

202: 2022

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Train Your Mind

## ACTIVE LIFE

Your Guide to  
Winter Fitness

## EAT RIGHT

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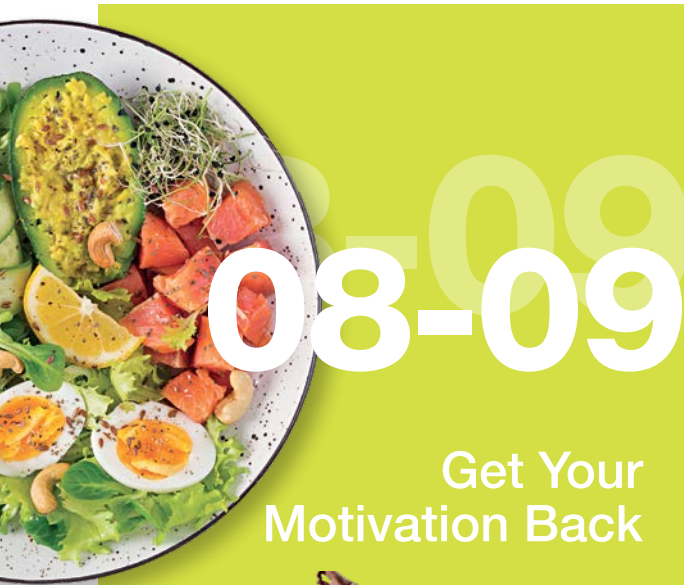


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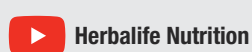


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## Formula 1





**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. 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.

**NEW Formula 1**







# 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.<sup>1</sup> 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?<sup>2</sup> 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.<sup>3</sup>

Foods that are rich in water or contain lots of air can also help to feel satisfied.<sup>4</sup> 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.<sup>5</sup> 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.<sup>1</sup> If you want a white omelette, each egg white gives you about three grams of protein for every 20 calories.<sup>6</sup>

**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.<sup>6</sup> 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.<sup>3</sup>

### **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.<sup>3</sup>

**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.<sup>6</sup>

### **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.<sup>6</sup>

### **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.

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

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

<sup>3</sup> Soliman (2019). Nutrients, 11(5)

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

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

<sup>6</sup> 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.<sup>1</sup>

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 optimize 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.<sup>1</sup>

## 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 maximizing muscle development.<sup>2</sup> Most strength athletes know that protein is important after a workout, but may not realize that a dose of protein at bedtime can help them optimize protein intake and muscle development.<sup>1</sup>

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.<sup>3</sup>







# 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.<sup>4</sup>

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.<sup>5</sup>

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

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

<sup>3</sup> Trommelen et al. (2016) Nutrients. 8(12):763.

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

<sup>5</sup> 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.

# RECIPES



## Cookie Crunch and Peanut Protein Pancakes

Preparation time: 5minutes  
Cooking time: 10 minutes  
**Serves 2**

### Ingredients

- 4 scoops Herbalife Nutrition Formula 1 Cookie Crunch flavour
- ¼ tsp baking powder
- 2 tbsp smooth peanut spread
- 2 medium eggs
- 100 ml water

Kcals	Fat	Carbo-hydrates	Fibre	Sugars	Protein
277	13,6g	15g	5,7g	7,1g	21g

Per Portion\*

### Method

- Place all ingredients in the blender and blend until smooth.
- Place a frying pan over a medium high heat until a few drops of water sprinkled into the skillet forms beads and sizzles. Sprinkle a small amount of oil on a paper towel and lightly wipe the surface of the pan.
- Pour pancake batter into 3” diameter pancakes and cook until browned on the underside. Flip pancakes and continue to cook until the second side is brown. Serve straight from the pan, top with your favourite berries or fruits and enjoy!

\* 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

- 20 g Herbalife Nutrition Personalized Protein Powder
- 125 g fat free Greek yoghurt (do not use regular yoghurt)
- 4 egg whites
- 2 tbsp water
- 30 g plain flour
- 55 g frozen spinach (thawed)
- 2 tbsp white chia seeds
- 1 tsp salt

Kcals	Fat	Carbo-hydrates	Fibre	Sugars	Protein
86	2g	2,7g	1,7g	1g	9,8g

Per Portion\*

### Method

- Put the yoghurt, egg whites and water into a food processor or blender. Add flour, Herbalife Nutrition Personalized Protein Powder, spinach, chia seeds and salt. Blend thoroughly until the mixture has the consistency of pancake batter.\*\*
- Spray a small non-stick skillet with non-stick pan spray (or wipe with a little bit of oil). Heat the pan over medium-high heat.
- When the pan is hot, pour 3 tbsp of batter and quickly (and very gently) spread the batter with back of a metal spoon into a 5-6” circle. Let the omelette cook on one side until it is lightly browned. Gently turn and cook until the other side until it is lightly browned.
- When both sides are brown, place on paper towels or a cooling rack and leave to cool. Repeat this process with the remaining batter and spray the pan with non-stick spray, before cooking a new omelette, to stop it from sticking.

\* 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.  
\*\* Chia seeds soak up a lot of liquid: especially if you let the mixture sit! It's best to prepare the batter right before you make the omelette. If the batter is getting thicker, while you are cooking, add some water to loosen it. Use one tablespoon at a time (be careful not to add too much) to maintain the pancake batter-like consistency.



## Spinach Protein Omelette

Preparation time: 30 minutes  
**Serves 5**

A woman with long dark hair is shown from the waist down, wearing a light grey tank top and dark grey shorts. She is in a dynamic pose, with her right leg bent and her foot resting on her left thigh. She is wearing black sneakers with red laces. The background is a clear blue sky with some light clouds. The text "ACTIVE" is overlaid on a yellow rectangular background.

**ACTIVE**

**LIFE**



# Work the Right Muscles to Get Toned Abs

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

If you want six-pack abs, you need to know how to work all of the muscles that make up your core complex. There are five major muscles that you need to work to get a flat tummy and strong mid-section.

Your core is made up of so much more than your six-pack muscles. All humans are born with six-pack abs, but they're hidden behind a layer of abdominal fat. Working your core muscles with specific exercises will help to make them bigger and more defined.

In order to get six-pack abs, I suggest doing a comprehensive exercise routine that effectively burns fat, strengthens your muscles and works your core. I like to say that “six-packs are made in the kitchen” because good nutrition is essential if you want to display these muscles (or any other muscles) in your body.

Below are some exercises to work each of the muscles in your core complex. Try to include them as part of your well-balanced fitness routine.

## Crunches

15-20 crunches, 3-5 sets

Crunches are a simple, yet effective exercise that will activate the abdominals - the most external of the core muscles. These are the famous six-pack muscles!

**How to do it:** Lie face up on the floor with your knees up and bent. Contracting your abs and curl your shoulders towards the pelvis. Clasp your hands behind your neck or crossed over your chest. Hold for a second then return to starting position.



30 seconds of bicycle crunches, 3-5 sets

## Bicycle Ab Crunch



The muscles at the side of your waist are called the internal and external obliques. These muscles are important for stability, especially for movements that involve lateral (sideways) movements.

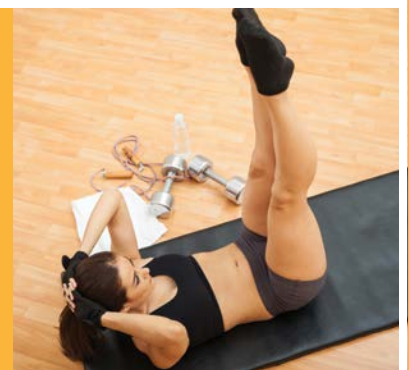
**How to do it:** Lie on your back on the floor. Stretch your legs out straight and place your hands behind your head. Raise your legs to make a 90degree angle. Keeping your feet together, contract your abdominal muscles and touch your right elbow to your left knee. At the same time, straighten your right leg out in front, keeping it several inches off of the floor. Then switch, bending your right leg and straightening your left, like pedaling a bicycle.

## Leg Raise

10 leg raises, 3 sets

The hip flexor muscle, "psoas major," is used for all activities that involve moving your legs. My favourite exercise for working this muscle is the lying down leg raise.

**How to do it:** Lie on your back on a mat. Place your hands underneath your bottom to stabilise your pelvis. Without letting your lower back lift up, pull your knees in towards your chest. Then straighten your legs back to the start position. To increase the resistance, try this exercise with straight legs. For an even more challenging workout, try to do leg raises on an incline bench!



Hold for 45-60 seconds, repeat on the other side

## Side Plank



The deep stabilising muscle that connects the upper and lower body is called the "quadratus lumborum." It's an important muscle that stabilises the hips and the spine - it also plays a role in the diaphragm for deep breathing.

**How to do it:** Lie on your side. Place your hand under you and straighten out your arm. Then lift the top half of your body off the ground. Raise your other arm up and keep it in the air, or let it rest on your side. Keep your legs straight and let the lower half of your body rest on your underside leg.

## The Vacuum

Hold your tummy for 10 to 15 seconds then release

This is what I call the 'flat tummy' muscle. The 'transverse abdominal' is a deep core muscle that's responsible for stabilising your spine and pelvis. The best thing about this exercise is that it's easy and can be done anywhere! I call this one the vacuum.

**How to do it:** You can do this exercise while sitting up or lying down. It can be done in bed, at the office, or even while driving your car! All you have to do is suck your belly in as far as you can and hold. Make sure you're pulling your abs in as if they're meeting your back.



# Your Guide to Winter Fitness

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

As temperatures drop and the nights get longer, exercising outdoors is often the last thing we want to do during the winter. However, that doesn't mean you should stop being active. 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 winter 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.<sup>1</sup>

## 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.

<sup>1</sup> WHO (2010). World Health Organization

# HERE ARE SOME TIPS

## to help improve your fitness level this winter:



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



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

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 moisturizing products, our experts have shared their tips and tricks on how you can get your skin ready for summer!



## CLEANSE

### 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

## 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

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.

# MOISTURISE

## MOISTURISE

Start your day with Hydrating Eye Cream - Helps minimise the appearance of fine lines and wrinkles around the eyes, an area which has a lower amount of both sweat and oil glands, making it highly susceptible to dehydration.

# 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.



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## Start your day with a Cup of Tea

## Skincare Matters

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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.



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## 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



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a more sustainable company.**

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out for our updates.



# VICTORY STARTS ON THE INSIDE



Global Nutrition Partner  
of Cristiano Ronaldo



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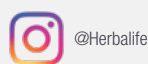
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# ASPIRE TODAY





## CELEBRATING AT PRESIDENT'S TEAM LEVEL KARMEN & SAŠO MIHAJLOSKI

We were both students when we got to know about Herbalife. I was studying English & French at Ljubljana University, my plan was to become an Interpreter.

Sašo was just starting at the Faculty of Civil Engineering.

I started as a customer, after many previous trials to lose weight. What I loved about HN was the amazing flavour, not being hungry all the time and a great community that inspired me to a healthier life.

Sašo joined me in HN after he met my mentor Igor, who inspired him with the business opportunity. We saw vision at our first bigger Leadership Event with Mark Hughes and Jim Rohn and we trusted Mark's Dream that one day we will be all around the world, making a huge difference in peoples' lives.

It's was of immense support that we were constantly learning on events about successful life philosophy, how to deal with challenges and what kind of mindset to adopt. We can say we grew up with personal development in Herbalife, and certainly that helped us go through many different life and business situations, not losing the vision that was set up from day one. We had our ups and downs, like we would have had no matter what we decided to be in life.

From day one we understood the power of possibility to have business in more countries. And that is an amazing opportunity that we soon understood, since income was

coming from different countries. We became GET in 2 years and stayed there for many years, being satisfied with income in moments of economy and political turbulences in the Balkans. Challenges made us tougher and in time we realised we can do so much more. Our business doubled in the last two years. In September 2020 we qualified as MT 7500 and in May 2021 we finished our PT qualification. When the time is right for you, everything falls into place!

Everything counts and this is what we've learnt from the beginning. Never give up and your time will come, when you are ready. We have an amazing team of people all over region and WW, they are great leaders & they love HN mission just as we do!

We are so thankful to our sponsors Jelka Zalar and Igor Nikovic. They gave us a possibility to be part of this amazing company as independent entrepreneurs. Huge thanks to our mentor Mary Holloway, from whom we've learnt so much about leadership. We are forever grateful to Mark Hughes, and we are making sure that people understand what he created together with the best leaders of the world.

Our quality of life and the freedom that we have is simply amazing.

Karmen & Sašo





## CELEBRATING AT PRESIDENT'S TEAM LEVEL IGOR & KSENIIJA MELEH

We are Igor and Ksenija and we have been in Herbalife for 22 years.

Before Herbalife we had our own private business but we did not have free time and the opportunity to have a better life quality and time for our family.

We started in 1999 and after seeing Mark Hughes and his great vision at the Extravaganza in Paris, we decided that this would be our core business for life.

We are grateful that we have changed our habits and that our family has great results through products and a healthy and active lifestyle.

For us, Herbalife is a school of life and in 22 years there have been ups and downs but we have never given up on our goal of becoming President's team.

Our business philosophy from day one is to use wear, talk and Simple Fun Magical as we were taught by Mark Hughes and Jim Rohn.

We have worked and helped others to develop all these years and we saw all the methods and tools worked if we believed in them.

Faith in Herbalife and faith in people that they can do it, has led us to build an organization We look forward to having new members of the President's team in our organization soon.

We got a lot more than we expected at the beginning and these are travel, friendships around the world, freedom of choice every day and time for our family and hobbies we have a lot of.

We have a mission to get as many people as possible with their change and to help with their experience to see that it is possible for them as well and to never give up on their dreams. We are grateful every day to Herbalife and our sponsors Tomislav and Deica because without them there would be no us.

Igor & Ksenija





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