

# inspire

UK ISSUE 143

Today

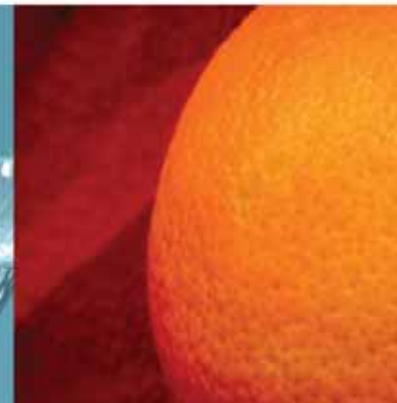


## Your precious health

Think ahead 10 years.

How healthy will you be? What can you do NOW to make your future healthier?

Plenty! And it's easier than you think, with a little help...



# It's time to be honest about your health...

You won't be the first or the last person to take your health for granted – if you feel okay, why worry?

But planning ahead means you can enjoy good health for longer – definitely worth considering! So spare a few minutes now and answer the following questions, then take a look on the opposite page and find out how you can make positive changes that will help secure long term good health...

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| 1 Do you wake after a night's sleep feeling tired and achy?               | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 Do you eat the recommended five servings of fruit and vegetables daily? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 Do you try and include plenty of fibre-rich foods in your diet?         | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 Do you consider your diet is varied and healthy?                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 Are you too busy to prepare balanced, healthy meals?                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 Do you feel your digestive system is 'struggling'?                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 Do you tend to opt for salty/sugary snacks between meals?               | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 Do you feel your lifestyle is stressful?                                | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 Do you drink the recommended 6-8 large glasses of water daily?          | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 Do you include 30 minutes of moderate exercise every other day?        | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 Does your energy tend to fizzle-out mid-afternoon?                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 Do you include at least three portions of oily fish each week?         | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 Are you overweight?  | <input type="checkbox"/> | <input type="checkbox"/> |



Make positive changes now to help secure long term health.



# The honest answers...

With each improvement you make, you will be increasing your long term health potential.

**1** This can be a combination of many things: stress, inappropriate eating habits, lack of exercise, even an old mattress! Read on, and you'll begin to recognise why your body feels sluggish in the morning...

**2** Packed with essential nutrients, fibre and water, your body loves those colourful, fresh fruit and vegetables, more is definitely better!



**3** Wholegrain bread, pasta and brown rice not only taste better, they deliver a whole lot more fibre than their white counterparts. Your body needs fibre every day to help keep the digestive system in good working condition. The Guideline Daily Amount (GDA) is 24g of fibre each day but it has been suggested that 30g or more may be needed for the protection of gut health.

**4** Be honest – what percentage of your diet consists of nutritionally-depleted fast food take-aways or pre-packed convenience meals? Variety is essential; you need a broad range of nutrients on a daily basis to maintain good health.

**5** There are many healthy convenience items available nowadays – pre-washed salad greens, frozen fruit and vegetables, pre-cut fruit, quick-cooking poultry portions, meal replacement shakes – you CAN make a healthy meal quickly!

**6** Big meals, fatty meals, eating on the run, eating when stressed, poor diet, lack of energy – your digestive system is your 'engine'. If it's struggling, it's trying to tell you it can't cope and you need to make some changes.

**7** The easy options often provide empty calories so is it worth it? Healthy snacks are in abundance now so stop buying comfort food and choose nutritious snacks instead.



**8** Stress causes chemical disharmony in the body. If stress is making you ill, seek professional advice: life is for living, not struggling.

**9** Your body is approximately two thirds water. Second only to oxygen, water is life-giving! Every cell in the body needs to be bathed in clean water to function optimally. So drink up: water is genuinely good for you!

**10** No time, interest or energy for exercise? Your body needs movement; muscles that aren't used regularly literally shrink and ligaments and tendons become weak and lose elasticity – and you may age faster! A brisk walk every other day is all it takes to remain supple. Make time for some heart-rate-increasing exercise at least three times a week to help care for your heart.

**11** Reading the answers so far, you can now see why you may suffer from energy dips: inappropriate eating habits and poor choice of food. Eat the right foods at the right time and your energy will see you through to the end of the day.

**12** Good fats, the type your body really needs, are the reason we need more ocean-caught fish in our diet (mackerel, sardine, salmon, tuna). These fats, 'essential fatty acids', can help reduce the risk of heart problems by helping to maintain healthy cholesterol levels. Don't skip on this one – if you don't like fish, take a daily fish oil supplement instead.



**13** If you keep doing what you've always done, you'll always get what you've always got! It's time for a major change, both in body and mind – new input, new attitude, new diet, new you! Achieving a healthy weight can benefit your health in so many different ways.

Achieving a healthy weight can benefit your health in so many ways.



# Give your health a helping hand...

Below you'll find a handful of great health-enhancing products to help get you started. This is just a small sample of the comprehensive advice and excellent products your Herbalife Personal Wellness Coach is equipped to share with you.

## Formula 1 Meal Replacement for Weight-Management and Healthy Nutrition

Nourish and protect your whole body with a balanced meal replacement shake. A Formula 1 shake provides 23 vitamins and minerals as well as beneficial fibre, heart-healthy soy protein – and they taste delicious. If you're juggling a busy schedule, you can mix up a delicious nutrient-packed shake in minutes, top up your fuel tank and keep going. Plan ahead and make sure you always have a can of Formula 1 handy at work and at home – indispensable!

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

## Protein power

Did you know that adequate protein intake prevents muscle break-down? Or that eating protein can help to control hunger? And that eating protein after exercise can help your muscles recover? Powerful stuff! Opt for a top quality low-fat protein option – Formula 3 Personalised Protein Powder – you'll soon notice the difference it makes to your health. #0242

## Essential vitamins and minerals

A varied diet can be hard to achieve, yet variety is vital to ensure we get a broad range of nutrients; they may be smallest components of your diet, but they play a huge role in delivering good health in many different ways. Get yourself a little 'health insurance' and supplement your essential nutrients on a daily basis with Formula 2 Multivitamin and Mineral Complex. #3115

## Drink up!

Most of the chemical reactions that happen in our body's cells to keep our body functioning need water. It also plays an essential role in helping your body transport and process nutrients, maintain normal circulation and keep a proper balance of fluids. If drinking plain water is something you find unpalatable, add Herbal Aloe Concentrate and enjoy the benefits of the Aloe plant, known for its soothing properties. #0025

## The perfect snack

Unhealthy high-fat, high-sugar snacks can be avoided very easily, just keep a box each of chewy Protein Bars and crunchy Roasted Soybeans where you normally store your snacks and treats. Once you've tried them, you'll never want to revert to your old habits!

Roasted Soybeans (fourteen packets per box) #0048  
Protein Bars (fourteen bars per box) –  
Vanilla Almond #0258  
Chocolate Peanut #0259  
Citrus Lemon #0260

*To get the 'big picture' on the future of your health, book your Wellness Evaluation today! It's free and the Wellness Evaluation and Wellness Presentation Books provided are crammed with essential health guidance, don't waste another minute...*



## 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.



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