! If you are eating within the KetoZone, focus on having three meals a day following the carb/protein/fat suggestions below. You can swap any meal with a KetoFUEL Shake. If needed, eat a keto friendly snack. Those who are eating within the ProteinZone, may swap a meal with a KetoFUEL Shake plus a protein. Use a BulaFIT Burn Capsule and Bula GoCaps for energy support throughout the day.

KetoZone	ProteinZone
<p><b>Meal</b></p> <ul style="list-style-type: none"> <li>2 Good Fats</li> <li>1 Protein (3 oz)</li> <li>1 Veggie (1-2 cups)</li> <li><b>OR</b></li> <li>1 KetoFUEL Shake</li> </ul> <p><b>Snack</b> (if necessary)</p> <ul style="list-style-type: none"> <li>1 Good Fat</li> <li>1 Veggie (1-2 cups)</li> </ul>	<p><b>Meal</b></p> <ul style="list-style-type: none"> <li>1 Good Fat</li> <li>2 Protein (3 oz)</li> <li>1 Veggie (1-2 cups)</li> <li>1 Fruit (1/2 cup)</li> <li><b>OR</b></li> <li>1 KetoFUEL Shake +</li> <li>1 Protein</li> </ul> <p><b>Snack</b></p> <ul style="list-style-type: none"> <li>1 Good Protein</li> <li>1 Veggie (1-2 cups)</li> </ul>

## KetoFUEL Meal Replacement Shake

Ketogenic diets obtain approximately 75% of calories are from fat, with another 20% from proteins and 5% from carbohydrates. KetoFUEL helps maintain these high fat, medium protein and low carb ratios to support keeping the body in fat-burning ketosis.



## Approved foods

This list includes many foods that help support a healthy lifestyle. Please note that this is not an exhaustive list and does not include all foods that can be eaten. When evaluating foods, remember to try to eat natural, organic, and whole foods whenever possible, and stay away from fried, artificial, sugary or processed foods.

### GOOD FATS

- Almond butter (1 TB)
- Avocados (1/2)
- Beef Tallow (1 TB)
- Butter (1 TB)
- Coconut Oil (1 TB)
- Coconut Butter (1 TB)
- Ghee (1 TB)
- Macadamia Nuts (5)
- Olive oil (1 TB)
- Peanut Butter (2TB)
- Pumpkin seeds (1/2 oz)
- Raw almonds (15)
- Raw coconut (1 oz)
- Raw walnuts (15)

### PROTEINS

- Chicken breast
- Cod
- Cottage cheese
- Lean beef
- Plain greek yogurt
- Salmon
- Shrimp
- Tofu
- Tuna
- Turkey breast
- Whey protein
- Whole eggs

### VEGETABLES

- Alfalfa Sprouts
- Asparagus
- Celery
- Cucumber
- Eggplant
- Kale
- Kohlrabi
- Leafy Greens
- Mushrooms
- Radishes
- Spinach
- Summer Squash
- Zucchini

### FRUIT

- Apples (sparingly)
- Blueberries
- Cantaloupe
- Cherries
- Papayas
- Pomegranates
- Raspberries
- Tomatoes

### SWEETENERS

- Agave (sparingly)
- Honey (sparingly)
- Stevia
- Xylitol



# Perform



Combining healthy nutrition with exercise is a much more effective way to lose fat and get healthy than just calorie restriction alone. Exercise promotes a sense of well-being and confidence, which can help combat depression as well as reduce stress and anxiety.

## The importance of exercise

A government study estimates that nearly 80% of adult Americans do not get the recommended amounts of exercise, potentially setting themselves up for years of health problems— including obesity. When individuals begin to exercise they incorporate healthy habits that can last a lifetime. Exercise helps prevent a fat gain and provides potential health benefits like lowered blood pressure, lowered cholesterol, improved brain function and lowered risk for certain types of cancer.

## A habit of movement

Much of the energy your body uses (and stores) supports muscle movement. The more you move, the more your body burns. Set a goal to increase your daily movement to achieve your weight loss goals. We encourage every participant to work towards 10,000 steps a day or more. This kind of movement helps to counteract the negative affects of sitting with improved blood circulation.



### BulaFIT Warrior Workout Bottles

Featuring the Bula Nutri-Cap Hydration System, each BulaFIT Bottle includes Owen's 10-minute workout that can be done at home or on-the-go.



### GoCap Nutri-Cap

Our proprietary blend of ingredients aids in reducing stress, enhancing mental clarity, and providing sustained energy with a refreshing lemon lime flavor.



### SportCap Nutri-Cap

SportCaps contain a unique blend of powerful ingredients to help hydrate the body, boost performance, increase stamina, and reduce recovery time.

## Cardio vs. strength training

Cardio, short for cardiovascular exercise, includes any movement that increases your heart rate and increases blood circulation. Cardio helps your body burn energy at a heightened rate. Strength training, also known as resistance training, focuses on increasing muscle mass. As muscle mass is increased, the body increases its caloric burn to support the new muscles. While both types of exercise, provide important benefits for fat loss and muscle development, many individuals find it difficult to fit both into their busy lives.

## Zone Progression Training

Zone Progression Training (ZPT) combines traditional cardio exercise and strength training into compound, high intensity movements. Rather than focusing on a single muscle or area of the body, ZPT is uses many. As one muscle group gets tired, a new "fresh" area is focused on without taking long breaks between. The result is a workout that provides many of the benefits of cardio and strength training in a fraction of the time!

## The BulaFIT Warrior Workout with Owen McKibbin

The BulaFIT Warrior Workout is based on the principles of Zone Progression Training to help provide maximum results in each session. The creator of the Warrior Workout is Owen McKibbin, a 30-year fitness veteran, 13-time Men's Health cover model and personal trainer of celebrities like Blake Lively, Zac Efron, Jessica Simpson and others.

Each workout can be done at home without expensive equipment and provides fitness benefits that can rival those obtained from gyms and other commercial fitness establishments. BulaFIT Warrior Workouts are fun, highly efficient and are available on DVD (via online streaming coming soon).



# Recover



Making it a priority to get enough daily rest and sleep for full recovery can provide you with a host of health benefits including improved memory, increased longevity, ease of inflammation, clarity of thought, lower stress, improved libido, stronger immunity and better weight control.

## Recovery

Recovery refers the time and steps taken to provide the body the adequate rest and raw materials it needs to repair and rebuild itself after daily exercise and stress. Failure to properly recover after exercise reduces the workout's benefits as well as the effectiveness of the next workout. There are many steps you can take to support recovery in your body including proper hydration, adequate nutrition and stretching. Wakaya Perfection also offers a variety of products to support recovery.

## Fighting inflammation

Inflammation is the body's way to protect itself as it experiences stress and disease. However, excessive and prolonged inflammation in the body is not only uncomfortable, it is also suspected to cause many diseases. A healthy diet and consistent exercise are both very effective ways to fight inflammation. When combined with essential oils, RuRu Relief Cream is known to help ease pain and reduce inflammation. Curcumin, found in Turmeric, is also known for its potent anti-inflammatory properties.

## Sleep

Experts agree that getting enough sleep is as important to your health, well-being, and weight as diet and exercise. The longterm negative effects of getting too little sleep include increased risk for heart disease, stroke and even diabetes. You may not be getting enough sleep if you find that you are moody, gaining weight, appearing tired (puffy eyes), getting drowsy during the day, or if you find your thinking is unclear or foggy. The good news is that the solution is simple: get more sleep! Most experts agree that the average adult needs approximately 7-9 hours of sleep.



## RuRu Relief Cream

Ruru, the Fijian word for relaxation and ease of pain, is formulated and clinically proven to relieve pain, reduce inflammation and promote the regeneration of healthy tissue.



## Fijian Turmeric Capsules

Known for its potent anti-inflammatory properties, Wakaya Fijian Turmeric contains 6 times more curcumin (the active healing ingredient) than traditional turmeric.



## NiteCap Nutri-Cap

Active mind, stress or difficulty to relax may affect the quality of your sleep. NiteCaps uses a proprietary blend of high potency Chamomile Flower Extract, Melatonin and Organic Pink Fijian Ginger—all of which help promote a more restful sleep.



## Muscle Recovery Essential Oil

A special combination of Wintergreen, Pine, Camphor, Lemongrass and Grapeseed Carrier Oil may offer temporary relief of muscle and joint pain and muscle spasms.



## Bone and Muscle Capsules Joint Formula Capsules

Both of these products provide many of nutrients the body needs to recover and rebuild after exercise with powerful ingredients to enhance absorption.

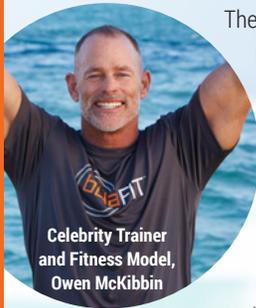


It's time to get BulaFIT! The BulaFIT Program uses the five pillars of vibrant health to transform your life. As you begin to incorporate each of these important aspects of your health, you will enhance your own understanding of your own body and begin creating new habits for lasting, vibrant health.

Your journey to warrior health begins with four simple steps:

- ▶ **Set your goals**
- ▶ **Get your pack**
- ▶ **Follow the plan**
- ▶ **Get support & share your success**

## Take the BulaFIT Warrior Challenge



Celebrity Trainer and Fitness Model, Owen McKibbin

The BulaFIT Warrior Challenge is a diet, fitness and lifestyle program that will help you gain your own warrior body and life.

Using each of the five pillars of health, BulaFIT Warrior Coach, Owen McKibbin, will show you the shortcuts

to dramatically transforming your body.

As a Challenge participant

you'll enjoy a community of committed friends along with expert information, recognition, prizes and more!

For more information and to see the dates of the next BulaFIT Warrior Challenge, visit [www.bulafitwarrior.com](http://www.bulafitwarrior.com).



Carolyn McKeachnie  
2016 CHAMPION

*Results may vary. Causes for being overweight vary from person to person due to genetics, environmental factors, food intake, metabolism and differing levels of exercise. No individual result should be seen as typical.*

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

**"I started by taking the products and improving my diet. I began feel better quickly—my digestion, my joints, no more aches and pains. Exercise became less of a chore and I am so happy with the results!"**

**—Carolyn McKeachnie  
50 lbs. lost**

**"The keto shake is delicious and I was surprised that I could feel so good while 'dieting.' As I added other products and exercise I was surprised again how quickly my body started to change. This is truly is the 'feel good' diet!"**

**—Mike Casperson  
43 lbs. lost**



# Set your goals

Your goals can mean the difference between your success and failure with your health. Knowing where you are headed is just as important as knowing how you will get there. Setting realistic, well-planned goals will help you stay focused and motivated. Sharing your goals with others can open the door for ongoing encouragement and support.

## Your vision of a healthy life

Describe in detail what your life will look like when you have achieved your health goals.

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## Your "why"

Most people have at least one reason why they want to get in shape. Whether it's being healthy enough to actively keep up with younger family members, or fitting into the dress of your dreams, remembering that "why" can help you keep going when you're tempted to fall back into old habits.

Place a photo representing your personal "why" below.

a photo representing your "why"



## Your goals

30-day goal weight \_\_\_\_\_ 90-day goal weight \_\_\_\_\_  
30-day goal body fat %: \_\_\_\_\_ 90-day goal body fat %: \_\_\_\_\_  
Activity goals \_\_\_\_\_ steps a day, \_\_\_\_\_ workouts a week

## Document your starting point

Take a moment to record your current stats and take your "before" photos. As your body begins to change, you'll be encouraged by the progress you've made!

Starting date: \_\_\_\_\_  
Weight: \_\_\_\_\_  
Waistline: \_\_\_\_\_  
Body fat %: \_\_\_\_\_

front view before beginning program

side view before beginning program

# Get your pack

Every BulaFIT product is specifically developed to support the each of the 5 Pillars of Warrior Health.

Create a monthly Autoship order for additional convenience and savings. Talk to your Wakaya Perfection Ambassador for details.

## BulaFIT Product Packs

Support your warrior health transformation with our most potent products for fat loss, muscle development and overall fitness.

**BulaFIT Pack** Provides the essentials to get started with the BulaFIT Program including KetoFUEL, BURN, Bula Hydration, and Pink Fijian Glngr & Turmeric.

**BulaFIT Warrior Pack** An expanded pack that includes the essentials of the BulaFIT Pack with the addition of SlimCaps, DetoxCaps, Multi Essentials, and Bone & Muscle Support.

**BulaFIT Paradise Packs** Enjoy the benefits of high-impact fat loss and sales commissions as you share your success with others. Ask your Independent Ambassador about starting your own Wakaya Perfection business with a Paradise Pack.

**Save each month!** With our Autoship program, your products will be conveniently shipped to your door each month, and you can customize your Autoship order online.



BulaFIT Warrior Pack  
Contents may vary. See online for current description.



### BulaFIT KetoFUEL Shake

Specifically formulated to support the body's natural ketogenic metabolic processes, KetoFUEL has a delicious creamy taste with macronutrient ratios that support ketogenic fat loss.



### BulaFIT Burn Capsules

A potent combination of herbs and extracts that help you manage appetite/cravings while providing sustained energy and heightened focus throughout your day.



### Warrior Workout Bula Bottle

Features the Bula Nutri-Cap Hydration System and includes Owen's 10-minute workout that can be done at home or on-the-go.



### Nutri-Cap Sampler Pack

Used with Bula Bottles to provide delicious nutritional support without excessive sugar, artificial ingredients or sweeteners.



### BulaFIT Warrior Workout

Owen's innovative zone progression training workout. Soon to be available as a DVD set or for streaming.



### Nutri-Fly Supplements

Superfoods and essential micronutrients to support specific systems in the body for optimal functioning. Learn more on pages 6-9.

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# Follow your plan

The BulaFIT Nutrition Plan supports keeping metabolism and energy constant throughout the day. The plan also reduces overall caloric intake. This, combined with micro-nutrition, proper hydration, daily exercise, and adequate rest will help you achieve your warrior health goals.

Download the BulaFIT Warrior Weekly Health Tracker, meal plans and recipe ideas from the BulaFIT member site and Facebook Group.



## Your weekly BulaFIT plan

		EXAMPLE	M	T	W	TH	F	S	S
 <b>NUTRIFY</b>	1 BulaFIT Burn Capsule								
	2 Fijian Turmeric Capsules								
	2 Pink Fijian Ginger Capsules								
	Optional Nutrification: <i>MultiEssentials, Bone &amp; Muscle, Joint Formula</i>								
 <b>HYDRATE</b>	1 Bula Bottle w/choice of Nutri-Cap								
	Optional: Pink Fijian Ginger Tea								
 <b>FUEL</b>	KetoZone MEAL	1 KetoFUEL Shake OR	B L D	B L D	B L D	B L D	B L D	B L D	B L D
		2 Good Fats	B L D	B L D	B L D	B L D	B L D	B L D	B L D
		1 Protein (3 oz.)	B L D	B L D	B L D	B L D	B L D	B L D	B L D
		1 Veggie (1-2 cups)	B L D	B L D	B L D	B L D	B L D	B L D	B L D
	ProteinZone MEAL	2 Protein (3 oz each)	B L D	B L D	B L D	B L D	B L D	B L D	B L D
		1 Veggie (1-2 cups)	B L D	B L D	B L D	B L D	B L D	B L D	B L D
		1 Fruit (1/2 cup)	B L D	B L D	B L D	B L D	B L D	B L D	B L D
		1 Good Fat	B L D	B L D	B L D	B L D	B L D	B L D	B L D
	SNACK	1 Protein (3 oz)							
		1 FREE Veggie							
 <b>PERFORM</b>	Daily movement goal: _____ steps								
	BulaFIT Warrior Workout/exercise								
 <b>RECOVER</b>	Sleep at least 7 hours each day								
	Optional Recovery support: <i>Bula Bottle with NiteCap, RuRu Relief Cream, Bone &amp; Muscle Capsules, Joint Capsules</i>								

Always consult your physician before beginning any weight loss or exercise program. The general information provided in this booklet is not intended to diagnose any medical condition or to replace the advice of your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with exercises, stop and consult your healthcare provider. If you experience any symptoms of weakness, unsteadiness, lightheadedness or dizziness, chest pain or pressure, nausea, or shortness of breath, seek medical help. Mild soreness after exercise may be experienced after beginning a new exercise regimen. Contact your physician if the soreness does not improve after 2-3 days.

# Get support and share your success

As a participant in the BulaFIT Warrior program you have access to an encouraging community and ongoing tools to support you in achieving your warrior health goals.

## Sharing for Support

Sharing your goals with others will help you to feel accountable and help you stay on track. As you progress, we invite you to tell others about the BulaFIT Warrior Fitness Program. Your successes can inspire and motivate others to awaken their own inner warrior and reshape their life!

## Weekly BulaFIT Warrior Challenge Call

Increase your knowledge of the 5 pillars of Warrior Health while learning about the latest trends in health and fitness. Each call is hosted by Celebrity Personal Trainer and Warrior Fitness Coach, Owen McKibben. Get call details at [www.bulafitwarrior.com](http://www.bulafitwarrior.com).

## BulaFIT Facebook Group

Get daily motivational and instructional posts by Owen as well as ongoing community support and encouragement. Search for BulaFIT on Facebook to join the group.

## BulaFIT Member Site

Coming Soon—Get access to educational resources, recipes, meal plans, and more with your monthly membership. You can also stream BulaFIT videos and calls to your phone, tablet, or computer, perfect for on-the-go fitness!



# How to get started



## Become a Retail Customer

As a Retail Customer you will receive a Wakaya Perfection online account where you can purchase any Wakaya product at retail price. You can also attend a weekly product calls to learn more about enriching your health.

## Become a Preferred Customer

Enjoy Preferred Pricing and save on Wakaya Perfection products by becoming a Preferred Customer. It's easy, simply set up and maintain a convenient monthly Autoship order to obtain Preferred Status.

**AUTOSHIP PROGRAM**  
With our Autoship program, your Wakaya Perfection products will be conveniently shipped to your door each month, and you can customize your Autoship with whatever products you'd like. All Autoship orders may be modified through your online account up to 24 hours before processing.

## Become an Ambassador

Independent Ambassadors enjoy a unique income opportunity that provides exciting sales commissions with a focus on quickly building monthly income of \$1000 a month. If you've fallen in love with the BulaFIT program and products, or if you're looking for a way to bring a little bit of paradise to your own life, we invite you to become a Wakaya Perfection Ambassador. We're confident that you'll be glad you did.

Getting started is easy; simply complete the online enrollment and purchase the Ambassador Startup Pack.



WAKAYA  
PERFECTION™

