

# InStyle

July 13, 2010

## CELEBRITY FITNESS

MAIN

STAR WORKOUTS

DIET

MUSIC & GEAR

NEWS

INDEX

[← back](#)

3 of 6

[next →](#)



### 6 Ways to Be Healthier Now

#### Maximize Your Multivitamin

Join the 300,000 people—including stars like **Vanessa Hudgens**, **Jessica Stroup** and **Malin Akerman**—who have already streamlined their supplements with USANA's MyHealthPak. A quick **online quiz** creates a personalized system that factors in your age and lifestyle and targets your specific health concerns. It comes with a personalized dispenser as well as labeled morning and evening packets, so you'll never have to count, sort or separate supplements again.



**Next: Track Your Progress Stress-Free ▶**