

WEIGHT MAINTENANCE: KEEP WEIGHT OFF PERMANENTLY

Even if you've lost and gained before, this time can be different. Make weight loss last with these tips for long-term weight maintenance.

You did it. You've taken off the pounds you've been battling for years, or at least a good many of them. You're delighted with the results – you have more energy, your cholesterol is down and so is your blood pressure – and you're justifiably proud of yourself. But at the back of your mind is a nagging fear: "What if I gain it all back?"

Weight maintenance is much like weight loss. The principals are essentially the same: eat healthy foods and exercise regularly. And like weight loss, weight maintenance requires a long-term commitment. Indeed, the key to successful weight maintenance is permanent lifestyle changes.

Assess your goals and motivation

How you approached weight loss — both your commitment and your plan — goes a long way toward keeping you on the road to success. First, take a look at your motivation. What prompted you to lose weight? If you make a long-term commitment to your health and well-being, rather than losing pounds for a special event, you're already ahead of the game.

In general, focusing on health rather than appearance is a better approach in terms of long-term success, especially if you pay attention to the many ways you feel better as you drop pounds. Also, focusing on the process of lifestyle change rather than the end result is important. Losing just 5 percent to 10 percent of your body weight can reap big health rewards in terms of lower blood pressure, cholesterol, blood sugar levels and risk of joint problems, such as osteoarthritis. As an added bonus, it can improve your energy level and self-esteem and ease daily aches and pains.

Successful weight-maintenance strategies

Once you've lost the weight, you can't stop your efforts. Weight maintenance requires daily exercise, a healthy menu, a long-term commitment and constant vigilance. The following habits are essential to weight maintenance:

- **Continue your exercise program.** One of the most important things you can do for weight maintenance is to continue a vigorous exercise program. Studies suggest that it takes 30 to 60 minutes of moderately intense physical activity daily to maintain weight loss. Moderately intense physical activities include fast walking and swimming.
- **Enjoy healthy meals and snacks.** Focus on low-calorie, nutrient-dense foods, such as fruits, vegetables and whole grains. Keep saturated fat low and limit sweets and alcohol. Remember that no one food offers all the nutrients you need. Choose a variety of foods throughout the day. It's not out of the question to eat and enjoy small amounts of high-fat, high-calorie foods on occasion. But the main thing is that you choose foods that promote weight maintenance and good health more often than you choose foods that don't.
- **Know and avoid your food traps that cause you to eat.** Know which situations can trigger out-of-control eating for you. The best way to identify food traps and emotionally triggered eating is to keep a journal. For as long as you find it helpful, write down what you eat, how much you eat, when you eat, how you're feeling and how hungry you are. After a while, you should see some patterns emerge. Once you know these patterns and triggers, you can plan ahead and develop a strategy for how you'll handle these types of situations. This will help you understand and stay in control of your eating behaviors.
- **Monitor your weight regularly.** People who weigh themselves at least once a week are more successful in keeping off the pounds. Monitoring your weight can tell you whether your efforts are working and can help you detect small weight gains before they become larger.
- **Be consistent.** Sticking to your healthy-weight plan during the week, on the weekends, and amidst vacation and holidays increases your chances of long-term success.
- **Create a support network.** Getting support for your efforts, whether through a friend, family member, trained professional or group of fellow travelers on the same path, can ultimately mean the difference between success and failure.

The best-laid plan

If you really want to lose weight and keep it off, the best approach is to focus on lifestyle changes and develop an eating plan that's enjoyable, yet healthy and low in calories. This approach results in weight loss that you can live with — that is, that you can maintain over a long period of time. The good news is that weight maintenance gets easier every time. After two to five years, the odds of keeping the weight off increase greatly. Achieving and staying at a healthy weight does take planning and effort, but the rewards are great.

TIPS FOR STAYING ACTIVE

By: Luigi Gratton, M.D., 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 re-hydrates 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 repair damage 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® anti-aging skincare helps protect and correct the signs of aging.

KEEP FITNESS ON TRACK

By: Luigi Gratton, M.D., M.P.H.

Chances are 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 living 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 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 neighborhood 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 movie or pampering yourself with a trip to a spa, is a great motivator to keep the good results coming.

TIP THE SCALE IN YOUR FAVOR

- Since restaurant portions are usually large, ask the server to put half your meal in a “doggie bag” before it’s served to you. That way, you’ll eat less, but still have the satisfaction of cleaning your plate.
- 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 entrée 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 snacking may be appropriate. Use this time to have a “second lunch”, and have something a little more substantial like an Herbalife® Formula 1 shake, a cup of cottage cheese with some fruit. 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 fiber, dairy products for calcium, and fruit. An Herbalife® Formula 1 shake (made with fruit) and a slice of whole-grain toast helps to meet a lot of your nutritional needs and starts the day off right.
- Coffeehouse fanatics beware—some of those coffee drinks are low in nutrition and high in calories.
- Try a nonfat 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 flavor 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 sodas, 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 flavor. Tomato or mixed vegetable juices are filling, nutritious and low calorie.
- 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 fiber? Load sandwiches up with lots of veggies, including lettuce, tomato, cucumber and sprouts, and use 100 percent whole-grain bread.
- Make a hummus spread in the blender with garbanzo beans and a touch of olive oil, lemon juice, salt, pepper and garlic and use as a sandwich filling or a replacement for mayonnaise.
- Try to balance animal protein with vegetarian protein sources. Formula 1 contains healthy 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 an entrée with brown rice and veggies.
- 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 chips, 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 accumulate 30 minutes of activity per day. 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 canned salmon. It’s wild—not farmed—and makes a nice change for a sandwich. It makes a great burger, too: Mix flaked canned salmon with some minced onions and peppers,

some bread crumbs and egg whites, shape into patties and grill on both sides before placing on a whole-grain bun.

- Boost the nutritional value of canned soups by mixing with nonfat 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, flavor and bulk.
- Try mixing canned tuna with mashed avocado instead of mayonnaise for a tasty sandwich filling.
- Avocado has less fat per tablespoon than mayo, 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 applesauce, plain yogurt or baby food peaches. Peaches match well with quick breads, and yogurt and applesauce work well in spicy treats like coffeecakes.
- Make it a goal to try new healthy foods on a regular basis. Visit your local farmers' or ethnic 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 cups 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 whole-wheat 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 protein shakes, but you can also add them to other foods. For a high-protein breakfast alternative, cook rolled oats in nonfat milk or soy milk, and stir some vanilla-flavored protein powder into the cooked cereal. The extra protein will provide staying power all the way until lunch.

THE DECIDING FACTOR

Sometimes we don't realize that we have mixed feelings about making behavior changes. 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?

THE BENEFITS OF CALCIUM

By: George Obikoya, M.D.

Calcium is the mineral most likely to be deficient in the average diet. Let me repeat that. Calcium is the mineral most likely to be deficient in the average diet. Calcium deficiency is a condition in which we fail to receive or to metabolize an adequate supply of Calcium. Calcium is the chief supportive element in bones and teeth. Calcium salts make up about 70 percent of bone by weight and give your bone its strength and rigidity.

About 99 percent of the calcium in the human body is held in the bones and teeth. The remaining 1 percent of calcium circulates in the bloodstream, where it performs a variety of important functions. It helps to contract muscles and helps regulate the contractions of the heart. It plays a role in the transmission of nerve impulses and in blood clotting. Calcium is involved in the stimulation of contractions of the uterus during childbirth and in milk production. It also regulates the secretion of various hormones and aids in the functioning of various enzymes within the body. Since vitamin C is important for so many necessary bodily functions, taking a liquid multivitamin that is rich in vitamin C is advised.

When we take Calcium, it is absorbed in the small intestine and passes from there either into the bloodstream or ultimately into the bones. The most efficient absorption of calcium is dependent on the presence of vitamin D in the body, which is a key ingredient in the various hormones that enable calcium to pass from the digestive system into the blood or bones. Similarly, there are optimal ratios of phosphorus to the amount of calcium consumed that permit calcium to be more completely utilized. Hormonal secretions of the parathyroid and thyroid glands (parathyroid hormone and calcitonin, respectively) also help maintain calcium equilibrium in the blood.

These regulatory mechanisms help to prevent a deficiency in calcium from developing in the bloodstream. When such a deficiency does develop, parathyroid hormone acts to transfer calcium from the bones in order to maintain the mineral's all-important presence in the bloodstream. This of course strips your bones of their calcium and in turn weakens your bones, making them more brittle and subject to breaking.

The result of a mild insufficiency of calcium over the long term may be thinning bones, termed osteoporosis or the softening of bony tissue, called osteomalacia. The faulty metabolism of calcium during childhood may result in a condition called rickets.

Recent research even points to calcium deficiency as being a possible cause of hypertension (high blood pressure) and of colon cancer.

Severe calcium deficiency, which is defined as a reduction of calcium levels in the bloodstream below a certain normal range, has its own clinical manifestations. The main syndrome is tetany, which involves sensations of numbness and tingling around the mouth and fingertips and painful aches and spasms of the muscles. A clinically detectable deficiency of calcium is a relatively rare finding and is almost always caused either by a deficiency of parathyroid hormone or of vitamin D in the body, the two chief regulators of calcium metabolism. Usually the problem manifests as an insidious, low level of calcium over a long period of time, which is far more difficult to correct.

You've heard it now and probably many times before. You need calcium to prevent osteoporosis. But a lack of this mineral means more than weak bones. Key organs and bodily functions, like your heart and metabolism, need calcium to operate at their best. Yet only 21 percent of us are getting the recommended amount of calcium, according to federal government statistics.

Here are five important but little-known ways that getting more calcium can improve your health:

Calcium helps keep the weight off. Research suggests that if you don't get enough calcium in your diet, you're likely to be overweight. Of course, it's possible to be overweight even if you do get plenty of calcium, but an adequate supply of Calcium appears to make it easier to maintain a healthy weight. The reason has to do with your body's response to a calcium deficit. When you're low, your body thinks you're starving and enters emergency mode, releasing parathyroid hormone from four glands in your neck. This hormone stimulates your bones to release some calcium into your

bloodstream. Your kidneys also deliver a dose of a hormone called calcitriol, a form of vitamin D, to increase your ability to absorb calcium. This helps keep the body in balance, but is operating the body in an emergency mode, which over time, is very unhealthy.

The trouble is that parathyroid hormone and calcitriol also stimulate the production of fat and inhibits its breakdown. As a result, your body stores fat and holds on to it stubbornly, even if you're on a low-calorie diet. On the other hand, a high calcium intake suppresses these hormones so your body stores less fat and also breaks it down far more easily.

Calcium also protects your heart. If you're low on calcium, you're more likely to have high blood pressure. Your body releases the hormone calcitriol in response to a calcium shortage, and calcitriol acts on the smooth muscle walls of your arteries, constricting them and elevating your blood pressure. In fact, your calcium intake may be almost as important to blood pressure as your sodium intake. An adequate supply of calcium helps muscles, including your heart muscle, do their work of contracting and relaxing. Calcium also appears to help your nervous system regulate the level of pressure in your arteries.

Calcium improves premenstrual moods. Getting enough calcium can ease the symptoms of premenstrual syndrome (PMS). The explanation comes down (again) to calcium-regulating hormones. Your body suppresses the hormones if your calcium supplies are adequate, but releases these hormones if you're not getting enough. Women who suffer from PMS appear to have elevated levels of these hormones during their menstrual cycle, which account for the symptoms of PMS, like cramping, irritability, and depression, are similar to the symptoms of a calcium-deficient state.

Calcium protects against colon cancer. Adequate calcium intake may reduce your overall risk of colon cancer and suppress the growth of polyps that can lead to cancer. Researchers don't know exactly why this happens, but it may be linked to the excess calcium that's left in your intestines after your body absorbs what it needs. On its way through the colon, this unabsorbed calcium is believed to bind with cancer promoters so they're excreted together from the body. Studies have shown that both food sources of calcium and calcium supplements provide this protective effect. Calcium supplements should be taken in liquid form because liquid vitamins absorb 5 times better than do pill forms.

Calcium maintains healthy teeth. Calcium protects your teeth in an indirect way. Your teeth themselves are relatively inert, meaning that the calcium they contain usually stays there. Your jawbone is the potential problem. Like other bones, it gradually surrenders calcium for needs elsewhere in your body if you're not consuming enough. As your jaw weakens, your teeth loosen, creating gaps where bacteria can invade, triggering infection, inflammation, and bleeding. In fact, the condition of your teeth and gums can be a window to the overall health of your bones. Not surprisingly, the first signs of osteoporosis are sometimes found by your dentist.

Talk to your health care practitioner if you experience the unexpected loss of a tooth or your teeth start to feel loose. Sufficient calcium intake can prevent these problems in the first place, as well as help guard against a whole host of other problems.

A good multivitamin is the foundation of health and nutrition.

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. While it's true that the primary function of calcium in the body is to maintain healthy bone structure, you may not know that calcium performs many important functions for everybody. Calcium helps muscles contract, helps blood to clot, helps the nervous system to function properly, and is important in maintaining healthy blood pressure.

Many people do not take in the recommended intake of calcium from foods. 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 recommendation of 1,000 mg for men and women up to the age of 50, and 1,200 mg per day for people age 50 and up. 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 Sources

Food Source	Serving Size	Calories	Calcium per Serving
Yogurt, plain, low-fat	1 cup	140	450 mg
Milk, nonfat or low-fat	1 cup	90-120	350 mg
Soy milk, plain, fortified	1 cup	100	300 mg
Collard/turnip greens	1 cup	60	300 mg
Cooked spinach	1 cup	40	230 mg
Yogurt, fruit flavored	1 cup	250	200 mg
Okra	1 cup	50	170 mg
Cheese, low-fat mozzarella	1 ounce (1 stick)	1 ounce (1 stick)	150 mg
Cottage cheese, low-fat	1 cup	150	140 mg
Some fortified cereals	Varies	Varies	100 mg or more
Herbalife® Formula 1 Shake Mix	2 tablespoons	90	80 mg
Herbalife® Formula 2 Multivitamin Complex	1 tablet	-	167 mg
Herbalife's Xtra-Cal®	1 tablet	-	334 mg

Calcium Log

DAY 1: I need _____ mg of calcium per day

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

DAY 2: I need _____ mg of calcium per day

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

DAY 3: I need _____ mg of calcium per day

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