Contact: Dan Macuga

Vice President of Marketing & Public Relations

USANA Health Sciences, Inc.

(801) 954-7280

Dan.Macuga@us.usana.com

USANA Health Sciences Announces Partnership With Kathy Kaehler

SALT LAKE CITY—(BUSINESS WIRE)—January 4, 2010—USANA Health Sciences, Inc. (NASDAQ:USNA) is proud to announce its partnership with fitness expert and celebrity trainer Kathy Kaehler.

"I am delighted to announce my new partnership with USANA," said Kaehler. "As a fitness professional for most of my life, I know how important it is to maintain your health. Exercise and proper nutrition is key, but that alone is not enough. USANA is the answer to making sure your body is getting exactly what it needs every day. USANA's extraordinary standards take nutritional supplements to another level, not to be compared."

Kathy Kaehler, author and celebrity fitness trainer, has devoted her life to helping people live happy and healthy lives. For 13 years, Kaehler appeared on the Today show as the fitness correspondent while training such celebrities as Julia Roberts, Michelle Pfeiffer, Cindy Crawford, Jennifer Aniston and many more. Kaehler will share her top-notch fitness solutions and star-shaping secrets along with healthy diet tips and recipes that feature USANA nutritional food products and supplements.

"We are thrilled to announce Kathy Kaehler as the newest member of the USANA family," said Dan Macuga, USANA Vice President of Marketing and Public Relations. "Kathy will be a great asset to our world class product offerings, and I think USANA customers and Associates will find great value in her expert health and fitness tips."

Learn more about USANA's products by visiting our Web site, reading our blog, becoming a fan on Facebook, or following us on <u>Twitter</u>.

About USANA

USANA Health Sciences develops and manufactures high-quality nutritionals, personal-care, energy and weight-management products that are sold directly to Preferred Customers and Associates throughout the United States, Canada, Australia, New Zealand, Hong Kong, Japan, Taiwan, South Korea, Singapore, Malaysia, the Philippines, Mexico, the Netherlands and the United Kingdom.