

1st EDITION YEAR 2022

NOURISH

WELLNESS AND
NUTRITION MAGAZINE



LIMITED CIRCULATION • NOT FOR RETAIL SALE
COMPILED BY HERBALIFE NUTRITION, INDIA.

WEIGHT MANAGEMENT



SPORTS NUTRITION



ENERGY



AYURVEDIC NUTRITION



TARGETED NUTRITION



Visit us at : www.myherbalife.com/en-IN

Follow us : www.instagram.com/herbalifeindiaofficial/

CALL US ON
TOLL FREE NUMBER

1800 102 2444

Disclaimer: Herbalife products are not intended to diagnose, treat, prevent or cure any disease. Pregnant or lactating women should consult their physician prior to use of this product. Please see individual product label for detailed information.

Disclaimer: Herbalife Nutrition products are exclusively sold ONLY through our Independent Distributors and not by unauthorized sellers selling on any e-commerce platforms like Amazon, Flipkart, Snapdeal, etc. Herbalife products purchased from these e-commerce platforms will not be protected under our 30-day money-back guarantee. For details, please reach out to our Associate Service team at 080-40311444.

We are excited to have you on board!

Everything we do at Herbalife Nutrition is built on our purpose:

“Our purpose is to nourish the potential in everyone to create a healthier future.”

We believe that each individual has the potential to be healthy and successful. In today's time when everything is going digital, nutrition is not an exception. For healthy living, it is important to stay connected with your nutrition journey at all times.

Herbalife Nutrition welcomes you to the first edition of Nourish, our in-house Nutrition & Wellness magazine, specially curated for you. Nourish is our endeavor to share the incredible journey of our communities, innovative products, and the latest information from the Herbalife Nutrition universe exclusively with you.

Our vision is to be the most trusted nutrition and lifestyle company through the success of our Independent Distributors and the results of their customers. Our values support our vision by promoting fairness, equality and celebrating multiculturalism, always doing what's right, working together and building it better.

We, always do what's right, we work together, and we build it better.

Herbalife Nutrition is a global nutrition company that has been improving people's lives for over 40+ years. We provide our distributors with high-quality products, best-in-class marketing tools, and education on how you can help others achieve their own personal goals through health and wellness.

Our nutrition philosophy is to provide quality products, education, and guidance to the people who need them most. We believe that everyone deserves access to the right information and products. By providing nutritious food choices and access to training, Herbalife Nutrition empowers individuals to achieve the healthiest lifestyle possible. Our goal is to help millions of people achieve total wellbeing.

We are also committed to equal opportunity and diversity, and we strive to ensure that our policies promote the employment of talented individuals from all backgrounds.

Your continuous support and patronage have helped us nourish millions of lives.

Should you like to share your suggestions and feedback, you can write to us at preferredcustomer@herbalife.com

Stay strong and nourish your true potential. The future is bright!

Warm Regards,

Ajay Khanna

Senior Vice President & Country Head,
Herbalife Nutrition, India



WELCOME TO HERBALIFE NUTRITION

01-02

WHY PERSONALISED COACHING IS KEY TO ACHIEVING OPTIMAL WELLNESS

03 -04



WHAT IS A BALANCED DIET?

05-06



FIVE HYDRATING FOODS

07-08



HOW TO REHYDRATE: CREATIVE WAYS TO UP YOUR FLUID INTAKE

09-10



KEEP FIT AND LOOK GOOD

11-12



WEIGHT MANAGEMENT MEAL PLANNER

13-14



HERBALIFE NUTRITION SPONSORED ATHLETE

15-16



RECIPES



17-22

HOW TO DO A PLANK



23-24

FIVE WAYS TO GET YOUR MOTIVATION BACK!



25-26

WHY MAINTAINING MOBILITY IS KEY TO HEALTHY AGING



27-28

MINDFULNESS: HOW TO MANAGE STRESS THROUGH MEDITATION



29-30

FIVE MORNING BEAUTY HABITS TO DO EVERY DAY



31-32

11 TIPS ON HOW TO LOSE WEIGHT



33-35

EDUTAINMENT CROSS-WORD PUZZLE: KNOW YOUR PRODUCT



36

WELCOME TO HERBALIFE NUTRITION

A GLOBAL NUTRITION COMPANY

Since 1980, we've been offering a full line of great tasting nutritional products that can be customised to meet individual needs and help consumers achieve their unique goals. We cater to a variety of daily nutritional needs, offering choices to customers in 95 markets.

Our products are exclusively available through Herbalife Nutrition distributors who provide comprehensive and personalised solutions to their customers' nutrition and wellness goals, based on guidance provided by Herbalife Nutrition experts.

By improving people's nutritional habits and providing high-quality products and economic opportunities, we are making a positive impact in communities around the world.

OUR PRODUCTS

We offer a full range of great-tasting nutritional products that can be customised to meet individual needs & wellness goals. These include 2,000 high-quality and convenient nutritional products such as meal replacements, protein shakes, teas, aloes, high-protein snacks, vitamins and supplements, sports nutrition, and other nutritional products, all backed by science.

SEED TO FEED

We believe that every step of the manufacturing process should be responsible & transparent. We follow and inspect our products from harvest to delivery with our Seed to Feed process that ensures quality, effectiveness, and safety of all Herbalife Nutrition products.

Top-grade ingredients: Ingredients in Herbalife Nutrition products must pass our stringent standards for identity and purity.

Thorough testing: Multiple rounds of in-process testing ensure that Herbalife Nutrition products comply with all regulatory standards.

Nutrition based on Science: Our products are formulated by our team of scientists & PhDs for consumer benefits.

Nutrition delivered to you: We use advanced technology to monitor the environment and ensure quality.

Manufactured with care: Our products are manufactured to meet or comply with current good manufacturing practices (cGMPs).

Disclaimer:

1. This post is for general information and not intended to be a substitute for the advice of a qualified and registered medical practitioner or a recommendation for any treatment plan.
2. Herbalife Nutrition products are exclusively sold ONLY through our Independent Distributors and not by unauthorized sellers selling on any e-commerce platforms like Amazon, Flipkart, Snapdeal, etc. Herbalife products purchased from these e-commerce platforms will not be protected under our 30-day money-back guarantee. For details, please reach out to our Associate Service team at 080-40311444.



HERBALIFE NUTRITION



**1.9+
BILLION**

servings of Herbalife Nutrition protein shakes sold worldwide in 2021



\$5.8 BILLION

in net sales in 2021
A record year for the company



**5.4
MILLION**

Herbalife Nutrition protein shakes consumed daily in 2021



300+

scientists on staff



72,000+

nutrition clubs worldwide, which is more than **2x** the number of Starbucks worldwide



Herbalife Nutrition Foundation donated more than

\$4.75 MILLION

to help support more than

165+

organizations around the world end global hunger and support nutrition education

**#1 BRAND IN
THE WORLD**
in meal replacement and protein supplements combined*

*Euromonitor International Limited; Per Consumer Health 2022ed, Meal replacement and protein supplements definitions; combined % RSP share GBQ, 2021 data



200+ sponsored sporting events, teams and athletes worldwide
5 sponsored National Olympic Committees

WHY PERSONALISED COACHING IS KEY TO ACHIEVING OPTIMAL WELLNESS

HERE ARE FOUR WAYS OUR
INDEPENDENT ASSOCIATES COACH
PEOPLE TOWARDS HEALTHIER LIFESTYLES



Disclaimer: Herbal Aloe Concentrate - THIS CONTAINS SUCRALOSE. NOT RECOMMENDED FOR CHILDREN. NO SUGAR ADDED IN THE PRODUCT. CONTAINS ARTIFICIAL SWEETENER AND FOR CALORIE CONSCIOUS. Not recommended for children. Keep out of reach of children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease.

ASSOCIATES COACH CUSTOMERS AND SET CLEAR, ACHIEVABLE GOALS.

Associates are trained to help their customers set achievable goals and milestones when it comes to healthy habit formation. This helps customers build confidence in themselves, which is one of the most important components of performance. Confidence is a powerful force that moves a person to action and fuels them to persist despite obstacles.

Associates also understand that confidence is built on small wins, which can keep a person motivated through their health and wellness journey. Associates are prepared to establish a personalized plan for each customer – based on guidance and information developed by company experts – that can sustainably lead to an overall healthier life.

ASSOCIATES HELP IDENTIFY BEHAVIOUR PATTERNS AND BEST APPROACHES TO INDIVIDUAL NEEDS.

Sometimes, unhealthy nutrition or fitness approaches are rooted in bad habits which are almost involuntary or automatic. There is a physiological reason for that: our brains use more energy than any other organ in our body, accounting for up to 20 percent of the body's total energy needs. Thinking takes work!

An experienced associate can observe patterns that customers may not notice and can help them identify what works best for them. They help customers form new habits towards adopting a new lifestyle that leads to the best, healthier version of themselves.

ASSOCIATES KEEP PEOPLE MOTIVATED AND ACCOUNTABLE.

Starting a new journey might be filled with enthusiasm. But when weariness or lack of time gets in the way, motivation might flicker.

One of the main reasons why keeping motivated is hard is that change entails stress. Stress can make you feel frustrated, fatigued, or anxious. Those feelings can become the fuel of self-sabotage, causing you to lose motivation.

An associate will support, encourage, and motivate customers to stay on track and focused. For many, having someone to answer motivates them to act.

ASSOCIATES HELP PEOPLE OVERCOME LIMITING BELIEFS.

Sometimes, customers feel like they can't achieve a goal may not have to do with motivation but with limiting beliefs holding them back. Limiting beliefs might include thoughts like, "I don't have the discipline to exercise regularly," or "I don't have the willpower to eat healthy."

Associates can help their customers recognize that they have the ability and responsibility to take ownership of their actions and motivate them to push forward rather than feeling left behind.

Source Credit : Excerpts from Article by Dr Kent D Bradley ,Chief Health and Nutrition Office
Link:<https://iamherbalifenutrition.com/business-opportunity/human-connection/>

- Disclaimer:
1. Personalized Protein Powder - Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease. Health Supplement should not be used as a substitute for varied diet.
 2. Formula 1 - Nutritional Shake Mix - FOOD FOR SPECIAL DIETARY USE (FOR WEIGHT CONTROL AND MANAGEMENT) (NOT FOR MEDICINAL USE). This product is not for parenteral use. The product is not to be used by pregnant, nursing, and lactating women or by infants, children, adolescents and elderly, except medically advised. This product is not intended to diagnose, treat, cure or prevent any disease. THIS CONTAINS SUCRALOSE. CONTAIN NON-CALORIC SWEETENER. Herbalife Products are designed for use by Adults as part of a well balanced diet.. Our products are formulated for adults and are labeled based on the adult Recommended Dietary Allowances.
 3. ShakeMate - Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease.



WHAT IS A BALANCED DIET?

CONSIDER THESE 7 NUTRIENTS
IN YOUR NEXT MEAL



In order to look and feel your best, your body needs a complex blend of nutrients. Not only do you need the right proteins, carbohydrates, fats, vitamins, and minerals, but you also need adequate fluids to stay hydrated, and a good dose of fiber, too. Even the most careful eater can be hard-pressed to meet each nutrient target every day.

This is why our Herbalife Nutrition Philosophy is based on balanced nutrition – a combination of healthy foods and supplements that help you meet your daily needs, coupled with the right calorie balance to help you lose, gain or maintain your body weight.

HERE ARE 7 NUTRIENTS OF A BALANCED DIET:

PROTEIN

Protein is a macronutrient vital to virtually every cell in the body. You use protein to manufacture important molecules, such as hormones and enzymes, and to build and maintain muscle tissue. Protein is also great at satisfying hunger.

Your body is constantly assembling, breaking down and using protein, so it's important to include enough protein in your diet every day to replace what you've used. We suggest that up to 30% of your daily calorie intake come from lean plant or animal protein, such as soybeans, poultry, fish, and eggs.

CARBOHYDRATES

Your body prefers another macronutrients, carbohydrates, for its fuel, so it's important to get enough every day. We recommend that you get about 40% of your calories from whole grain, bean, vegetable, and fruit carbs—not the sugary, starchy kinds you find in baked goods, soda, and candy.

FAT

Your body also requires small amounts of beneficial fats—but don't go hog wild just yet; you're probably getting enough. The typical diet supplies more total fat and saturated fat than we need, and not enough healthy fats, such as fats from fish, nuts, olive oil, and avocados. Fats are a very concentrated source of calories, which is why the Herbalife Nutrition Philosophy recommends that you limit your fats to 30% or less of your daily calorie intake.

VITAMINS AND MINERALS

Vitamins and minerals are involved in many of the chemical reactions your body performs every day, and many minerals -calcium and magnesium, for example - have structural roles in the body. A well-balanced diet helps to supply the vitamins and minerals you need and taking a daily multiple vitamin and mineral supplement helps you get the proper amounts.

PHYTONUTRIENTS

Plant foods produce a wide range of natural compounds called phytonutrients. They contain a number of benefits, such as preventing disease, enhancing immunity, and repairing DNA damage. Their pigments give fruits and vegetables their beautiful colors.

That's why it's important to eat colorful, plant-filled meals.

FIBER

Fiber supports the digestive process, helps to fill you up, and promotes the growth of friendly bacteria in the digestive tract. Whole fruits, vegetables, whole grains, and beans are the best sources of dietary fiber, but if you can't get the recommended 25 grams every day, you can work in fiber supplements.

WATER

The human body is 70% water, so it's no surprise that we need to stay hydrated in order to remain healthy. Your body needs water to transport nutrients to cells and to get rid of waste products. Water also helps control body temperature & lubricate joints, organs, and tissues. The general recommendation for fluids is about eight 8-oz (240mL) glasses a day. Water should be the first choice, but plain tea or coffee can also count towards meeting your daily fluid needs.

When it comes to balancing calories, you have control over both sides of the calorie equation. You can regulate how much goes in by counting the calories in the foods that you eat, and you can control—at least in part—how many calories you burn every day by staying active. So whether your goal is to lose, gain or maintain your weight, the power to tip the balance is in your hands.

FIVE HYDRATING FOODS



TO TRY THIS SEASON*



WATERMELON

It contains more than 90% water¹ and is rich in lycopene, vitamin C, and beta carotene, which helps support skin health².



CARROT

It holds about 80-90% water¹ and is a rich source of beta carotene, which protects the skin from sun damage and boosts hydration³.



SPINACH

Along with having a high water content of about 90-99%¹ spinach is rich in antioxidants, which helps fight skin damage⁴.



ORANGES

It contains about 80-90% water¹ and is a rich source of vitamin A, C, and beta carotene⁵, which helps maintain skin moisture³.



SMOOTHIE / SHAKE

Customize them with fruits and vegetables and add Formula 1 Nutritional Shake Mix** in a flavour of choice to conveniently boost fluid intake.

SAY GOODBYE TO DRY SKIN!

Source Credit- iamherbalifenutrition.com *

© 2021 Herbalife Nutrition. All Rights Reserved.

* This post is for general information and not intended to be substitute for the advice of a qualified and registered medical practitioner or a recommendation for any treatment plan.

** Formula 1 - Nutritional Shake Mix - FOOD FOR SPECIAL DIETARY USE (FOR WEIGHT CONTROL AND MANAGEMENT) (NOT FOR MEDICINAL USE). This product is not for parenteral use. The product is not to be used by pregnant, nursing, and lactating women or by infants, children, adolescents and elderly, except medically advised. This product is not intended to diagnose, treat, cure or prevent any disease. THIS CONTAINS SUCRALOSE. CONTAIN NON-CALORIC SWEETENER. Herbalife Products are designed for use by Adults as part of a well balanced diet.. Our products are formulated for adults and are labeled based on the adult Recommended Dietary Allowances.

Images are for representation purpose only. Herbalife accept no responsibility for any loss or damage that may result from acts or omissions made by readers' accessing or reliance on this content.

1. Nutr Rev. 2010 Aug; 68(8): 439-458; 2. EXCLI J. 2014; 13: 650-660; 3. Photodermatol Photoimmunol Photomed. 2021; 37: 490-504; 4. Prev Nutr Food Sci. 2014 Mar; 19(1): 19-26; 5. Nutr J. 2012; 11: 107

HOW TO REHYDRATE: CREATIVE WAYS TO UP YOUR FLUID INTAKE

Did you just finish a long run, workout session, or yoga class? Make sure to drink plenty of fluids! After a hard workout, fluid losses need to be replaced, which is why it's so important to rehydrate. This is especially true during the hot summer months since heat and humidity can accelerate fluid losses and make it even harder to stay well-hydrated.

THE IMPORTANCE OF STAYING HYDRATED

Water is vital for proper functioning of virtually every cell, tissue, and organ in the body. Here are a few reasons why hydration is so essential:

- Water is needed for proper digestion and delivery of nutrients to your cells.
- It helps regulate your body temperature.
- Water also acts as a “shock absorber” for the brain and spinal cord, and it lubricates joints, organs, and tissues.
- Water helps maintain healthy mucous membranes and is a key component of lymphatic fluid, thus supporting the health of your immune system.
- Adequate water intake may even help you manage your weight.

DEHYDRATION SIGNS AND SYMPTOMS

When you're not properly hydrated, your body sends an alarm that shows itself first as thirst and dry mouth. Signs that you may not be taking in enough fluids might also include:

- Dark urine
- Constipation
- Bad breath
- Muscle fatigue
- Headaches

By the time your thirst mechanism kicks in, you're already fairly dehydrated, so it's important to stay on top of your fluid intake during the day. It's also critical to make sure infants and small children get enough fluids as well – a recent meta-analysis indicated that children globally are not consuming enough water to be adequately hydrated.

Dehydration can result from simply not drinking enough fluids during the day, but other circumstances can contribute. If you've had diarrhea or vomiting, or if you're running a fever, you need extra fluids.

When you're exercising, it's important to keep your fluid intake up not only during activity but also to make sure that you adequately replace fluid losses once you've finished. Some athletes make a habit of weighing themselves before and after activity to see how much fluid needs replacing. For every pound of weight that's lost during activity, you need to drink about 2-3 cups of liquid to replace fluid losses.

WHEN YOU MAY NEED MORE THAN WATER

If you are working out intensely, or for longer than 30 minutes or so, or working out in a hot or humid environment, you may need to supply your body with more than just plain water – both during and after exercise.

When you sweat, you not only lose water but important minerals – like sodium, chloride, and potassium – that need to be replaced. These body salts, often called electrolytes, participate in many body processes but are especially important for the proper function of your nerves, muscles, heart, and brain.

Electrolytes can be replaced with specially designed sports drinks that provide not only fluid but the right balance of electrolytes that have been lost through perspiration. Some even provide some carbohydrates, which can be a source of energy during exercise. Another plus to sports drinks is that they usually have a mild and slightly sweet taste that can encourage you to drink more.

CREATIVE WAYS TO UP YOUR FLUID INTAKE

We all know we should drink water, but we don't always set ourselves up for success. Here are some ideas to encourage daily hydration:

- Start your day with a big glass of water before your coffee or tea – you'll create a good habit that can last a lifetime.

- Review the situation at work. If you tend to spend a lot of time at your desk, set a pitcher of water on your desk each morning. It will serve as a reminder to drink more, and you'll be motivated to sip on it as the day goes by – and meet your goal of finishing it.
- If you're on your feet or in the field, make sure you have convenient access to water (or bring a water bottle with you).
- Set a timer or use an app on your smartphone or smartwatch that can help remind you to drink more water as you go about your day.
- Make it interesting: add in citrus, herbs, fruit, or a splash of juice to amp up the taste; go for a bubbly, unsweetened option; have some tea with lemon; keep a pitcher in the fridge for a nice icy blast on a warm day.
- Include more watery fruits in your diet – all fruits and veggies are good, but especially melons, leafy greens, and cucumbers.
- Consider having soups before meals; they can help hydrate you and make your meal more filling.

HOW MUCH WATER SHOULD YOU DRINK PER DAY?

Your age, size, gender, and physical activity level will help determine your water needs, as does the climate. As a general rule, according to the Institutes of Medicine, the recommended daily fluid intake is about 11 cups for adult women and 15 cups for men. That sounds like a lot, but not all of it needs to come from beverages alone.

About 70-80 percent should be provided by beverages – and at least half of that from water, with lesser contributions from tea, coffee, milk, and other beverages. The remaining 20-30 percent should come from watery foods such as fruits and vegetables.

Many people wonder if drinking caffeinated beverages such as coffee and tea counts toward hydration goals or against them. The good news: moderate amounts of caffeine will not deplete the water in your body.

But do watch the calories in those fancy coffee drinks – large amounts of cream and sugar add-ins can rack up calories quickly.



Disclaimer: The content is only for general information and not intended to be substitute for the advice of a qualified and registered medical practitioner or a recommendation for any treatment plan. People with medical conditions should consult a doctor before adopting the usage / advices suggested.

Source Credit :

Susan Bowerman

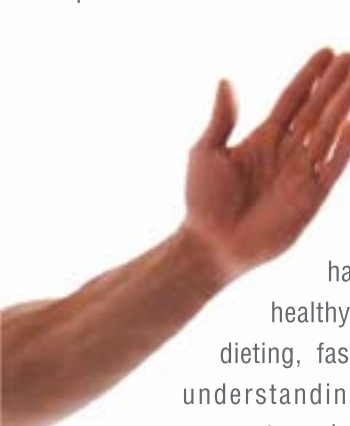
Sr. Director, Worldwide Nutrition Education and Training

Link: <https://iamherbalifenutrition.com/nutrition-facts/hydration-tips/>

KEEP FIT AND LOOK GOOD



The biggest challenge we are facing in our era is that of obesity. Approximately 39% of adults aged 18 years and over were overweight in 2016, and 13% were obese. Worldwide obesity has nearly tripled since 1975.¹ This has paved way for many diseases and most of these diseases are now termed as lifestyle related disorders. With increasing lifestyle disorders, people are now trying to make a conscious effort to reduce their weight. This has in-turn resulted in individuals trying to lose more kilos in a short span of time. Remember, obesity is preventable.¹



Whether your weight loss goals involve losing 5 kg or 20 kg, there are few principles that remain constant. Firstly, it's very important to understand that steady and consistent healthy habits are the key to maintaining healthy weight. Shortcuts like extreme dieting, fasting, vigorous workouts without understanding the science behind weight management can be harmful. Healthy weight loss per month is anywhere between 2-4 kgs. It can be higher for few individuals, or some might lose only 1-2 kgs a month. We need to understand that each body type is different and reacts differently to the weight management approach.

The followings are certain important factors that may influence one's weight loss journey:

1. Diet
2. Physical activity/Exercise
3. Mental Health
4. Sleep

These above factors are often interconnected and how one creates a balance, is the key. It's important to make sure we pay attention to each of these factors to maintain the balance.

DIET

One of the important factors that govern weight loss is the number of calories consumed and the amount burned. Diet plays a very important role, not just in weight loss but in maintaining a healthy body. Also remember, more than counting the calories intake, it is vital to determine the quality of these calories. Here are few basic guidelines that really work wonders.

Author:

Sreyashi Moitra

Nutritionist, HerbalifeNutrition India

References:

1) <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

2) https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html

Disclaimer: This document is only for general information and not intended to be a substitute for the advice of a qualified and registered medical practitioner or a recommendation for any treatment plan. In case of a health problem, consult a medical practitioner of your choice.

- Reduce or avoid sugar consumption
- Include protein in the diet as they help in improving the satiety level and building muscle mass
- Dietary fiber plays an important role in maintaining blood cholesterol & blood glucose levels. Insoluble fiber helps in healthy bowel movement
- Do not forget to keep yourself well hydrated

PHYSICAL ACTIVITY / EXERCISE

Exercise plays a very important role in weight loss. Physical activity aids in burning calories. A balanced diet coupled with resistant strength training helps in improving muscle mass which in turn may help to improve metabolism. You can either opt for Cardiovascular or Weight training exercises. Cardio activities such as walking, jogging, swimming, running is beneficial for overall health. At the same time, weight training exercise helps in boosting your metabolism and is useful for toning and building muscles.

SLEEP

Sleep is like a nourishment to your brain. It is true that inadequate or incomplete sleep may affect your weight and keep you tired throughout the day. This in-turn results in skipping of exercise or unable to perform physical activity to the best of your ability. This also affects your diet as mid night snacking, sugar & comfort food cravings are seen to be increased in individuals who sleep late or experience less sleep. Ideal amount of sleep should be 7-8 hours regularly.²

MENTAL HEALTH

Stress, anxiety and depression may have an adverse effect on your weight management. These factors may affect your sleep cycle and your dietary habits. Cravings for comfort food or skipping meals are few habits noticed in individuals who are stressed. Unable to sleep or maintain a good diet, affects your physical activity levels. Practicing yoga or meditation may help in achieving a calm mind. Taking up recreational activities or hobbies are few other ways of improving your mental state.

It is imperative that all aspects of our health are taken care of. Just dieting or exercise may help up to an extent. But it's important to concentrate on all the factors to achieve optimum health and desired weight. So, do not just look for weight loss or weight gain, instead focus on making small lifestyle changes to enjoy living a healthy and active life



WEIGHT MANAGEMENT MEAL PLANNER

The weight-management program has been designed to help manage your weight and get good nutrition. Individuals may personalize their shakes and meals, as well as customize their program. For more information about additional products that may help you optimize your success, contact your Herbalife Nutrition Independent Associate.



Disclaimer: This document is only for general information and not intended to be a substitute for the advice of a qualified and registered medical practitioner or a recommendation for any treatment plan. In case of a health problem, consult a medical practitioner of your choice.

BREAKFAST



3 scoops of Formula 1
Nutritional Shake Mix

+



300ml of skimmed
milk or soy milk

+



2 scoops of
Personalized
Protein Powder

+



Half a medium
banana/ 1/4* cup
pineapple/ 1/4* cup
watermelon/ 1/4* cup
pomegranate etc

↓



Blend well

=



A delicious and
nutritious shake!

RECOMMENDED MEAL**

HEALTHY SNACKS



1/2 Cup Fruits

OR



1 Cup Salad

OR



1 Whole Egg +
Egg White

OR



6-7 Nuts / 1/2 Avocado /
1 Tbsp Seeds

LUNCH



1 Cup Salad

+



30g of fish or skinless
chicken or soy-meat
substitute

+



2 roti (30g each) +
1/4 cup* vegetable
curry or dry

+



1/4* cup
fresh fruits like
apple, pineapple,
muskmelon etc

RECOMMENDED MEAL**

HEALTHY SNACKS



1/2 Cup Fruits

OR



1 Cup Salad

OR



1 Whole Egg +
Egg White

OR



6-7 Nuts / 1/2 Avocado /
1 Tbsp Seeds

DINNER



3 scoops of Formula 1
Nutritional Shake Mix

+



300ml of skimmed
milk or soy milk

+



2 scoops of
Personalized
Protein Powder

+



Half a medium
banana/ 1/4* cup
pineapple/ 1/4* cup
watermelon/ 1/4* cup
pomegranate etc

↓



Blend well

=



A delicious and
nutritious shake!

RECOMMENDED MEAL**

Take one **Formula 2 multivitamin mineral & Herbal tablets** plus 3 times a day with meals

You can also add **Active Fiber Complex** (unflavored) to your shake to increase your daily fiber intake

Note:

1. 1 cup = 200ml

2. It is recommended to carry out at least 45 minutes of physical activity of moderate - intensity for at least 5 days in a week. Physical activity is essential for successful long-term weight management and will depend on current BMI and health condition.

** High protein meal: Consuming of High Protein Meal Replacement (HPMR) along with calorie restricted diet and moderate physical activity daily, showed reduction in body weight and body fat percentage along with improvement/healthy maintenance of blood lipid profile¹

¹Glutati et al. (2017). Effect of high protein meal replacement on weight and cardio-metabolic profile in overweight/obese Asian Indians in North India. British Journal of Nutrition. June; 117(11): 1531 - 1540.

Sources:

1. Dietary guidelines for Indians, A manual - National Institute of Nutrition, 2010

2. Nutrient Requirements and recommended dietary allowances for Indians ; A report of the expert group of the Indian council of medical research 2009, National Institute of Nutrition.

Disclaimer:

1. "This post is only for general information and not intended to be a substitute for the advice of a qualified and registered medical practitioner or a recommendation for any treatment plan. Herbalife accept no responsibility for any loss or damage that may result from acts or omissions made by readers' accessing or reliance on this content".

2. Formula 2 Multivitamin Mineral & Herbal Tablets - Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease.

3. Active Fiber Complex - Unflavored- Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease. Keep out of reach of children.

4. The weight management planner is only a recommendation, contact your nutritionist for better results. Results are not typical, Individual results will vary.

LAKSHYA SEN

Badminton, India

Herbalife Nutrition Sponsored Athlete

With **Herbalife Nutrition**,
I have realised the importance
of good and proper nutrition to
maximise my performance
that helps me be
the difference.

MANIKA BATRA

Table Tennis, India

Herbalife Nutrition Sponsored Athlete



I really enjoy using **Herbalife** products, especially since they are GMO free and contain the right nutrient to support my fitness.





DINO FROZEN PROTEIN POPS

Energy
61.97
kCal

6.52g
Protein

8.18g
Carbohydrate

0.52g
Fibre

Ingredients

- 2 Scoops DinoShake Nutritional children's drink mix, Strawberry flavour
- 1/2 cup (120 ml) skimmed or soy milk
- 150g greek-style yogurt, Vanilla Flavour
- 1/2 cup (70g) mixed berries

Instructions

Place all ingredients in blender and blend until very smooth. Pour into four 1/3 cup (80 ml) popsicle molds. Freeze at least two hours before serving.

Disclaimer:

1. Dinoshake - Children two years and above.
2. Picture is for representational purposes only.



ALOE SPARKLER

Energy
15.93
kCal

1.46g
Protein

15.46g
Carbohydrate

0.49g
Fat

6.91g
Fibre

Ingredients

- 15ml (approx. 1½ capful) Herbalife Nutrition Herbal Aloe Concentrate
- 1 cup water
- ½ passionfruit, diced
- 5 raspberries
- A few fresh mint leaves
- 1 strawberry
- Ice

Instructions

- Combine Herbal Aloe Concentrate, water, passion fruit, and raspberries.
- Pour over ice in a tall glass.
- Garnish with fresh mint and strawberry.

Disclaimer:

1. Herbal Aloe Concentrate - THIS CONTAINS SUCRALOSE. NOT RECOMMENDED FOR CHILDREN. NO SUGAR ADDED IN THE PRODUCT. CONTAINS ARTIFICIAL SWEETENER AND FOR CALORIE CONSCIOUS. Not recommended for children. Keep out of reach of children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease.
2. Picture is for representational purposes only.



ALL IN ONE

Energy
51.35
kCal

4.6g
Protein

10.73g
Carbohydrate

5g
Fibre

Ingredients

- 1 scoop Active Fiber Complex
- 1 sachet HN Skin Booster
- 15ml (approx. 1½ capful) Herbal Aloe Concentrate
- 1 sachet Simply Probiotic
- 300ml Water

Instructions

Add all the ingredients in the blender. You can also add Ice (Optional). Blend it well and it is ready to serve.

Disclaimer:

1. Active Fiber Complex - Unflavored- Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease. Keep out of reach of children.
2. Skin Booster - Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. Keep out of reach of children. Allergen- Contains fish collagen/ ingredient. This product is not intended to diagnose, treat, cure or prevent any disease. Individuals who are using anticoagulant medication (Warfarin) should consult with their physician before using this product. If you experience any allergy or unexpected responses after using this product, please stop the consumption and consult your physician.
3. Herbal Aloe Concentrate - THIS CONTAINS SUCRALOSE. NOT RECOMMENDED FOR CHILDREN. NO SUGAR ADDED IN THE PRODUCT. CONTAINS ARTIFICIAL SWEETENER AND FOR CALORIE CONSCIOUS. Not recommended for children. Keep out of reach of children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease.
4. Simply Probiotic - Not recommended for children below 5yrs. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease. Health Supplement not to be used as a substitute for varied diet. Keep out of reach of children.
5. Picture is for representational purposes only.



STRAWBERRY KIWI SHAKE

Energy
300.96
kCal

25.59g
Protein

45.7g
Carbohydrate

2.9g
Fat

6.22g
Fibre

Ingredients

- 3 Scoops Formula 1 Nutritional Shake Mix, Strawberry flavour
- 1 Scoop Personalized Protein Powder
- 300ml of skimmed milk or soy milk
- 1/2 cup (75g) frozen strawberry halves
- 1 very ripe kiwi, peeled
- 4 Ice cubes (optional)

Instructions

Place all ingredients in blender and blend thoroughly until the ice cubes are completely crushed.

Disclaimer:

1. Formula 1 - Nutritional Shake Mix - FOOD FOR SPECIAL DIETARY USE (FOR WEIGHT CONTROL AND MANAGEMENT) (NOT FOR MEDICINAL USE). This product is not for parenteral use. The product is not to be used by pregnant, nursing, and lactating women or by infants, children, adolescents and elderly, except medically advised. This product is not intended to diagnose, treat, cure or prevent any disease. THIS CONTAINS SUCRALOSE. CONTAIN NON-CALORIC SWEETENER. Herbalife Products are designed for use by Adults as part of a well balanced diet.. Our products are formulated for adults and are labeled based on the adult Recommended Dietary Allowances.
2. Personalized Protein Powder - Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease. Health Supplement should not be used as a substitute for varied diet.
2. Picture is for representational purposes only.

MANGO KULFI SHAKE

Energy
323
kCal

30g
Protein

47g
Carbohydrate

3.2g
Fat

9.6g
Fibre

Ingredients

- 1 scoop Active Fiber Complex
- 2 scoops Formula - 1 (Mango)
- 1 scoop Formula - 1 (Kulfi)
- 2 scoops Personalized protein powder
- 2 scoops Shakemate
- 1 Date (pitted)
- 300ml Water

Instructions

Add all the ingredients to the blender. You can also add Ice (Optional). Blend it well and it is ready to serve. Garnish it with Dates.

Disclaimer:

1. Active Fiber Complex - Unflavored– Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease. Keep out of reach of children.
2. Formula 1 - Nutritional Shake Mix - FOOD FOR SPECIAL DIETARY USE (FOR WEIGHT CONTROL AND MANAGEMENT) (NOT FOR MEDICINAL USE). This product is not for parenteral use. The product is not to be used by pregnant, nursing, and lactating women or by infants, children, adolescents and elderly, except medically advised. This product is not intended to diagnose, treat, cure or prevent any disease. THIS CONTAINS SUCRALOSE. CONTAIN NON-CALORIC SWEETENER. Herbalife Products are designed for use by Adults as part of a well balanced diet.. Our products are formulated for adults and are labeled based on the adult Recommended Dietary Allowances.
3. ShakeMate - Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease.
4. Personalized Protein Powder - Not recommended for children. Pregnant or lactating women should consult their physician prior to use of this product. This product is not intended to diagnose, treat, cure or prevent any disease. Health Supplement should not be used as a substitute for varied diet.
5. Picture is for representational purposes only.



STRENGTH

HOW TO DO A PLANK

PLANK

The traditional plank is one of the all-around best abdominal moves for developing a flat stomach. It'll also give you a strong core and superior posture. Unlike crunches, sit-ups, and hanging leg raises, which primarily work the rectus abdominis (the vertical "six-pack" muscles) and the oblique muscles (side of the abs), planks will work several muscle groups at once. Planks blast the transverse abdominal muscles that help to keep your tummy flat.

WHAT IS A PLANK?

In a plank, you aim to raise your body from the ground and support yourself. A basic plank is also known as a push-up plank, as you adopt the same starting position. The position of a push-up plank is slightly easier to hold than more advanced types of plank exercises. Weight is distributed from the palms and to the shoulders, which has the added bonus of really working your shoulders.

HOW TO DO A BASIC PLANK

Get into a push-up position, making sure your wrists are directly below your shoulders. Eyes should be looking straight down to keep your neck in a nice neutral position, and your back should be flat. Pull your tummy and glutes (buttocks) tight. The wider apart your feet are, the more stable you will be. Hold the plank position until you feel your form is being lost.

PUSH-UP PLANK VS. ELBOW PLANK

At an advanced level, an elbow plank will push you to work your core even harder. An elbow plank calls for a specific arm position. Rather than holding your arms straight, they should be bent at the elbow. This style distributes your weight slightly differently from a basic plank and will force your core to work harder to maintain a solid plank.

HOW TO DO AN ELBOW PLANK

Position yourself as if you were about to begin a basic plank, then lower yourself onto your forearms. Bend your elbows so that you can lay your forearms on the floor, keeping your shoulders and elbows aligned.



Source Credit: Samantha Clayton and Compiled by
Sreyashi Moitra, Nutritionist, HerbalifeNutrition, India

Disclaimer: This post is for general information and not intended to be a substitute for the advice of a qualified and registered medical practitioner or a recommendation for any treatment plan.

FIVE WAYS TO GET YOUR MOTIVATION BACK!



One of the hardest thing about losing weight is staying motivated. At first you feel focused, aim high, and are ready for the challenge. But then something happens. Perhaps your weight isn't coming off as quickly. Maybe your regimen is too intense or the excitement of the first few weeks has worn off and you've lost interest.

IT'S NOT A DIET. IT'S A LIFESTYLE CHANGE.

When our motivation drops, it helps to revisit our reasons for wanting to lose weight in the first place. Wherever you're at in your journey, here are five tips to help you get back on track and reach your goals.

LOOK INWARD

Setbacks happen to everyone, but it's important to remember that we aren't defined by the mistakes we make. Many of the behaviours that we're trying to change have been with us for a long time. Identify your triggers by writing them down, thinking about what causes them, how you normally react to them and how would you like to respond to them.

STAY ON TRACK

In the beginning our spirits are high. We keep track of what we eat, our level of activity, how we feel, changes in weight etc. but sometimes we can become complacent and slip into old habits. It takes time to create new habits and a great way to do this is by keeping track of what you do every day.

BE FLEXIBLE

At the start of your weight loss journey, you probably set goals for yourself. But just because you set that goal, doesn't mean that it's carved in stone. Sometimes we get overly ambitious and take on more than we actually can. Go at your own pace. Progress is still progress, even if you do it slowly.

BREAK IT DOWN

When we have an ultimate goal that we want to reach, it can make us feel overwhelmed. Whenever things feel like they're too much, think about small behaviours that are going to help you reach your goal. Whatever it is, focus on them and give yourself credit for every time you practice this new behaviour.

REWARD SMALL ACHIEVEMENTS

There's no reason to not reward progress! Think about small ways to celebrate when you're a quarter of the way to your goal or halfway there. Find ways to reward mini accomplishments too such as exercising every day this week or cooking three dinners at home



WHY MAINTAINING MOBILITY IS KEY TO HEALTHY AGING



You might not give a second thought to everyday actions like yoga in your living room, cleaning the kitchen, or taking a bath, but they all have one essential thing in common: mobility.

Optimal mobility, defined as relative ease and freedom of movement in all of its forms, is central to healthy aging. Since our priorities change and we don't always maintain our physical activities as we age, we often lose the strength required to maintain healthy ranges of motion across our joints.

HEALTHY JOINTS = INCREASED MOBILITY

Good joint health is essential for mobility. As a person ages, changes occur in joint mobility that can influence overall health and function.

Appropriate physical activity at any age reduces joint pain and strengthens the muscles which surround the joints. According to the Arthritis Foundation, low-impact exercises that are easier on your joints include walking, cycling, aquatic sports like swimming, and sports like golf.

DECREASED MOBILITY CAN LEAD TO INJURY

When we become less active, our muscles tighten, flexibility diminishes, and range of motion decreases. Injuries typically happen when a muscle or joint is stretched or strained beyond its capacity.

According to the American Council on Exercise, some joints (such as the lumbar spine/lower back) are meant to be stable, while other joints in the body (like the hips and shoulders) are meant to be more mobile. A lack of adequate mobility in those joints can create imbalances that will likely result in compensated movements and increased risk for injury.

So, what can you do to improve your mobility?

HOW REGULAR EXERCISE IMPROVES MOBILITY

Exercising on a regular basis has immense benefits, including improving joint mobility your sense of well-being. Examples of mobility training exercises include foam rolling, mobility drills, and stretching.

Studies have shown that interventions aiming to increase muscle strength will improve mobility. Physical activity, particularly walking, plays a key role in the maintenance of mobility, especially among the older population.

Stretching has also been used in many physical activities to increase the range of motion around a joint. Controlled dynamic stretching will increase joint range-of-motion and enhance muscle power better than both static stretching (stretch and hold) and ballistic stretching (stretch and bounce), according to a study published in Sports Medicine.

THE IMPORTANCE OF BEING FLEXIBLE AND MOBILE

“Mobility” and “flexibility” are often used interchangeably but are not the same. With healthy mobility, you can move your arm forward, backward, side-to-side, and in circles. On the other hand, flexibility is the ability of a muscle to stretch – which is what allows you to move your arm.

Although they are related, the difference between mobility and flexibility matters because it affects athleticism and injury risk. As mobility includes moving through a full range of motion, you need flexibility in those muscles to be mobile. Mobility helps correct our muscular imbalances, improves our posture, helps prevent injuries, allows us to move more efficiently, and gives us a better range of motion during our workouts and everyday movements.

Daily physical activity combined with a healthy balanced diet can support the health of your muscles, bones, and joints and keep you moving at any age.

Source Credit – Excerpts from Article on MyHL

by Samantha Clayton- Vice President, Sports Performance and Fitness Education

Link: https://articles.myherbalife.com/en-in/content/why-maintaining-mobility-is-key-to-healthy-aging?scheme=/Mb&cmp=M_IN_EN_EML_India-StepUp-Newsletter_BNR_MK1_MyHL1_20220620&et_rid=554225051&et_cid=73707181&cmp=A_DE_English_EML_Step%20Up%20-%20June%202022_XXX_XXX_Corporate_20220620

Disclaimer: This post is for general information and not intended to be a substitute for the advice of a qualified and registered medical practitioner or a recommendation for any treatment plan.

MINDFULNESS: HOW TO MANAGE STRESS THROUGH MEDITATION



Mindfulness, often used as a therapeutic technique, is a mental state achieved by focusing one's awareness on the present moment while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

Aim to practice conscious mindfulness and breathing throughout your day. Remember that meditation is considered a practice that means it may take consistent practice to feel the full calming effects. But also, don't be hard on yourself if life takes over occasionally. The key is balance and making this practice a lasting lifestyle.

HOW TO PRACTICE MEDITATION: DOS AND DON'TS

As with all things relating to health and wellness, there are many schools of thought and many methods. Tips for calming your mind and reflecting on your day with simple and practical meditation advice:

- **Don't** think that you need a completely silent and secluded place to practice. In the real world, and especially at home with kids or at the office, finding complete silence is almost an impossible task.

- **Do** try to remove yourself from all major distractions, such as phones, computer screens, and incredibly loud spaces. Simply turn your office chair away from the screen. If you're at home, close your bedroom door.
- **Don't** convince yourself that you need any special equipment, such as a yoga mat, bells, or blankets, because you can meditate anywhere. The less stuff you rely on, the easier it will be to take a quick moment to practice, wherever you may be.
- **Do** try to sit or lie down in a comfortable place where you feel cozy. You can keep your eyes open or close them; just do what feels right for you.
- **Don't** force yourself to start breathing with a specific style, like belly breathing or nose breathing. It can initially put you off or even make you feel light-headed. You can work on a breathing technique once you start to feel more comfortable with meditation.
- **Do** focus on your breath. Feel the air coming in and leaving your body. Simply be aware of your breath and how it feels. Just be in the moment.
- **Don't** start welcoming negative thoughts in your mind or worrying about your errands or to-do list.
- **Do** redirect your focus away from your daily to-do list and back to your breathing. Whenever these thoughts start to creep into your mind, simply acknowledge them, and let them go.
- **Don't** have a long list of affirmations or goals that you think about or chant out loud.
- **Do** have one or two key words that help you to relax or guide you towards a positive sense of well-being.



Source Credit :

Samantha Clayton,

Vice President, Sports Performance and Fitness Education

Link: <https://iamherbalifenutrition.com/health-and-wellness/mindfulness-yoga-meditation/>

Disclaimer: This post is for general information and not intended to be a substitute for the advice of a qualified and registered medical practitioner or a recommendation for any treatment plan

FIVE MORNING BEAUTY HABITS TO DO EVERY DAY

Self-care is more than just lighting candles, running bubble baths or applying mud masks. It's about making space throughout the day to do things that bring you inner joy and a sense of ease. It's time to feel good and add these five habits in your morning beauty routine.



THE MOST IMPORTANT MEAL OF THE DAY

To help our day get off to the right start, it's important to fuel our bodies with a healthy breakfast. This is important because it can help us feel satisfied throughout the morning and stop us from snacking on the wrong food. Fall in love with breakfast and swap sugary foods for rich and flavourful eggs, syrupy pancakes for lusciously thick Greek yogurt or a delicious chocolate protein shake that you can enjoy while you're on-the-go.

MORNING HABITS

Did you know that drinking water in the morning is super important? When we wake up, our body needs hydration. When we're dehydrated we simply don't feel our best. Make it a morning habit to drink a tall glass of water after you wake up, as this helps to hydrate your body.

WAKE UP WITH A CUP OF TEA

Coffee is one of the first drinks many of us reach for within moments of waking up – after all not everyone is a morning person! But it's time to make a CHANGE and green tea can be the answer.

SKINCARE MATTERS

What we put on our bodies is just as important as what we put in them. Start using antioxidant-rich skin care products, that are high in vitamins C and E, in your morning skincare routine. Vitamins C and E can help to fend off free radical damage, which can cause premature ageing. It's essential for us to cleanse, tone, use serum, moisturise and protect our skin with sunscreen every single day whatever the weather.

EXERCISE IN THE AM FOR A RESTFUL PM

Did you know that exercising in the morning can help you get a better night's sleep? Set aside some time for a brisk morning walk, a swim before work or even a few laps around your neighbourhood on your bicycle. There's nothing like that post-workout glow to give you a more youthful and radiant appearance to start off your day.

It's never been more important to take care of your body, your skin and your mind. Put your phone or alarm clock across the room, so that you have to get out of bed to shut it off and make it a practice not to hit the snooze button. Start every day off by following these five tips and make your mornings feel better



Source Credit :

Susan Bowerman, Sr. Director, Worldwide Nutrition Education and Training | USA

Link : 5 Morning Beauty Habits to Start each day | Discover Good Beauty | [Discovegoodnutrition.com](https://discovegoodnutrition.com)

Disclaimer:

1. Before embarking on any physical activity, please consult your physician.

2. This post is for general information and not intended to be a substitute for the advice of a qualified and registered medical practitioner or a recommendation for any treatment plan*.

11 TIPS ON HOW TO LOSE WEIGHT



What is the best way to lose weight? This is probably the most common question people ask me every day. As a global nutrition company, we believe that achieving and maintaining a healthy weight is more important than the fastest route to short-term weight loss.

The best weight loss plan is one that takes into account your lifestyle, your usual eating patterns, your likes and your dislikes – in other words, it's uniquely yours. It may take some time to figure out what works for you, but it's important – because the healthy behaviors you adopt now, to lose weight, are the same ones that will help you keep that weight off.

The point is - there are plenty of paths that lead to the same endpoint. Decide on the healthy behaviors you want to work on, and let them lead you to your goal – in other words, keep your focus on the trip, not the destination. Measure your progress not by what the scale says, but by the positive and consistent behavior changes you're making.

TIP 1: DON'T JUST FOCUS ON WEIGHT LOSS, FOCUS ON A HEALTHY DIET

Protein is a macronutrient vital to virtually every cell in the body. You use protein to manufacture important molecules, such as hormones and enzymes, and to build and maintain muscle tissue. Protein is also great at satisfying hunger.

Your body is constantly assembling, breaking down and using protein, so it's important to include enough protein in your diet every day to replace what you've used. We suggest that up to 30% of your daily calorie intake come from lean plant or animal protein, such as soybeans, poultry, fish, and eggs.

TIP 2: SET AND CELEBRATE MILESTONES DURING YOUR WEIGHT LOSS JOURNEY

Celebrating every milestone is important to your weight loss effort because it keeps you looking at how far you've come, not how far you have to go. When it comes to weight loss, a slow and steady pace always seems to win the race, but that pace can feel frustrating at times. So, set plenty of little milestones along the way and find ways to reward yourself – you might want to buy a new article of clothing or treat yourself to a massage. Remember, you deserve it after all of your hard work!

TIP 3: DON'T FALL VICTIM TO FAD DIETS OR SOCIAL INFLUENCE – FIND A HEALTHY, BALANCED PLAN THAT WORKS FOR YOU

Fad diets may lead you to temporarily lose weight, but is not a healthy way to lose because you risk losing some of your hard-earned muscle mass, rather than body fat. Before falling for any social influence, remember the goal should not be only to lose weight, but to change your lifestyle for good with a healthy balanced diet and adequate physical activity.

TIP 4: MAKE SURE YOU GET ENOUGH PROTEIN

Protein is an essential nutrient that is important for optimal growth and development. It is also essential for helping build and maintain muscle mass. Protein plays an important role in weight control, because it helps with hunger control. Having adequate protein at meals and snacks, such as protein shakes or bars, helps to satisfy you.

TIP 5: INCORPORATE HEALTHY SNACKING

In today's society, snacking contributes close to one-third of daily energy intake. But healthy, balanced snacks are an important part of a balanced diet. Taking in high-protein snack foods can help you feel satisfied, and may allow you to eat less at your next meal. Rather than feeling guilty about snacking, learn to incorporate healthy snacking into your day.

TIP 6: DON'T CUT CALORIES TOO FAR OR SKIP MEALS IN ORDER TO LOSE WEIGHT

Dieting is not about how much you eat but what you eat, since food choice affects calorie intake the most. Extremely low-calorie diets can slow down metabolism and inhibit weight loss. Dietary modification helps you continue your weight loss journey while diet mistakes – like cutting too many calories, or skipping meals – can stop you from being successful.

TIP 7: AIM FOR AT LEAST 30 MINUTES OF MODERATE ACTIVITY EVERY DAY

One of the benefits of regular exercising is that it helps to burn calories, which can help with weight loss and weight maintenance. Regular moderate activity can also help release stress. Think of ways to work more activity into your day. For example, exit the subway or bus two or three stops before your final destination, and then walk the rest of the way on foot.

TIP 8: LEARN WAYS TO PREPARE QUICK, HEALTHY MEALS

Planning ahead for your meals will help determine what ingredients you need to purchase, and help you to stock your refrigerator, freezer and pantry so you can prepare quick, healthy meals. Pre-preparing foods helps too. Foods that require longer cooking times, such as beans and whole grains, can be cooked in large quantities and then kept in the freezer to be used at another time. Vegetables can be washed and dried in advance for use during the week. Eating healthy is a great start to living a healthier lifestyle, but cooking healthier is the perfect way to help you maintain this healthy living.

TIP 9: LEARN WAYS TO PRACTICE PORTION CONTROL

Portion control is a key factor in weight control. If you learn to control portion sizes, you can reduce your total calorie intake. To reduce portions, try using smaller plates, glasses, utensils and serving spoons. It also helps to always put your portion on a plate or bowl, rather than eating directly from packages, which can lead to overeating.

TIP 10: LEARN HOW TO READ FOOD LABELS

Knowing exactly what you eat and drink is important when you're watching your weight. Learning to read food labels helps, as it gives you information on calories, nutrient content and also serving size. This helps you with portion control and helps you make healthier food choices.

TIP 11: START YOUR DAY WITH A BALANCED BREAKFAST

Breakfast is the most important meal of the day. A healthy, balanced breakfast can not only help you to manage your weight, concentrate at work or school, but it also helps you to stay focused on your activities. Breakfast should include a balance of protein, carbohydrate, and fat. If you have a busy schedule, consider making a healthy shake instead of relying on fast food or skipping breakfast entirely.



Source Credit :
Susan Bowerman, Sr. Director, Worldwide Nutrition Education and Training
Link: <https://iamherbalifenutrition.com/healthy-weight/lose-weight-dietitians-10-tips/>

Disclaimer: This post is for general information and not intended to be a substitute for the advice of a qualified and registered medical practitioner or a recommendation for any treatment plan.

EDUTAINMENT

CROSS-WORD PUZZLE : KNOW YOUR PRODUCT

C	A	V	B	F	E	U	H	E	R	C	Y	S	N	H	B	M
A	Q	Y	B	T	W	E	R	T	I	S	V	B	B	E	N	W
C	E	W	G	B	G	T	R	O	S	S	R	Q	E	R	N	O
T	C	H	T	A	A	I	I	P	K	D	Q	R	E	B	R	M
I	V	B	G	R	T	U	T	U	Y	T	B	T	T	A	S	A
V	E	T	V	Y	E	N	A	N	N	A	F	Y	Q	L	I	N
E	Y	G	B	H	K	S	S	O	L	U	L	L	E	C	O	S
F	V	B	G	N	I	A	E	C	I	R	H	I	F	O	A	C
I	B	N	B	M	R	F	N	T	T	A	J	O	G	N	L	H
B	N	M	E	A	L	O	O	U	E	C	I	P	H	T	E	O
E	M	J	T	S	O	R	H	L	A	O	K	F	I	R	N	I
R	S	H	A	K	E	M	A	T	E	U	L	G	B	O	I	C
C	A	Q	H	H	S	U	S	A	R	R	V	A	U	L	T	E
O	B	W	E	A	D	L	D	N	I	K	L	L	J	U	A	Y
M	E	T	A	S	A	A	E	I	S	I	C	O	A	J	R	H
P	M	G	R	A	R	1	R	T	F	E	V	E	D	D	J	Q
L	A	V	T	N	Q	M	S	E	A	L	L	P	F	H	K	I
E	T	B	A	K	W	E	L	W	N	O	P	L	U	E	R	Y
X	Y	A	F	A	T	I	H	O	E	I	G	U	J	K	U	O
R	U	T	G	T	N	H	J	R	R	I	H	S	Q	L	L	P
T	H	A	H	E	B	H	J	K	H	J	G	H	S	D	G	N
A	S	G	E	T	H	J	X	S	B	B	N	M	Z	X	R	T

- Formulated With Quality Soy Protein Isolate, As A Nutritional Food Product For Nutritional Requirements.
- A High-quality Protein Drink Mix. It Is A Perfect Partner For Your Formula 1 Shake.
- Unique Herbal Blend Which Is Designed To Support Healthy Fluid Balance.
- Blend Of Green, Black And Oolong Teas And Contains Caffeine That Stimulates Your Metabolism, Provides An Energetic Sensation And Increases Alertness.
- Is Well Known For Its Cholesterol Lowering Property. Blend Of Highly Purified Marine Lipids Containing Omega-3 Fatty Acids.
- Helps Produce Nitric Oxide, Which Can Protect Your Cardiovascular Health And Help The Circulatory System, Stay Healthy.
- Contains High Quality Purified Aloe Vera Leaf Concentrate.
- Adequate Amount Of Fiber In Daily Diet Helps Improve Intestinal Regularity And Support Regular Bowel Function.
- Formulated With A Special Blend Of Soy Isoflavones And Chasteberry Which Help To Support Comfort & General Well-being During Monthly Hormonal Fluctuation In Women.





Disclaimer: "Herbalife Nutrition products are exclusively available through its network of independent associates and not through any unauthorized sellers selling on e-commerce platforms. Herbalife Nutrition recommends to buy products and avail services only from authorized independent associates. Herbalife Nutrition shall not offer 30 days money back guarantee or any guarantee on quality and authenticity of products purchased from any unauthorized sales channels."

MARY KOM

Boxing, India
Herbalife Nutrition Sponsored Athlete

I use **Herbalife Nutrition**
to get a stronger start
to my day and to fuel
my performance in the ring.

VIRAT KOHLI

Cricket, India

Herbalife Nutrition Sponsored Athlete

I'm proud to be associated with **Herbalife**. Herbalife has some really great products. My favourite so far are the protein shakes.

TOLL FREE NUMBER

1800 102 2444

Visit us at : www.myherbalife.com/en-IN

Follow us : www.instagram.com/herbalifeindiaofficial/

www.facebook.com/HerbalifeIndiaOfficial/

www.twitter.com/Herbalifeindia

1st EDITION • YEAR 2022 • LIMITED CIRCULATION • NOT FOR RETAIL SALE.

HERBALIFE INTERNATIONAL INDIA PVT. LTD.

RMZ Pinnacle, No. 15, Commissariat Road,
Bangalore - 560 025, Karnataka, India.

Compiled by **Herbalife Nutrition India**, Bangalore India.

© 2022 Herbalife Nutrition. All Rights Reserved.

Designed by MARKENZO WORLDWIDE, Mumbai. INDIA

Printed at DRAWING BOARD, # 1233, 3rd Cross Road,
HAL 3rd Stage, New Thippasandra, Bangalore - 560 075. INDIA