

202: 2022

TODAY

LIVE WELL

Train Your Body,
Train Your Mind

ACTIVE LIFE

Your Guide to
Winter Fitness

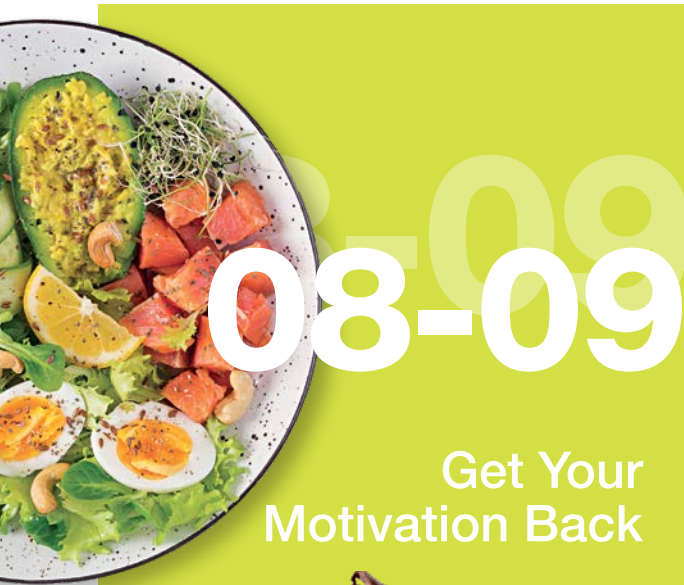
EAT RIGHT

Night time
Nutrition for
Athletes



HERBALIFE
NUTRITION

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Vegetarian



24 g of Protein



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**LIVE
WELL**



Dear Reader,

What a year this has been so far! With all the twists and turns, it feels as though we are living out the plot of a movie.

We are living through a time and experiencing change on a scale that we have never seen the likes of before. Change can be a source of anxiety for many of us, after all there is comfort and reassurance in our everyday routines and habits. But change can also prompt us to rethink the way we have been living, thinking and act on things that matter most to us.

Whether you are still working-from-home, re-exploring your neighbourhoods and cities or beginning to meet your teams in person, change doesn't have to be something we fear.

Nothing signals change more than the arrival of Autumn. At first, this season feels like the end of things and the gateway to Winter. The nights grow longer and the days get shorter. The leaves change colour and fall onto the ground. Everything seems to shrivel up and wither away. It's easy to see why lots of people dread this season.

But Autumn's air feels crisper. That is because this is a time of renewal with the feeling of possibilities, dreams and goals in the air.

From night-time nutrition for athletes and meal ideas to get you through this season without going off track to our guide to winter fitness and how to take care of your hands, we've put a lot of love into this edition for you.

There is strength and comfort for us to take knowing that, in spite of so much disruption, our world is full of wonder and that we are surrounded by more goodness and kindness than we realise.

We can pause, be still and feel alive. Let this season be a time for you to release, restore and rebalance. Wishing you good health, happiness, joy and purpose in all that you do.

Chayya Syal,
Senior Copywriter



Five Ways to Get Your Motivation Back!

by Susan Bowerman, M.S., RD, CSSD, CSOWM,
FAND – Senior Director, Worldwide Nutrition Education and Training

One of the hardest things 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. 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.



1

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 you would like to respond to them.



2

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.

3

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.

4

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.

5

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.

When you're having trouble sticking to your diet, it helps to remember what motivated you in the first place. Everybody is different; there's no right or wrong way. Every day remember to take a moment to congratulate yourself for being on your journey and remind yourself why you decided to start.



Train Your Body, Train Your Mind

by Samantha Clayton, AFAA, ISSA – Vice President,
Worldwide Sports Performance and Fitness

Athletes often say that the mental side of their sport is just as important as the physical training they do every day. Make the most of your workouts with our fitness philosophy that can help you to train at your best.

Seven Pillars of Successful Training

Our fitness philosophy is based on the following five principles: Balance, Personalisation, Safety, Nutrition Timing and Lifestyle. To create a more well-rounded approach, we've added two more: Focus and Dedication.



Balance

The best approach to exercise is one that's balanced and incorporates five key components of health-related fitness. They are: body composition, cardiorespiratory endurance, muscular strength, muscular endurance and flexibility. Make sure that your workouts include these five things.

Safety

If you want your body to change, you must look after it. You can push yourself, but never compromise on exercise form or your own progress.

Personalisation

Your fitness plan should be based on your individual exercise history, current level of fitness and desired fitness goals. Start at the level that is right for you.

Nutrition Timing

In order to achieve your fitness goals, it's essential to understand proper pre-, during and post-exercise nutrition.

Lifestyle

Exercise is an important part of an overall healthy lifestyle, which includes proper sleep hygiene, nutrition, social support and personal connection. These lifestyle factors can influence your ability to achieve and maintain your results.

Focus

When you truly focus on your training session and are more self-aware, you'll use better form, which can have a positive effect on your training intensity level. Create a set routine and plan your pre-workout nutrition so that you can devote all your energy to your workout.

Dedication

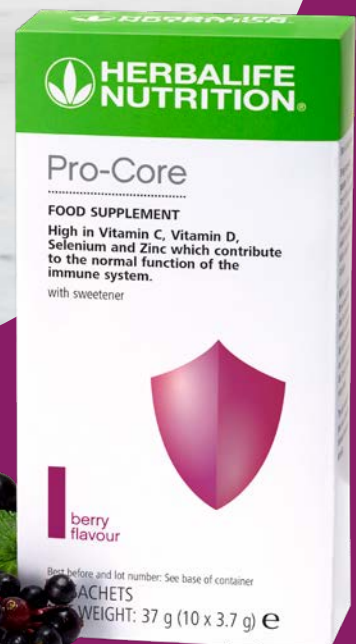
It's important to commit to following your training and nutrition plans. Try writing down positive affirmations every week – or every day - to give yourself a boost of motivation. As you reach your goals, review your journey and set new ones.

To train at your best, you must find an approach that helps you to build mental, as well as physical strength. Use these pillars to check in with yourself and make sure that you're setting yourself up for success.



Pro-Core

Berry Favour



For illustration purposes only.

- ✓ Contains EpiCor®
- ✓ High in Vitamin C, Vitamin D, Selenium and Zinc which contribute to the normal function of the immune system.
- ✓ Berry flavoured food supplement drink
- ✓ Vitamin C, Zinc and Selenium contribute to the protection of cells from oxidative stress.



EAT **RIGHT**

Five Ways to Fill Up Without Overeating

by Susan Bowerman, M.S., RD, CSSD, CSOWM,
FAND – Senior Director, Worldwide Nutrition Education and Training

It's nice to feel full and satisfied at the end of a meal – especially if you can do it without overeating. But as the days shorten and the nights become longer, many of us instinctively look for hearty, comforting and satisfying foods. We've put together a list of five foods to help you get through the winter months without going off track.

What Makes Foods Satisfying?

There are a few reasons why some foods are more satisfying than others. Foods that provide protein can help to fill you up because protein takes longer to digest than fats or carbohydrates.¹ This is what gives protein its staying power.

Did you know that a small amount of unsaturated fat in a meal can help to feel satisfied?² That's because fat slows the rate at which your stomach empties. High-fibre foods can also help to fill you up in a couple of ways. One type of fibre adds volume to foods without adding calories.

The second type slows the rate at which your stomach empties, which can help you to feel fuller for longer.³

Foods that are rich in water or contain lots of air can also help to feel satisfied.⁴ This is because they add volume (without adding a single calorie). Most of us tend to determine our own personal fullness from a set volume of food, that doesn't really vary that much from meal to meal.⁵ If a food gets some of its volume from fibre, air or water it will take up space in your stomach and help contribute to feeling satisfied.

Eggs

These are super-versatile and work well as delicious main dishes and/or snacks. Protein is more filling than fat or carbohydrate and a single egg provides almost seven grams of protein for less than 70 calories.¹ If you want a white omelette, each egg white gives you about three grams of protein for every 20 calories.⁶

Make it even more satisfying: Add vegetables. Their water and fibre content will help fill you up. Make a filling snack by adding vegetables to an omelette or slicing a hard-boiled egg onto fresh tomato slices.



Oatmeal

Oatmeal is a rich source of soluble fibre.⁶ Soluble fibre can make food more filling and even slow digestion time because it swells up and thickens when it comes into contact with liquid.³

Make it even more satisfying:

Add protein and/or a healthy fat (such as almond butter). Try cooking rolled oats in milk or soya milk. Once it's done, take off the heat and stir in some protein powder.



Raspberry Protein Shake

A protein shake made with protein powder, milk or soya milk and raspberries can fill you up because it contains protein and fibre.³

Make it even more satisfying:

Add ice cubes to your shake and blend for several minutes for a thicker and even creamier tasting shake!



Bean Soup

Beans are an excellent source of water-soluble fibre and have the added advantage of containing protein. A bowl of black bean soup can provide 15 grams of healthy plant protein.⁶

Make it even more satisfying:

Have a mixed vegetable salad with a drizzle of olive oil on the side. The fibre in the mixed salad and the unsaturated fat from the olive oil will complement the staying power of the soup's protein and soluble fibre content.

Non-fat Greek-style Yoghurt

Greek-style yoghurt can have twice as much protein as traditional yoghurt. A single-serve container contains 15 grams of protein and less than 100 calories. Say no to pre-sweetened yoghurts and add your own sweetener - you'll probably add much less sugar than the manufacturer does! Yoghurt is great to have on its own, but it's fantastic when added to soups and smoothies for a creamier texture and added protein boost.⁶

Make it even more satisfying:

Top yoghurt with high-fibre berries. Go savoury and mix plain Greek-style yoghurt with chopped cucumber, carrot, red bell peppers and sprinkle salt and black pepper.

¹ Dhillon, et al. (2016). J Acad Nutr Diet, 116(6):968-83

² Thomas, Erdman, & Burke (2016). J Acad Nutr Diet, 116(3), 501-528.

³ Soliman (2019). Nutrients, 11(5)

⁴ Goetze et al. (2007). Am. J. Physiol. Gastrointest. Liver Physiol. 292(1), G11-G17.

⁵ Fiszman et al. (2014). Food Res Int, 62, 551-560.

⁶ USDA, FoodData Central

Night time Nutrition for Athletes

by Susan Bowerman, M.S., RD, CSSD, CSOWM,
FAND – Senior Director, Worldwide Nutrition Education and Training

The right snacks at bedtime help athletes recover* and also perform at their best the next day.¹

Most active people are pretty good at keeping tabs on their nutrient intake during the day. They'll plan out their meals, snacks and what they'll be eating before and after their workout, for recovery.* But if athletes aren't snacking at bedtime, they might be missing out on an opportunity to optimise their nutrition.

When you're asleep, your body doesn't generally have any nutrients coming in. If you can supply your body with the right nutrients before you nod off, it could help your body recover*, help reduce muscle soreness and help you get ready to train the next day.¹

Most athletes can benefit from night time snacking

Protein is the usual target for night time snacking. While the total amount of protein eaten over the course of the day is key, the timing of when that protein is eaten is also important when it comes to maximising muscle development.² Most strength athletes know that protein is important after a workout, but may not realise that a dose of protein at bedtime can help them optimise protein intake and muscle development.¹

During sleep, muscle tissues are in repair mode and rely on a steady supply of amino acids in the bloodstream to support muscle protein synthesis.** One of the best sources of protein to take in at bedtime is casein – one of the two major proteins (along with whey) in milk and milk products.³





Carbs at night can help athletes, too

Some carbohydrates at night time can be beneficial for athletes, too. For an endurance athlete competing in an early morning event, a balanced snack of protein and carbohydrates at bedtime can help to support muscle repair overnight, but it will also bolster carbohydrate stores for the next day. (Kerksick et al. (2017) J. Int. Soc. Sports Nut, 14:33)

Some athletes are concerned about eating before bedtime, under the false assumption that this will somehow affect body fat breakdown during sleep and impede their progress towards becoming more lean. But as long as caloric balance is maintained, taking in supplemental protein or carbohydrate in athletes shouldn't lead to weight gain. And for those athletes who are trying to gain weight, a balanced bedtime snack is a great time to sneak in some extra nutrition and calories.⁴

Whey raises blood levels of amino acids faster and earlier than casein, which is why whey is the go-to protein after a workout to get the recovery process started. But casein digests more slowly than whey, which means that it delivers an overnight supply of protein that can assist with muscle growth.

For this reason, milk and milk products make great bedtime snacks – cottage cheese or yogurt, for instance – as do specially formulated casein-rich protein powders that can be made into a smoothie.

While night time protein snacking is most often associated with strength athletes, endurance athletes may benefit, too. Dietary protein supplies the body with the amino acid building blocks the body uses to produce important body proteins such as hormones, and enzymes that help your body back.⁵

¹ Kerksick et al. (2017) J. Int. Soc. Sports Nut, 14:33

² Jager et al. (2017) J Int Soc Sports Nutr, 14: 20

³ Trommelen et al. (2016) Nutrients. 8(12):763.

⁴ Aragon et al. (2017) J. Int. Soc. Sports Nut, 14:16

⁵ Institute of Medicine (2005) Food and Nutrition Board.

* Carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive and/or long- lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.

The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.

** Protein contributes to a growth in muscle mass.

Carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive and/or long- lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle. The beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.

Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance during prolonged endurance exercise.

PROTEIN DRINK MIX



Sweet and Salty Breakfast Wrap

Preparation time: 20 minutes
Cooking time: 5 minutes
Serves 1

Ingredients

- 28 g Protein Drink Mix
- 10 g crushed walnuts
- 20 g soft cheese
- 35 ml cold water
- 1 gluten-free wrap
- 1 fresh fig, chopped
- 2 rashers of bacon

Kcal	Fat	Saturated Fat	Fibre	Sugar	Protein
384	19 g	5.6 g	10.7 g	5.4 g	22 g

Per Portion*

Method

1. In a bowl, combine the walnuts, soft cheese, Protein Drink Mix and water until smooth. Spread the mixture in a layer over the wrap, then add the fig on top.
2. Preheat a non-stick saucepan and dry fry the bacon for 2 mins on each side or until crispy. Place the bacon on top of the figs and roll the wrap up. Serve.

Enjoy with a side salad of your choice (e.g. rocket mixed with chopped tomato and a teaspoon of olive oil). Nutritional values presented don't include side salad.

* Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label. Please remember that if a Herbalife Nutrition product is used in a heated recipe, some vitamin levels in the finished product may decline in comparison to label values.

Ingredients

- 112 g Protein Drink Mix
- 150 g gluten free self-raising flour
- 1 tsp baking powder
- 100 g aquafaba
- 200 ml soy milk
- 4 tsp agave syrup
- 4 strawberries, halved
- A four-waffle silicone oven mould

Kcal	Fat	Saturated Fat	Fibre	Sugar	Protein
171	5 g	0.8 g	1.2 g	6 g	19 g

Per Portion*

Method

1. Preheat the oven to 180 °C/gas mark 4 and place the silicone mould on a flat oven tray.
2. In a large jug, combine the flour, Protein Drink Mix powder and baking powder, then mix in the aquafaba followed by the soya milk. Fill the mould with the mixture to just under the top.
3. Place the silicone mould on the oven tray in the oven and bake for 15-20 minutes until golden. Turn the waffles out onto a plate when the silicone mould is cool enough to touch. Repeat with the remaining mixture to make eight.
4. Divide the waffles between four plates, drizzle with the agave syrup and garnish with strawberries.

* Only when prepared as instructed on the product label does our product deliver the full nutrition benefits described on that label. Please remember that if a Herbalife Nutrition product is used in a heated recipe, some vitamin levels in the finished product may decline in comparison to label values.



Waffle with syrup

Preparation time: 10 minutes
Cooking time: 40 minutes
Serves 4

A woman with long dark hair, wearing a light grey tank top and dark grey shorts, is captured in a dynamic pose, stretching her right leg forward. She is wearing black sneakers with red laces. The background is a clear blue sky with soft, out-of-focus clouds. A bright yellow horizontal bar is positioned across the middle of the image, containing the word 'ACTIVE' in bold black letters.

ACTIVE

LIFE

Your Guide to Sustained Fitness

by Samantha Clayton, AFAA, ISSA – Vice President,
Worldwide Sports Performance and Fitness

Having balanced nutrition and a consistent approach to being active is a key long-term strategy for improving and maintaining a healthy body. Enhance your nutrition and get the results you want by adding regular activity into your week with our guide to fitness.

Make it Regular

Regular exercise improves bone density, muscle tone, cardiovascular health, increases energy levels and more. If you want to make a big impact on body composition or improve your athletic performance, you'll need to be active for longer periods of time. Aim for 60-90 minutes of varied intensity levels that will help you to achieve your specific personal fitness goals.¹

Pace Yourself

Be kind to your body and try not to jump into a routine too quickly, as it can lead to increased muscle soreness. If it's too late and you're already sore, plan a few days of easy exercise to recover, such as gentle walking and stretches. During your next session, push yourself enough to get results, but not so hard that you can't walk the next day.

Have Fun!

Your chosen activity should be fun so you keep coming back for more. Slowly intensify your activity level as your fitness improves. If you go off-track or stop exercising, you'll lose some of your cardiovascular fitness and muscular strength.* But don't feel disheartened! Your body has amazing muscle memory, which means that the climb back to where you left off may be faster than the first time you started out.

¹ WHO (2010). World Health Organization

HERE ARE SOME TIPS

to help improve your fitness level:

1



Do simple stretches to make sure that you're moving your muscles and joints through their full range of motion each day (Thomas (2018) Int J Sports Med 39(04), 243-254.)

Increasing your daily activity level is easier than you think! Try to take the stairs, park in the furthest space from the store, do some gardening, dance and play with your children

2



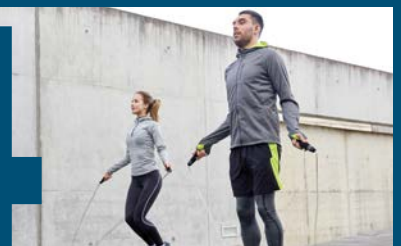
3



Take a daily walk. You can slowly increase your time until 30 minutes feel comfortable. Then increase your intensity level by walking faster. Start to include varied terrain such as hills and then progress to a jogging or running pace

4

Perform bodyweight resistance exercises, such as simple squats, lunges, push-ups, and then progress to using weights



We can't promise that getting active won't make you sweat, but we can tell you that if you follow a slow and progressive approach to getting active, you'll start to associate fitness with improved body composition, body confidence and feeling great. The most important thing you can do is listen to your body. Remember to push yourself enough so that you feel as though you're challenging yourself, but not so hard that you risk getting injured or walk around feeling terribly sore the next day.

* Egner IM, Bruusgaard JC, Eftestøl E, Gundersen K. A cellular memory mechanism aids overload hypertrophy in muscle long after an episodic exposure to anabolic steroids. J Physiol. 2013 Dec 15;591(Pt 24):6221-30.

HERBALIFE SKIN®

Skincare. It doesn't have to be complicated. Herbalife SKIN® brings you quality ingredients, botanicals and extracts that cleanse, tone, treat and moisturise. Our award-winning skincare products are dermatologically tested, have no added parabens or sulphates.

LOVE, NOURISH, PAMPER

From cleanser and toner, to scrubs and hydrating and/or moisturising products, our experts have shared their tips and tricks on how you can get your skin ready for summer!



CLEANSE: Soothing Aloe Cleanser

Proper cleansing helps to get rid of dirt, excess oil, pollution, make-up and should be used every morning and evening. Soothing Aloe Cleanser is a refreshingly gentle cleanser infused with Aloe vera and contains vitamins B3, C and E to leave your skin feeling cleansed and beautifully soft.



EXFOLIATE: Polishing Citrus Cleanser

As we age, the process of cell regeneration gets slower and slower. It needs our help, and that's where a good exfoliating scrub comes in to remove dead skin cell build up and help your skin to better absorb your skin care products.

Boost your skincare routine with Polishing Citrus Cleanser. It has a light gel formula and polishing jojoba beads that remove impurities and make-up, leaving your skin feeling clean and revitalised.



SPF

SPF: SPF 30 Protective Moisturiser

Wearing SPF has never been more important. Products high in SPF can help to protect your skin from harmful UVA/UVB rays. Everyone should be applying SPF regardless of their skin tone and whether or not the sun is shining. Our SPF 30 Protective Moisturiser provides your skin with UVA/UVB protection. It contains vitamins B3, C, E and Aloe vera to help leave skin feeling smoother and softer with a visible glow in just seven days.* For best results, apply liberally after cleanser, toner and serum. Use AM or before sun exposure.



NURTURE

NURTURE: Collagen Skin Booster



Meet the newest member of the Herbalife SKIN® family. Collagen Skin Booster is formulated with bioactive collagen peptides called Verisol® P that can help reduce eye wrinkles and improve skin elasticity after four weeks. It's high in key vitamins and minerals, such as Biotin, Iodine, vitamin A, Niacin and Zinc that contribute to the maintenance of normal skin. Collagen Skin Booster also delivers selenium that together with zinc and biotin contribute to the maintenance of normal hair. Selenium and zinc contribute to the maintenance of normal nails.

MOISTURISE

MOISTURISE DAY AND NIGHT

Start your day with Daily Glow Moisturiser; a hydrating lotion that contains illuminating properties to help give your skin a smoother, softer and healthier glow in just seven days.* It is made using a skin-friendly blend of vitamins B3, C, E, Aloe vera, sunflower seed oil and walnut seed extract, to give you skin that looks radiant without make-up.

Let your skin relax with our rich and luxurious Replenishing Night Cream. It contains a blend of vitamins B3, C, E, aloe vera and botanical extracts. This cream was formulated to deliver long-lasting hydration while you sleep that will help you wake up with silky and soft skin. Replenishing Night Cream has also been clinically tested to show that skin looks smoother and feels softer in just seven days.*



* Clinically tested on subjects for skin roughness measured by Visioscan and Reverse Photo Engineering at intervals of zero, seven and 42 days

How to Take Care of Your Hands

Every day our hands come into contact with so many substances. From soap and detergent to shampoos, water, cleaning products and more, all of these things can strip away protective oils that help to keep the delicate skin on our hands moist. Here are seven tips to help you take better care of your hands.

Don't Over-Wash

It's so important to wash our hands properly and regularly. While proper washing is necessary, over-exposure to water should be avoided as it can cause skin irritation. It's a good idea to wear gloves whenever you are washing the dishes or cleaning your sinks, tubs and showers.



Rethink Bar Soaps



Bar soaps are great for our body, but not when it comes to washing our hands. Look for hand cleansers that are sulphate-free, contain antioxidants, vitamins and gentler, natural ingredients such as Aloe vera, olive oil or shea butter to provide your skin with much needed moisture.

Keep Moisturiser Handy

Applying hand cream is a must when taking care of our hands. Make it as convenient as possible so that you never forget. Keep a tube of hand cream next to your sink, your bedside table, in your purse, gym bag, on your desk and even in the cup holder of your car. Wash, pat skin dry and then apply your hand cream while skin is still damp. This is the best way to lock in moisture and get soft, silky skin.



Take Extra Care



Winter is never kind to our hands. The snow, cold air and even the wind can dry, dehydrate and chap exposed skin in no time. During the colder months, make sure that you always wear gloves whenever you go outside.

Wear SPF

Did you know that our hands can reveal our age? Look after them by cleaning, hydrating and protecting them with plenty of sunscreen. The sun's UVA and UVB rays are damaging and can burn and age our skin. The skin on the back of our hands are very delicate and prone to sunspots – remember to keep them protected when driving, bike riding and even mowing the lawn.



Night Time Is the Right Time



A good hand care routine starts at bedtime. Keep a tube of hand cream on your nightstand and apply it before you go to sleep. Add this simple step to your evening routine and you'll wake up with beautifully soft and hydrated hands.

Don't Forget to Exfoliate

Help your hands look and feel rejuvenated with a quick exfoliation once a week. The next time you're exfoliating your face, use a small amount of the same product to gently scrub your hands. Wash, pat dry with a towel and moisturise. Top tip: use extra hand cream (or olive and/or coconut oil) and massage it into your cuticles.



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.

Morning Beauty Habits

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.

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. Not only will this help to hydrate your body, but it can also help to kick-start your metabolism.



Morning Habits

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 is the answer. Not only will it help to wake you up, but it also contains antioxidants.



Wake Up with a Cup of Tea

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.

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.



Exercise in the AM for a Restful PM

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.

* Vitamin C and vitamin E contribute to the protection of cells from oxidative stress

Collagen Skin Booster

Backed by Science
with Proven Results



Healthy-looking skin starts from within. Take care of your complexion with **Collagen Skin Booster!** It's a strawberry and lemon-flavoured beauty drink that is high in key vitamins and minerals to support healthy skin, hair and nails.* It also contains bioactive collagen peptides called Verisol® P, that are scientifically proven to improve skin elasticity and reduce eye wrinkles after 4 weeks.**

This is expert nutrition for your skin. Backed by science using Verisol® P with proven results.

* Biotin, Iodine, vitamin A and Zinc contributes to the maintenance of normal skin.

Biotin, Selenium and Zinc contributes to the maintenance of normal hair.

Selenium and Zinc contributes to the maintenance of normal nails

** Results shown on eye wrinkles and skin elasticity after 4 weeks



SUSTAINABILITY

**We're on a journey to becoming
a more sustainable company.**

Join us and keep an eye
out for our updates.

VICTORY STARTS ON THE INSIDE



Global Nutrition Partner
of Cristiano Ronaldo



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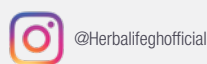
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202: 2022

ASPIRE TODAY



HERBALIFE
NUTRITION

Tips to build a successful virtual training schedule/course

Know your subject matter

The ability to present a subject with confidence directly affects your audience's impressions and will help keep their attention.

1

Add some humour

Sometimes it is appropriate to add humour and personality to your content. This can make a training a friendlier experience.

4

Focus on your audience

Build your audience base whether they are downlines or customers. Determine what the purpose of the message is and how will the learner use the information.

2

Plan the structure of your training

List down all the topics which need to be covered. Separate each topic and plan what you want to cover in each training. This gives the participants a feel for the training and provides a better understanding of the schedule.

5

Keep it simple

Learn how to adjust your jargon, so that anyone taking the session can understand it quickly and easily.

3

The 30/10 rule

Each training should be 30 - 45 mins only. It should be followed by fun activities or a Q&A every 10 mins to make it more interesting.

6

Inform your audience in advance

Keeping your audience constantly informed about the topics and schedule will create more willingness and excitement to participate.

7

Live speaking vs recording

A live speech and training session is more appealing than recorded session of a training. It helps the audience to be active and interested throughout the entire session.

A recorded version of the training can be made available to the attendees who missed the session due to the unforeseeable circumstances or maybe time constraints.

8

Script preparation

Your speech or training should consist of 3 basic parts - an introduction, the main subject matter and the closing or the call to action.

9

Don't forget to have fun

Training sessions don't have to be mundane and just long hours of subject matter.

Make sure you and your attendees enjoy the session, innovate ideas and make the training fun for yourself and your attendees.

10

Train your team virtually

Smaller training projects

Start small, go big. Train your team virtually and start with small, achievable tasks to help them build confidence. Increase the number and intensity of tasks gradually, as they gain more and more confidence. Try to keep your training groups relatively small.

End on a positive note

Always end on a positive note. Appreciate your team for their hard work and dedication during these testing times.

Keep it simple

During a training session, stick to one topic. Just make sure instructions are clear and simple.

Utilise role play

During the training sessions allow your team to role play and practice with each other. This will help them build confidence and improve their skills while you can correct and improve.



SUSTAINABILITY

SMALL ACTIONS **BIG IMPACT**

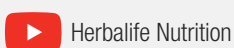
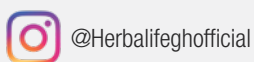
Even our Formula 1 canister
is losing weight!

Globally we have
removed 1.4 million kg
of plastic from our
Formula 1 canisters.



Herbalife Nutrition'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 the latest Product Brochure.

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