

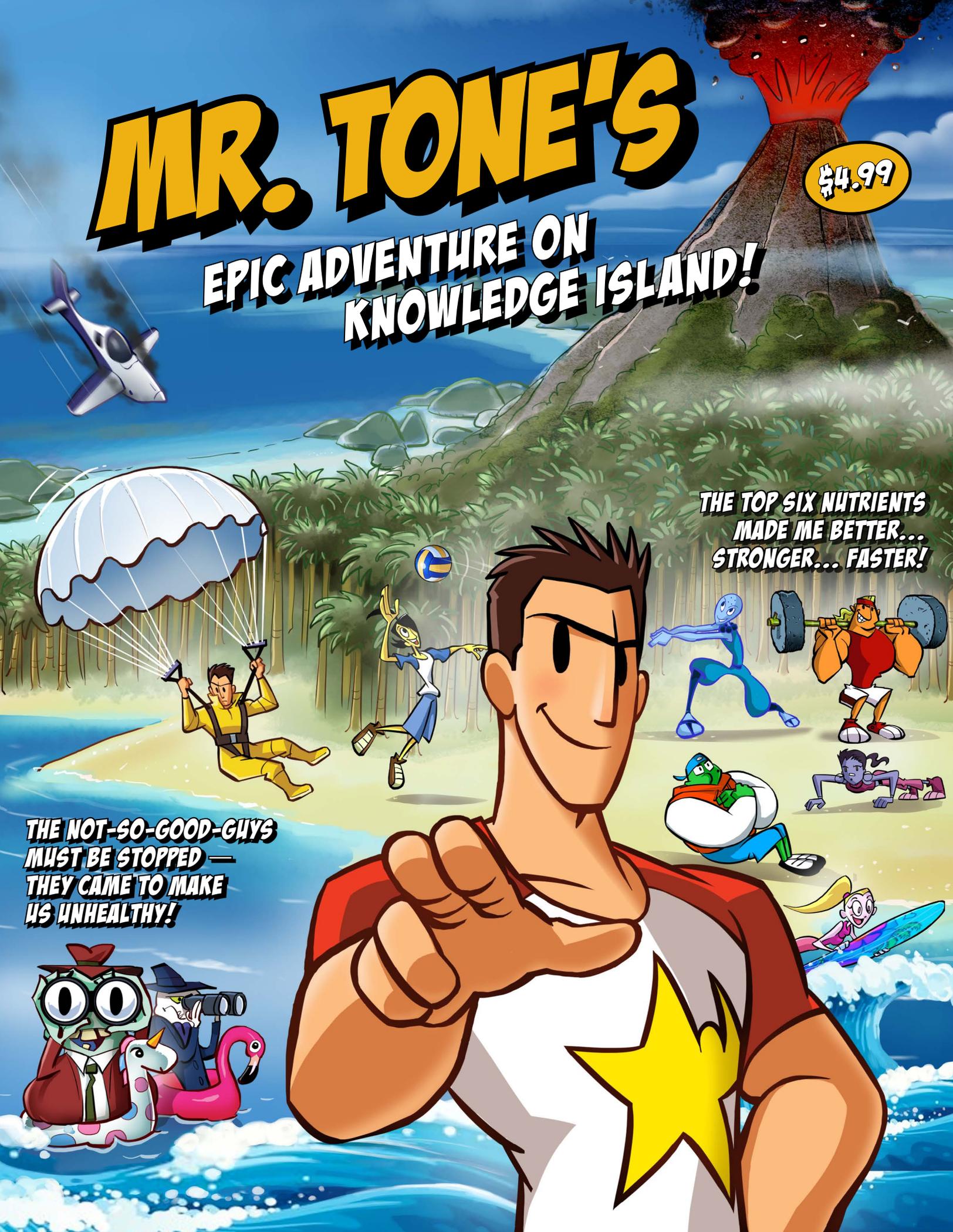
MR. TONE'S

EPIC ADVENTURE ON KNOWLEDGE ISLAND!

\$4.99

THE TOP SIX NUTRIENTS
MADE ME BETTER...
STRONGER... FASTER!

THE NOT-SO-GOOD-GUYS
MUST BE STOPPED —
THEY CAME TO MAKE
US UNHEALTHY!



MANY YEARS AGO...



While I was flying over the Pacific Ocean, I flew into a storm that cracked the wing of my plane.

I only had minutes before the plane was going down, so I jumped out at 10,000 feet.

The wind was blowing into my eyes making it hard for me to see where I was falling.

Suddenly... it stopped, and what I saw made me yell "TREES" as loud as I could!

They were the largest trees I had ever seen, and they were coming up fast below me.

I held on tight while I crashed through the trees.

"What a ride," I thought!

I was totally wiped out and in a lot of pain, so I crashed out right there.



WHEN I WOKE THE NEXT MORNING...

I found myself in a hut covered with leaves. I thought I was dreaming. But I wasn't!

As it turns out, there were people on this island. I heard a girl's voice. She was healthy and fit and was with five other people who crowded around me.



"We found you and want to help you," she said. "Who are you?"

"My name is Tony, My plane got damaged. I had to parachute down, and here I am. I need to get back home. Is there a plane or a boat on this island that I can use?" I asked.

"No, but we can help you build a boat and get you healthy," they said.

THE NEXT THING I KNOW...

we walked outside, and out of nowhere, this glowing star appeared above and started talking to me.

"Hello Tony, welcome to Knowledge Island. Great things are in store for you, if you **LEARN, APPLY, and GAIN PERSONAL EXPERIENCE (L.A.G.P.E.)** from what we have to teach you."

I wasn't sure what to think. So I kept listening.

"This is the home of the Top Six Nutrients. They will help you develop healthy habits and in the process, make you faster, stronger, and have more energy than ever before.

These habits will last a lifetime as long as you use them."



NEW FRIENDS

With that, my new friends called out their names!



FLEX!

CHARGIE!

ICE!

FESTER!

VITA!

PRECIOUS!

WE ARE GOING TO HELP YOU BECOME FASTER... STRONGER... AND HEALTHIER THAN EVER BEFORE!

INTERESTING!

REMEMBER TONY, LEARN, APPLY AND GAIN PERSONAL EXPERIENCE (L.A.G.P.E.)

AND POOF... THE STAR VANISHED!

"IT'S MORNING..."

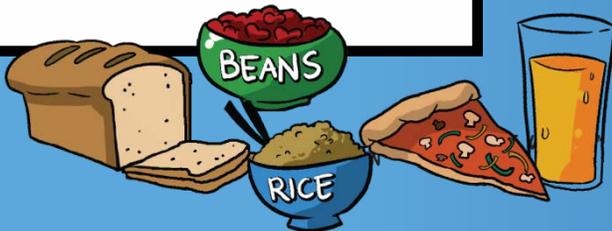
and we have work to do!" yelled Flex.

Starting that day, my new friends fed me a variety of foods made up of the Top Six Nutrients (water, carbohydrates, protein, fat, vitamins, and minerals).



CHARGIE CARB™ EAT CARBS FOR ENERGY

Chargie, who was always on the go, would stop by with bowls of rice and loaves of delicious whole grain bread every day so I could have tons of energy.



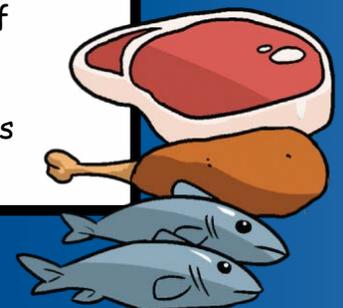
ICE WATER™ DRINK LOTS OF WATER

Ice brought me plenty of fresh water from a natural spring on the island. He told me it was important to drink 6 to 8 glasses of water every day.



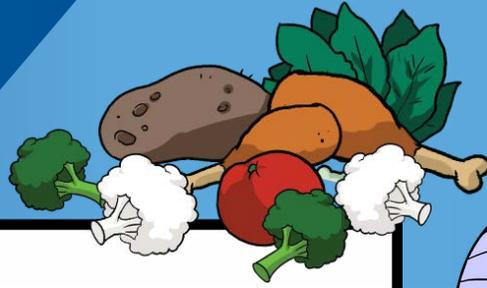
FLEX PROTEIN™ EAT PROTEIN TO BUILD MUSCLE

Flex loved to cook fish that he would catch from the ocean. It had lots of protein, he explained, and it would help me to recover from my injuries and regain my strength.





PRECIOUS MINERALS™
MIND YOUR MINERALS



Vita and Precious created tasty salads from the vegetables that grew nearby, and picked mangos, bananas, and other fruit for me to have enough vitamins and minerals each day. They shared with me that vitamins are needed for bone growth and healthy skin and minerals turn food into energy!

VITA VITAMIN™
VITAMINS ARE VITAL!



FESTER FAT CELL™
I'LL PROTECT YOU!



Fester brought me avocados along with a variety of nuts full of healthy fats.

He said I need these to help my joints. That way, if I take another fall, I won't get hurt so badly!

It was great how they all took care of me and made sure I was putting the right nutrients in my body.

They even bandaged my right arm and leg! I had to wear those bandages for months before I felt strong enough to exercise.



IT FELT LIKE A YEAR HAD GONE BY...

before I told Flex that I wanted to try to exercise. He said that he would teach me everything he knew beginning with proper form. He also said that if I used proper form, I would be able to see results in two weeks, and I did!



THE NOT-SO-GOOD-GUYS

The following day after exercise, I went for a walk on the beach and met these two guys, Sugar Sweets and Sly Sodium.

They were eating all types of food and invited me to hang out with them.

Within a couple of hours of eating their food, I began to feel not-so-good and told them I did not like feeling this way.

"That's normal," they said. "You will get used to it!"

Then they laughed.

So I left!



When I got back, I shared with everyone what had happened.

It turns out that Sugar Sweets and Sly Sodium are the Not-So-Good-Guys, and when you eat food made up of them you can become very sick!

"And it's easy to eat a lot of them," said Chargee, "because they taste great!"



FINDING THE NOT-SO-GOOD-GUYS!

To help me avoid the Not-So-Good-Guys, the Top Six Nutrients taught me how to read Nutrition Facts labels. These labels list the nutrients and the amount of each nutrient in food. Plus, they can show you if the Not-So-Good-Guys are hiding in that food.



Nutrition Facts	
Serving Size ½ cup (91g)	
Servings Per Container about 5	
Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	4%
Total Carbohydrate 27g	9%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 0g	

After learning this, I made it a habit to read the Nutrition Facts label on the foods I chose to eat.

AS THE WEEKS PASSED BY...

I began to only eat certain nutrients, combined with doing specific exercises to find out which nutrients and exercises gave me more strength, energy, speed, muscle, and weight loss.



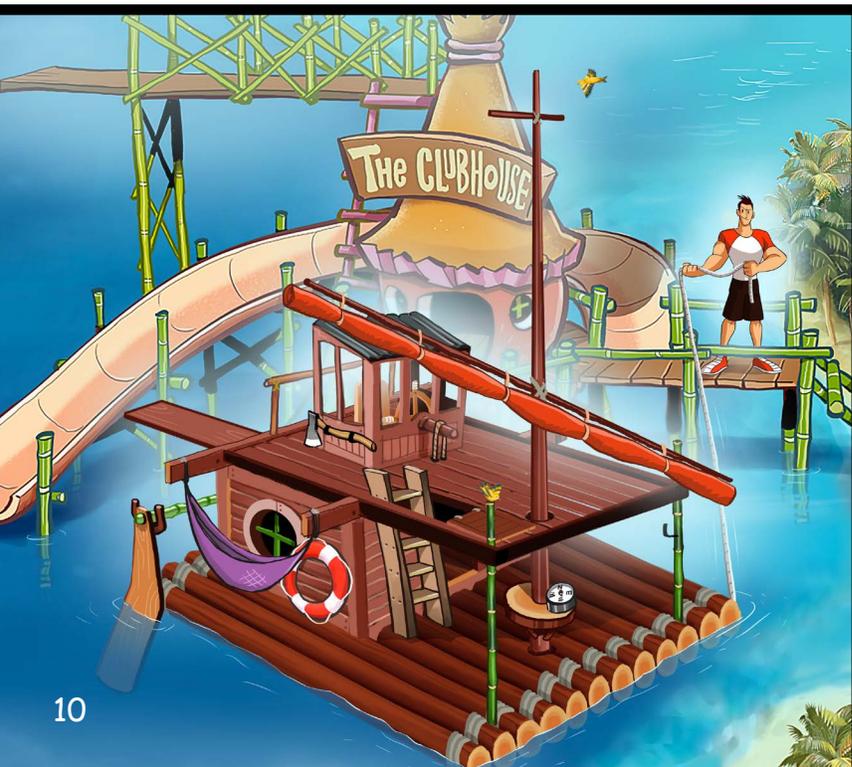
From doing this, I learned so much about the Top Six Nutrients and exercise to the point of becoming an expert! I was in the best shape of my life and felt GREAT!



By now the boat was finished!

And since we had all become such great friends, I invited the Top Six Nutrients to come home with me.

Everyone wanted to go except Flex; but no one could go unless they all went, for this was the law of Knowledge Island.



STRENGTH VERSUS ENDURANCE



After hearing this, I made Flex a deal. I told Flex that if he can move more logs than me in one hour, I'll stay and no one leaves Knowledge Island. But, if I can move more logs than him, he has to come with us, and he agreed!

The contest started! Flex and I began moving moving 200 pound logs across the beach at a steady pace, but this didn't last long. Flex doubled up and started carrying a log in each arm! I had to react fast, so I picked up my pace.

Then, what I was counting on happened! Flex dropped both logs and was out of breath. I made my move and picked up my pace even more and won the contest! Flex couldn't believe it.



"How did you beat me?" he asked.

I explained, "The contest I challenged you to was an endurance contest, and to have endurance, you need energy. And to get energy you need to eat carbohydrate foods."

So before the contest, I ate a lot of carbohydrate foods to give me the energy to win."

I also told him that I knew he only ate protein foods and that protein helps to develop muscle and makes you stronger.

I went on to explain that each one of them had a special quality that helped the human body, and in order for a person to be healthy, they needed all of these qualities.

TEAMWORK

The Top Six Nutrients work as a team. This is why the law of Knowledge Island states: "No one nutrient alone can leave Knowledge Island."

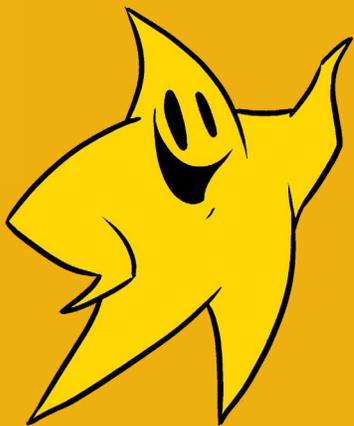
The Top Six Nutrients were so impressed with my knowledge and wisdom that they made me commander of the team, the Tone-Up Team.

Then I was given my new name — Mr. Tone!

I now had all the special qualities of the Top Six Nutrients (strength, speed, energy, muscle, and keen eyesight) and was able to use these special qualities whenever I needed them.

I thanked the team, and let them know how much they all helped me.

After my speech, we loaded up the boat and before we sailed off, the star appeared again!



WELL DONE, MR. TONE. YOU APPLIED WHAT YOU LEARNED AND GAINED PERSONAL EXPERIENCE ABOUT THE TOP SIX NUTRIENTS AND EXERCISE THAT NO ONE CAN EVER TAKE FROM YOU! USE THIS PERSONAL EXPERIENCE TO HELP OTHERS.

And POOF!!!! The star vanished once more, and I set sail with the Tone-Up Team.



WHEN I ARRIVED HOME...

I wrote down all about what happened to me on the island thinking that one day I would create a virtual world to help others.

But I got sidetracked by what I saw on the news. It was the Not-So-Good-Guys, right here in America, unloading their boat!

They followed us back to the States! Why?

Chargie thought I invited them to come back, but I didn't. Our lifestyles were too different!

I liked to exercise and eat healthy (food made up of the Top Six Nutrients), and they liked to sit around and eat unhealthy (food with too much fat, sugar, and sodium).



DEFEATING THE NOT-SO-GOOD-GUYS!

Shortly after they arrived, a new disease called "Obesity" came about from living the lifestyle of the Not-So-Good-Guys.

Now I knew why they followed us — they came to make people unhealthy!

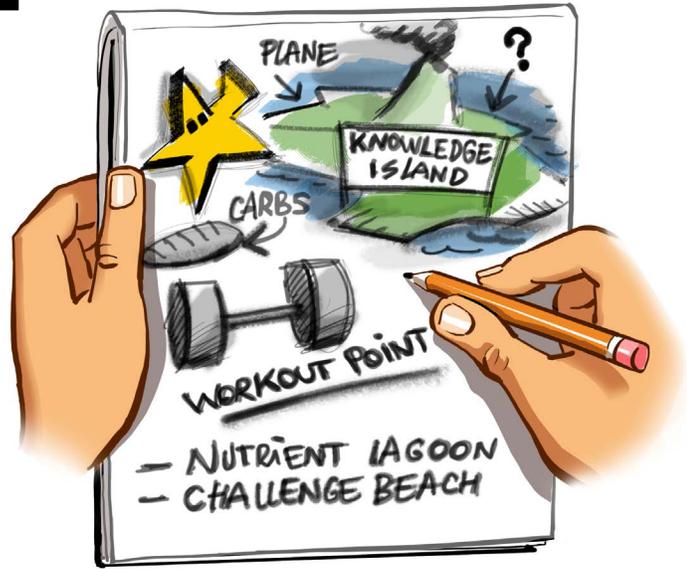
I had a strong feeling they were going to be trouble, so I pulled out my notes from Knowledge Island and created a virtual world.

Since I had first-hand experience with them, I knew their weakness and wanted to give young people a fighting chance against becoming unhealthy.

Now everyone can go and learn how to develop the habits needed to defeat the Not-So-Good-Guys! And I guarantee, these guys will be NO MATCH for you if you apply what you learn. It's that simple!

You see, the Not-So-Good-Guys cannot make you unhealthy if you eat healthy and exercise. This is their weakness!

Go to KnowledgeIsland.org, meet the Team, and together we will STOP the Not-So-Good-Guys!



SCAN THE QR CODE
TO GET STARTED...



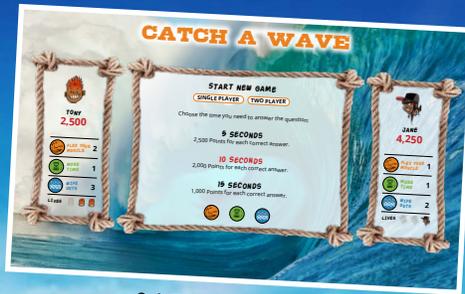
I'll see you there...

Mr. Tone
Over and Out!

THERE IS SO MUCH TO LEARN AND DO ON KNOWLEDGE ISLAND...



NUTRIENT LAGOON
Learn about the nutrients.



CATCH A WAVE
Compete for prizes!



WORKOUT POINT
Practice quick and easy exercises.



CHALLENGE BEACH
Beat your friends and win!



THE CLUBHOUSE
Hang out with friends.



DRAG-N-DROP WORKOUTS
Customize your workouts!



HELP STOP THE NOT-SO-GOOD-GUYS!



TO BEGIN YOUR ADVENTURE,
VISIT KNOWLEDGEISLAND.ORG
OR SCAN THE QR CODE NOW!

