

TIPS FOR STAYING ACTIVE

By Luigi Gratton, M.P.H.

Here are some simple strategies for enjoying a healthy, active lifestyle outdoors.

1. DRINK PLENTY OF WATER

When it comes to physical activity, don't forget the importance of water. You've probably heard this a hundred times, but there's a reason for it. Your body uses water in almost every function, including the process of burning fat. Water helps every cell and organ in your body work. It cushions your joints, and helps keep your body cool. Water also helps flush toxins out of your system and rehydrates the body. Plan ahead. Make sure to carry a water bottle and hydrate with water or a fitness drink. Drink before, during and after physical activity to replace the water you lose when you sweat. Even a small water deficiency can affect how you perform, so drink up!

2. TRACK YOUR PROGRESS

Keep a journal of your physical activity to chart your progress. Whether you're interested in losing weight, building muscle or just getting active again, keeping a log will help motivate you. Record all the information for each workout, including time, intensity and performance. It's a good idea to record your baseline measurements and find out your body-fat percentage, so you can set attainable weight-loss goals. You may not feel like you're making progress, but when you look back at where you started, you may be pleasantly surprised. Remember that small steps matter. Tracking even a slight amount of improvement on paper will inspire you to keep going with confidence.

3. PROTECT YOUR SKIN AND HAIR

Do you play sports or spend time working out at the beach? Being outdoors means being exposed to the elements, such as sun, wind and pollution. For example, it's a good idea to wear sunscreen and a hat to protect your skin and hair. Use products that help support against the signs of from daily environmental stresses and that can help protect your skin and hair from the elements. For example, Herbalife's NouriFusion® skincare line is great for daily cleansing, toning and moisturizing, while Herbalife's Skin Activator® skincare helps protect skin against the signs of aging.

KEEP FITNESS ON TRACK

By Luigi Gratton, M.P.H.

There's a good chance you or someone you know is resolving to lose weight or get in shape. Part of what makes these such difficult resolutions is that we expect to see results quickly, and when we don't, we tend to give up. Getting in shape and becoming healthier isn't a sprint; it's a marathon (but without all the sweating and fatigue of an actual marathon). Staying active, maintaining a healthy weight and eating the right foods are lifelong activities. Here are some ideas to help you make being fit a part of your life:

1. GET SPECIFIC

The more detail you include in your plan, the better your chances of success. If you've decided to simply "exercise" and "eat better," you might not have the success you'd hoped. That's because "exercise" isn't for a specific plan. Set aside 25 minutes each morning, say between 6:45 and 7:10, to stretch, walk or jog around the block—whatever. Just be specific. To eat better, schedule specific healthy meals and snacks for specific times throughout the day.

2. MAKE IT ROUTINE

One effective way to introduce a new behavior is to make it part of your day. For exercise, set up a routine – maybe a walk around your neighbourhood each morning. If you've resolved to lose weight, replace lunch with a healthy protein shake every day. The key is to establish a routine of things you do at specific times. The sooner it becomes part of your day, the sooner it will become part of your life.

3. CELEBRATE YOUR SUCCESSES

If you create specific plans for exercise and healthier eating, and you make them part of your daily routine, chances are you'll be seeing positive results. Celebrate! You've earned it. Treat yourself to something you've been wanting to do – instead of splurging on unhealthy foods. And a reward, like taking yourself out to a film or pampering yourself with a trip to a spa, is a great motivator to keep the good results coming.

TIP THE SCALE IN YOUR FAVOUR

- If after-dinner snacking is a problem for you, try brushing your teeth after dinner. It works as a great signal to stop eating.
- If your main course at a restaurant is served with the typical “starch and vegetable,” ask to omit the starch and double the vegetables instead. Vegetable side dishes are usually small, so this will help to increase your day’s intake.
- Afternoon snacking is a tough time for people – but there often is a long stretch between lunch and dinner, and so healthy snacking may be appropriate. A cup of cottage cheese with some fruit makes an ideal snack or try a Herbalife Protein Bar or Roasted Soybeans. Then do your cutting back at dinner time.
- Breakfast foods often include items that might be lacking the rest of the day – whole grains for fibre, dairy products for calcium and fruit. A Herbalife® Formula 1 shake (made with fruit) and a slice of wholegrain toast helps to meet a lot of your nutritional needs and starts the day off right.
- Coffeeshouse fanatics beware – some of those coffee drinks are low in nutrition and high in calories. Try a semi-skimmed latte, which provides a full serving of dairy and about 10 grams of protein, and couple it with a piece of fresh fruit for a quick, nourishing breakfast.
- Add fruits to your salad for a change. Try fresh orange or tangerine sections, apples or kiwi. The sweet fruits go well with tangy vinaigrette dressings. Use deep-green leafy vegetables, too – instead of iceberg lettuce – for more nutrition.
- Frozen vegetables and fruits can be just as nutritious as fresh, may be less expensive, and allow you to eat foods that might not be in season that time of the year. For example, loose-leaf frozen spinach or chopped vegetables can easily be added to soups and stews.
- Try not to rely on fats, sugar and salt to flavour foods. Instead, try grated lemon, lime or orange zest on fruits, vegetables, fish or chicken, and experiment with herbs, spices, onions and garlic in your dishes.
- Calories in cold beverages like fizzy drinks, juices and juice drinks can add up fast. Instead, try sparkling mineral water with a slice of lemon or lime or a tiny splash of juice for flavour. Tomato or mixed vegetable juices are filling, nutritious and low calorie.

TIP THE SCALE IN YOUR FAVOUR (CONTINUED)

- Find an exercise buddy to work out with and who will commit to a regimen with you. If you walk together, for example, you and your buddy can take each other's shoes home with you. You'll be obligated to show up for your next workout!
- Regular exercise will induce better sleep at night. You'll get into deeper sleep stages more quickly, so you feel more rested in the morning. You might even be able to sleep a little less, and use the extra time to work out.
- Need more fibre? Load sandwiches up with lots of vegetables, including lettuce, tomato, cucumber and carrot, and use 100 percent wholegrain bread.
- Make a hummus spread in the blender with chick peas and a touch of olive oil, lemon juice, pepper and garlic and use as a sandwich filling or a replacement for mayonnaise.
- Try to balance animal protein with vegetarian protein sources. Herbalife Formula 1 contains soy protein. Try marinating firm tofu slices in teriyaki sauce and then roasting in the oven. The tofu gets dense and meaty, and is great tossed into a salad, as a sandwich filling in a whole-grain pita bread, or as a main course with brown rice and vegetables.
- It's true – using smaller plates will help you to control portions. Foods take up more room on smaller plates and will make you think you have a larger portion than you actually do.
- Another portion control tip: No matter what you are eating, put it on a plate. Don't sit down with a bag of crisps, a box of crackers or a can of mixed nuts—you're bound to overeat. Determine ahead of time what your portion is going to be, then put it on a plate or in a bowl.
- Current recommendations for exercise are that we should aim for 30 minutes of activity 5 times per week. Don't have enough time? Break it up into two or three shorter sessions. Take a short walk at lunch, one at break time and another one after dinner.
- For a change from canned tuna, try wild canned salmon. It makes a great burger, too: Mix flaked canned salmon with some chopped onions and peppers, some breadcrumbs and egg whites, shape into burgers and grill on both sides before placing on a wholegrain bun.
- Boost the nutritional value of canned soups by mixing with semi-skimmed milk or soy milk instead of water. As the soup is heating, toss in some frozen mixed vegetables, or some loose-packed spinach to add nutrition, flavour and bulk.

SECTION FIVE: Week 12: Maintenance; Long-Term Wellness

- Try mixing canned tuna with mashed avocado instead of mayonnaise for a tasty sandwich filling. Avocado has less fat per tablespoon than mayonnaise, and the fat it contains is heart healthy.
- You can reduce the fat in homemade baked goods by replacing half the fat in the recipe with apple sauce, plain yogurt or baby food peaches. Peaches match well with quick breads, and yogurt and apple sauce work well in spicy treats like coffee cakes.
- Make it a goal to try new healthy foods on a regular basis. Visit your local farmers' markets to find new foods such as different fruits, vegetables or whole-grain products. Keeping your meals healthy *and* interesting will keep you on track.
- Read nutrition labels carefully. All the nutrition and calorie information given is for one serving, not one package. Beverage containers can have two to three servings; small bags of snack foods are often several servings, too. That bag of pretzels you thought had 140 calories could have closer to 500.
- Stay hydrated throughout the day and pay particular attention to fluid intake after exercising. Weigh yourself before and after a workout. For every pound of weight lost, drink two to three glasses of water to replace the fluids you lost during activity.
- Whole grains are important, but many side dishes require long cooking times. So, try foods that take less time such as quick brown rice, quinoa or wholewheat couscous.
- You can eat healthy even if you're on the run. Try to steer away from the fast-food burgers and more toward deli-style chains for healthier, lighter sandwiches and wraps, or Mexican-style grills for soft tacos, fajitas and salads.
- Keeping a journal of your food intake and exercise is a great tool. Even better, try to pre-plan your meals and exercise into your daily journal – you'll feel more committed that way.
- Protein powders are great in meal-replacement shakes, but you can also add them to other foods. For a high-protein breakfast alternative, cook rolled oats in semi-skimmed milk or soy milk, and stir some Heralife Personalised protein powder once cooked. The extra protein will help you stay fuller for longer.

THE DECIDING FACTOR

Sometimes we don't realise that we have mixed feelings about making changes in our behavior. Take a few minutes to think about and list the benefits and drawbacks of changing your nutritional habits and losing weight.

Here are some examples:

BENEFIT OF NOT MAKING CHANGES

I can keep eating the way I want without having to work on making any changes in my life.

BENEFIT OF MAKING CHANGES

I won't have to worry about the health risks of being inactive and eating poorly.

DRAWBACK OF NOT MAKING CHANGES

If I don't make changes now, things might get worse.

DRAWBACK OF MAKING CHANGES

It might be hard for me to get support from my family and friends to do this. They're used to me the way I am.

Now rate each of your answers on a scale of 1 to 5:

1 = Not important

2 = Somewhat important

3 = Important

4 = Very important

5 = Extremely important

After doing this exercise, can you see why making a decision is an important factor in losing weight?

CALCIUM CHALLENGE

Not Just for Your Bones

Most people associate the mineral calcium with healthy bones. And a lot of people also think that adequate calcium intake is more of a concern for women than it is for men. The primary function of calcium in the body is to maintain healthy bone structure.

Some people don't like dairy products, or think they are fattening, (Some products, like cheese, are high in calories and fat, and certain yogurts are high in calories because of the sugar content.) Other people think "milk is for kids." And some people cannot tolerate the sugar in milk (called lactose) so they shy away from dairy products. The good news is that calcium is found in other foods besides dairy products. But even so, most people have a hard time meeting the Recommended Daily Allowance of 800 mg for men and women. In fact the World Health Organisation recommends 1300mg of calcium per day for men and women which for many is a challenge to achieve. This is where supplements can help to meet your needs – not as a replacement for a poor diet, but as a way to supplement a nutritionally well-balanced one.

This week's challenge is for you to keep track of your calcium intake and see how it compares to the recommendation. Look at the food and supplement sources in the chart on the next page. It lists the amount of calcium per serving. Located after the chart is a log for you to record the foods and drinks you consume that contain calcium. Pay attention to how much calcium you get compared with how many calories the food has. Keep a list for three separate days, and add up your total intake. If you fall short of the recommendation, see how you can increase your intake from foods and supplements to meet your needs.

CALCIUM CHALLENGE

Not Just for Your Bones

(CONTINUED)

Food Source	Serving Size	Calories	Calcium per Serving
Yogurt, plain, low-fat	230 g	140	450 mg
Milk, semi-skimmed or low-fat	250 mls	90-120	350 mg
Soy milk, plain, fortified	1 cup	100	300 mg
Spring greens	1 cup	60	300 mg
Cooked spinach	1 cup	40	230 mg
Yogurt, fruit flavoured	1 cup	250	200 mg
Okra	1 cup	50	170 mg
Mozzarella cheese, low-fat	30 g	1 ounce (1 stick)	150 mg
Cottage cheese, low-fat	1 cup	210	140 mg
Some fortified cereals	Varies	Varies	100 mg or more
Herbalife® Formula 1 Shake Mix*	250 ml	217	412 mg
Herbalife® Formula 2 Multivitamin Complex	1 tablet	-	167 mg
Herbalife's Xtra-Cal®	1 tablet	-	333 mg

* with 250 ml of semi-skimmed milk

SECTION FIVE: Week 12: Maintenance; Long-Term Wellness

DAY 1: I need 800 mg of calcium per day

WHAT I ATE	SERVING SIZE	CALCIUM PER SERVING
TOTAL CALCIUM FOR THE DAY:		

DAY 2: I need 800 mg of calcium per day

WHAT I ATE	SERVING SIZE	CALCIUM PER SERVING
TOTAL CALCIUM FOR THE DAY:		

DAY 3: I need 800 mg of calcium per day

WHAT I ATE	SERVING SIZE	CALCIUM PER SERVING
TOTAL CALCIUM FOR THE DAY:		

* nutritional values are approximate and may vary depending what brand and products you use.