



# YOR BEST BODY

*at home*

EPISODE 10 AIRING

**OCT. 10**

**4:00PM PST**

**RULES TO PARTICIPATE:**

ENROLLED IN  
GROUPS 183-187

You're all set!

NOT ENROLLED

Click below to join now!

ENROLL NOW



FEATURING A 40 MIN. WORKOUT  
WITH

**LOUIS VAN AMSTEL**

Dancer, Choreographer, Reality TV Star

A long-standing advocate of YOR Health's premium products; a three-time world dance champion; an emmy-nominated choreographer, appearing on 10 seasons of Dancing with the Stars; and the creator of the popular dance fitness program, LaBlast.

Equipment needed:

- 2 light dumbbells or bottles of water
- Clear an open space (8x8 ft)
- Plenty of water nearby
- Towel to wipe off your sweat



**DR. DEBRAH ZEPF**

Ph.D IMD DNM DTN BCMH CCA CMT,  
ESSENTIAL OIL EXPERT

She will be sharing from our Autumn Blends Collection, her Flu Season Oil Blends for your diffuser to help you stay healthy at home.



**HOST  
PACO HERNANDEZ**

Founder's Council &  
3-Star White Diamond

Paco is not only an incredible leader, but he is the epitome of 'leading by example' by being a YOR Best Body winner, too!



**HOST  
AMERICA LUNA**

Founder's Council &  
1-Star White Diamond

A high-performance athlete, world cup soccer player and founder of the Pilates Total Balance method.