

inspire

UK ISSUE 144

Today



Get active: use that body!

You know you should, you just need a little persuading to get up and get active. The sooner you do it, the sooner you'll start to feel the benefits...



No excuses!

We often make excuses when we know we aren't getting sufficient physical activity: it's too much effort, it's no fun, it's too time consuming... But actually, moving our bodies is so good for us and can make us feel fantastic. So don't make any excuses, it's much better to just get on and DO IT!

There are BIG benefits to be gained by getting active...

Let's start by getting you motivated:

- Do you want more energy?
- Would you like more self-confidence?
- Would you like a leaner body?
- Do you want more stamina?
- Do you want a healthier heart?
- Would you like to look younger?
- Do you want to reduce your stress levels?
- Would you like to feel healthier in general?

YES-YES-YES: of course you do!

The benefits of exercise are abundant. More energy means you can get more done and free up time for the things you love – time with your family, your hobbies (and your new-found love of activity!). More confidence means the real you can flourish. Being healthier may mean a longer, livelier life.

One of the biggest reported benefits of regular exercise is its ability to significantly reduce stress.

All you have to do is spend 30-60 minutes a day getting active. As a bonus, your body will release a large dose of endorphins (happy-chemicals), and you'll feel great! Cheap, simple, stress-reducing and health-enhancing.

Getting and staying fit affects your WHOLE life, not just the 30-60 minutes a day spent working up a healthy sweat.

Even more benefits!

On the road to getting fit, you need to fuel your active body correctly with:

- **Carbohydrates** – your main source of energy
- **Protein** – essential for muscle growth and repair
- **Essential fatty acids (EFAs)** – to maintain supple joints and support heart health
- **Antioxidants** – to support your immune system and assist post-exercise recovery
- **Water** – to prevent dehydration

This list is simplified – your Herbalife Personal Wellness Coach can work with you to create a personalised programme to help optimise your nutritional intake and complement your lifestyle. When you start thinking about fuelling your body and begin working towards reaching a balanced nutrition you'll really feel the difference as your health starts to improve.

We eat, sleep and work routinely, so just slip another habit into your regime – regular exercise. Whatever you choose, make sure it's something you can enjoy, if it's boring, you'll quit before you're fit!

You want that fit, healthy, lean, body and all the benefits that come with it. All it takes is around 30 minutes of physical activity each day. Marvellous!

Get active; live healthier!

How 30 minutes a day can add years to your life



By Luigi Gratton M.P.H., Vice President of Education for Herbalife's Nutrition Advisory Board.

There's no better time to get active and stay active than right now. Regardless of age or physical ability, nearly everybody can enjoy the health benefits of adding exercise into their daily routines. The health benefits from exercise are endless. Here are three to motivate you.

Strong bones and muscles

Clinical research has shown that regular physical activity is one of the best ways to maintain bone health. Weight-bearing or strength-training exercise, such as walking, jogging, or using weights is helpful in preserving bone mass. Building muscle mass not only supports bone health, but it also burns calories throughout the day, helping you maintain a healthy weight.

Stress reduction

Exercise produces endorphins in the body which produce feelings of relaxation and wellbeing. A brisk walk or quick workout could be just the thing to calm you after a stressful day!

Manage your weight

Engaging in more physical activities and burning more calories than you use are the keys to weight-management. In addition, relying on a balanced diet rich in green vegetables, calcium, and protein not only helps maintain weight but also supports healthy bone maintenance.

Of course, having an active lifestyle and consistently preparing healthy meals can be a real challenge. Fortunately, for people on the go, Herbalife provides convenient and delicious options – from Weight Management to Targeted Nutrition to Energy and Fitness products. The range of Outer Nutrition products can help protect and nourish your skin all year round.

Total wellness is the goal, and Herbalife can help you get there, so you can stay active for a lifetime!



Taking it further...

The positive effects regular exercise offers may mean you soon enjoy feeling so energised that you want to set your mind and body a challenge. Does the challenge of combining running, swimming and cycling appeal to you? Then consider training for a triathlon!

When you are ready to take your exercise regime to the next level, your Herbalife Personal Wellness Coach can help you tailor a nutrition programme accordingly considering hydration and sports supplements to help

you perform at your best.

Herbalife-sponsored triathlete Ollly Freeman from the UK is a medal hopeful for the London 2012 Olympics

Diet plays a key part in Ollly's performance; here are his tips for fuelling an active body:

A healthy diet is full of variety

Aim for a colourful diet; some foods are nutritional powerhouses, for example orange and green vegetables, berries, nuts, seeds, legumes, whole grains, soy and low fat milk products.

Healthy snacking between meals is important

A heavy exercise programme means snacking becomes important in maintaining daily energy and nutrient intake. Examples of healthy snacks include Herbalife® Roasted Soybeans or Protein Bars, fruit, seeds, nuts and vegetable sticks.

Wake up and feel energised

When exercising you will begin to feel your energy levels naturally increase. Try supplementing your normal diet with Formula 3 Personalised Protein Powder mixed with oatmeal in the morning to provide your body with the extra essential amino acids needed.

Record your weight pre and post exercise

This will give you an indication of your sweating rate for various sessions and allow for a more accurate control of your fluid requirements. Sports drinks and water should be part of an everyday routine. Liftoff™ effervescent energy drink offers the reviving properties of guarana, caffeine and taurine to offer a boost of energy – anytime, anywhere.

Make sure you replace lost energy after exercising

It's important to replace energy lost through exercise to ensure your body remains energised. Quality carbohydrate-rich foods include vegetables, fruits (and their juices) cereals, milk and yoghurt. In addition, protein can help muscles repair faster and more effectively – a tasty Herbalife Protein Bar provides 10g of protein.



As part of a structured, professional and controlled nutritional strategy, Ollly includes selected Herbalife® products in his diet to help maximise his performance.



Herbalife is the official nutrition sponsor of triathlete Ollly Freeman.



Professional Apparel: quality apparel for quality performance

The continued success of Herbalife's sports sponsorship activity around the world has inspired the new range of Professional Apparel quality sports clothing!

The range features:

- A short-sleeved cycling jersey designed to enhance breathability and draw moisture away from the body
- High performance form-fitting cycling shorts with support to optimise muscle performance
- A lightweight cycling jacket made from micropolyester to provide a light, aerodynamic wind barrier.
- Cycling gloves which use Ergo Air system/V-vents for super breathability
- High performance multi-purpose shorts
- Designed to aid quality performance: fabrics include nylon and Lycra for comfort, hypo-allergenic, anti-bacterial dryfleece and polyester microfibre
- Look and feel confident as you push your body to the maximum

The full range is available now; please speak to your Herbalife Distributor to order or for more details.

Great nutrition = great results

Whether you are enjoying a brisk daily walk or undertaking strenuous triathlon training, your body can perform far better with good nutrition...

Supplements for an active lifestyle:

Formula 1 Meal Replacement for Weight Management and Healthy Nutrition

– scientifically formulated to supply balanced protein, carbohydrates, fats, vitamins, minerals and fibre. Each shake offers carbohydrates and protein; important for fuelling an active lifestyle and helping ensure your body gets all the nutrients it needs for optimum performance.

Available in six delicious flavours:

Vanilla #0141 Chocolate #0142
Strawberry #0143 Tropical Fruit #0144
Cappuccino #1171 Cookies & Cream #0146

Formula 3 Personalised Protein Powder

– a convenient and versatile source of protein which can be added to shakes and sauces; amounts can be personalised to suit individual requirements. Ideal for muscle mass maintenance and growth, and post-exercise recovery and repair.

#0242

Formula 2 Multivitamin and Mineral Complex

– physical exertion depletes essential nutrients so active people need a reliable and constant supply. The harder you work, the more important it becomes to increase your micronutrient intake; daily supplementation with this comprehensive multi-nutrient formula will help replenish any losses.

#3115

Liftoff™ – this effervescent energy drink provides an excellent combination of energising B vitamins and antioxidant vitamin C, plus guarana and caffeine to help provide a boost and improve concentration.

Orange #3151 Lemon-Lime #3152

RoseOx* – provides powerful antioxidants to support your immune system, defend against the free radical activity generated by physical exertion and help restore precious nutrients lost daily due to poor diet, stress and environmental factors.

#0139

Schizandra Plus – a powerful antioxidant supplement with a special bonus: the Schizandra plant helps to increase the body's ability to use oxygen – particularly suitable for active people.

#0022

Nature's Raw Guarana tablets – containing guarana – one of nature's most invigorating plants, these tablets get to work quickly, providing a long-lasting, energised feeling.

#0124

Herbalifeline – 'essential fatty acids' are needed on a round-the-clock basis by your joints, heart, nerves, muscles, brain, in fact every cell in your body needs these 'good fats'. Herbalifeline provides a valuable source of omega-3 fatty acids in a convenient capsule so you can benefit 24-7.

#0065

Protein Bars – with 10g of protein and 16g of carbohydrate in each bar with only 4g fat, these chewy Protein Bars make the perfect post-workout snack or an indulgent treat anytime!

Vanilla Almond #0258
Chocolate Peanut #0259
Citrus Lemon #0260

...now you're ready to tackle anything!



*The RoseOx name is the property of Zuellig Botanicals Inc.

Your lifelong wellness plan starts TODAY!

Herbalife's superb range of scientifically advanced nutrition, weight-management and personal care products is backed by a personal, friendly service and a 30-day money back guarantee. Please ask for a Product Brochure.



The Direct Selling
Association of
Ireland



dsa.org.uk



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