

LOSE ONE POUND A WEEK

By: Tracy Teare

Here are a few quick facts about losing a pound: It will make your jeans feel a smidge looser, it's the equivalent of four sticks of butter (picture that for a second!), and it requires that you burn and/or cut a total of 3,500 calories. Sound like a lot? It adds up faster than you think.

To lose one pound in seven days you need to reduce your net calories by 500 every day. The easiest way to do that is a 250 split: Cut half from your diet and burn the other half through exercise. By following the suggestions, after seven days you will have cut out 3,500 calories. Losing four sticks of butter has never been such a cinch!

Consume Fewer Calories

Eat smaller, more frequent meals, and use smaller dishes, bowls, and cups.

For second helpings have salads and vegetables. One study showed that eating smaller, more frequent meals aided weight control better than eating one or two larger meals during the day. Smaller meals eaten more frequently will help you avoid the starve-and-stuff routine that is so common among dieters.

Eat More Low-Cal Produce

Eat more fruits and vegetables and low-cal and high-fiber foods. Displace higher-calorie foods by having a low-fat salad before lunch and dinner and eating fruit for snacks and desserts. Eat more fruits and vegetables in place of processed foods that are high in fat and sugar.

Choose Lower-Calorie Grains

Choose cooked whole grains instead of refined grains. Grains that you cook are lowest in calorie density. Take a look at these choices:

- *Cooked oatmeal 0.6*
- *Cooked rice .9*
- *Cooked barley 1.2*
- *Cooked pasta 1.3*
- *Whole-wheat bread 2.6*
- *Bagel 2.6*
- *Packaged cereal 4.0*
- *Crackers 4.3*

Consume Fewer Dairy Calories

Choose low-fat or skim dairy products and beware of items with a lot of added sugar. Yogurt, frozen yogurt and low-fat ice-cream are good choices.

Consume Fewer Protein Calories

Use portion control with meat, fish and poultry. Choose lean items and keep them low in fat when preparing them. Be aware of portion sizes and cooking methods for protein items when ordering out. The average large steak can be upwards of 600 calories in most restaurants. Baked chicken breast without skin or grilled fish are always your best bets.

More Tips for Fewer Calories:

- Eat only when hungry.
- Limit sugars and sweets.
- Limit fat and fatty foods.
- Read food labels and be aware of calories, number of servings, and portion sizes.

Be Aware

Write down what you eat in a day to be aware of how many calories you consume. 3,500 excess calories consumed=1 pound of body fat gained. That's only 9.5 calories per day! An extra 50 calories a day, every single day of the year, will result in a five-pound gain by the end of the year. Awareness of what and when you eat will help you make better choices each day. Oftentimes people have one or two trouble foods that cause them to eat too many calories. Maybe yours is a bag of potato chips or a large cookie or just bad choices when you eat out. See if you can find a lower-calorie alternative for your trouble area. Oftentimes a registered dietitian can help you with this.

Diet Strategies

- Replace your morning bagel and cream cheese with an English muffin and cottage cheese or have a piece of Herbalife pie or an Herbalife shake!
- Skip the large bakery muffin in favor of 1 slice of whole wheat toast topped with 1 tablespoon of peanut butter or have a piece of Herbalife pie or an Herbalife shake!
- Swap your large bran muffin for 3/4 cup of bran flakes or have a piece of Herbalife pie or a Herbalife shake!
- Replace eggs and cheese with scrambled egg whites or have a piece of Herbalife pie or a Herbalife shake!
- Replace your 450-calorie lunch with a 200-calorie Herbalife protein shake!
- Replace large French fries with a yogurt-and-fruit parfait or have a piece of Herbalife pie or a Herbalife shake!
- Modify your lunch: Skip the cheese on your salad or sandwich, substitute mustard for mayo, and replace potato chips with soy chips or have a piece of Herbalife pie or an Herbalife shake!
- Have half a tuna salad sandwich instead of a whole, plus two cups of raw vegetables or have a piece of Herbalife pie or a Herbalife shake!
- Switch from cream soup to vegetable-based soup at lunch and dinner or have a piece of Herbalife pie or a Herbalife shake!
- Switch from one cup premium to light ice cream.
- Cut out 1 biscotti and 1 large mocha and have a Herbalife shake!
- Switch from a chai tea latte to herbal concentrate tea!
- Have 1 ounce of soy nuts instead of 3 ounces of roasted almonds.

- Substitute a serving of beef with shrimp or a white flaky fish like cod at two meals.
- Have 1 cup of strawberries instead of a whole banana, and cauliflower instead of a baked potato with sour cream.
- Replace ranch or blue cheese dressing with low-fat vinaigrette at lunch and dinner.

Calorie Worksheet

- Calorie Worksheet Target weight_____
- Calorie Intake for weight loss_____
- How many 100 calorie snacks per day would you like to do? _____ \times 100=_____
- Calorie intake – calories from snacks = edible calories for meals_____
- How much water per day should you drink for optimal weight loss? _____
- Take your current weight and divide by 2 and that will equal the amount of ounces per day you should be drinking.
- One half of your total protein intake divided by two is equal to the amount of soy protein you should get per day – e.g. total protein per day = _____ \div 2=_____
- How many grams of soy protein should you get per day? _____

Low Calorie Snacks

Snacking doesn't have to be an unhealthy habit. It's not unusual to get hungry between meals—particularly if you have a long stretch in between. The key is planning ahead to make sure you have some healthy foods available, and ideally, you should combine some protein with a little carbohydrate to fill you up and keep you going. A protein-enriched beverage, a piece of string cheese and a piece of fruit, or a small carton of yogurt with a few low-fat crackers should do the trick.

Here are some snack ideas – all under 100 calories:

- Nonfat latte made with nonfat milk or soy milk
- Mini pita bread with a quarter of an avocado
- Herbalife® Creamy Chicken Soup Mix
- Herbalife® Peach Mango or Wild Berry Beverage Mix
- Two rice cakes with one wedge light cheese
- One 100-calorie pudding cup
- ½ cup nonfat cottage cheese with ½ cup blueberries
- 1 ounce turkey jerky with one slice rye cracker
- One individual carton light nonfat yogurt with 1 tablespoon raisins
- Toasted whole-grain waffle with a sprinkle of cinnamon-sugar
- One stick mozzarella cheese with one sesame breadstick
- ¾ cup tomato soup made with nonfat milk
- Three hard-cooked egg whites mashed with a little Dijon mustard and a sliced tomato
- 15 baby carrots with 2 tablespoons fat-free ranch dressing
- 12 ounces tomato juice
- 10 soy crisps with a small peach
- One frozen fruit bar
- 1 cup whole strawberries with 1 tablespoon chocolate syrup

Water and Weight Loss

Drinking plenty of water is an important part of maintaining a healthy weight and a nutritious diet. Water plays an essential role in helping your body process nutrients, maintain normal circulation and keep the proper balance of fluids.

Replace what you lose

After each 30-minute workout, drink two 8 oz. glasses of water to replenish your fluids. If you find you become thirsty while working out, consider using a sports bottle to help you stay hydrated while you exercise. Because of their calorie content, soft drinks and fruit juices are not good choices for replacing lost fluids if you are trying to lose weight or manage your weight. You might try adding just a splash of fruit juice or a slice of lemon or lime to a glass of water if you don't like the taste of plain water.

How much water is enough?

As a general guideline, try to drink six to eight 8 oz. glasses of water a day. If you exercise, you will probably need to drink more to replenish the water lost through sweating.

You can usually trust your sense of thirst to let you know when you need to drink. Your sense of thirst, combined with simply paying attention to how many glasses of water you've had in a day, can help you to keep your body hydrated.

When water isn't enough

The next time you're thirsty, it could be smart to think before you drink. While "you are what you eat," the phrase is more accurately "you are what you drink." Our bodies are about 60 percent water, and

while watery foods can help meet our needs, most of our daily water needs are met from the fluids we drink. Aside from plain water, consumers are faced with a dizzying array of juices, juice drinks, vitamin-fortified waters, sports drinks, energy drinks and teas—making it difficult to choose the best beverage to help meet fluid needs.

For the average person who exercises moderately, plain water is a perfectly good choice. But many people prefer drinks with a little flavor, and tastier fluids may encourage consumption. And as exercise duration and intensity increase, it's important to not only replace fluid losses, but to replace body salts—such as sodium and potassium—that are lost with sweating.

Look before you drink

When evaluating beverages, a good place to start is by reading the nutrition facts label. For instance, sodas or fruit drinks are often high in calories and sugar, and low on nutrients. Not only can these empty calories pile on the pounds, the high-sugar concentration in sodas and fruit drinks can actually slow down the rate at which the body absorbs fluid. If you see high-fructose corn syrup at the top of the ingredient list, you may want to pass. Sugars other than fructose, in lower concentrations, are much better absorbed.

Some energy drinks have a combination of caffeine and sugar, designed to give you a quick spike in energy. But if you aren't used to consuming caffeinated drinks, these could make you jittery or upset your stomach.

So what should you look for? It's a good idea to check labels for electrolytes, such as sodium and potassium, which are salts that your body loses when you perspire. In addition to replacing losses, electrolytes can also add some flavor, which will encourage you to drink more. Also, look for drinks with less than 100 calories per 8 oz. serving. Higher calories mean a higher sugar concentration; you also don't want to drink back the calories you just burned on the treadmill.

While too much sugar can be a problem, a little bit of carbohydrate in beverages can help to maintain blood sugar while you are exercising. Also, a mixture of several forms of carbohydrate in the drink helps to get carbohydrate into working muscle better than just one carbohydrate source.

A drink such as one made with Herbalife's H3O® Fitness Drink mix could be a good choice because it contains the right amount of readily absorbed carbohydrates, no caffeine, and the essential electrolytes people lose when they perspire. It comes in a powder that mixes easily with water, and is available either in a canister or in convenient single-serve "stick packs" that can be thrown in a bag or pocket and mixed in any water bottle.

Staying hydrated

You may become dehydrated before you are actually thirsty. This is one reason that athletes learn to drink on schedule. Two cups of fluid a couple of hours before you start exercising should be followed with another cup or so 10 to 20 minutes before you start. A few ounces every 15 minutes or so when you are working out can help prevent excessive fluid losses. One way to monitor your hydration is to note the color of your urine. "People who are optimally hydrated should urinate every one to two hours," says Luigi Gratton, M.D., M.P.H., clinical physician at the University of California at Los Angeles (UCLA)*. "And your urine should be pale yellow or clear," says Gratton. "Darker color usually means more concentrated urine, an indication that you should increase your fluid intake."

Watch for other signs and symptoms of dehydration during exercise, such as muscle cramping, or feeling light-headed or faint. Even if you're only a weekend warrior, adequate fluids are important for a healthy, well-functioning body. If you think you drink less than you should, a flavorful beverage designed to help you hydrate might be just the thing to help meet your fluid needs.

Exercise and Move More

Eat 300 less calories than needed to maintain weight. Increase daily activity to burn off an additional 200 calories, which is usually about an hour of moderate cardio activity for most people. This should result in a weight loss of one pound per week. Gradual weight loss promotes long-term loss of body fat, not just water weight that can be quickly regained. There are two parts to weight loss. The second is to learn how to be active and exercise so you burn more calories and become physically fit—this goes hand in hand with our first lesson on eating fewer calories.

We Are All Less Active Because of...

- Changes in job market – computers/service versus labor
- Labor-saving devices at home:
 - Garage door openers
 - Dishwashers
 - Washing machines, dryers
 - Microwaves
 - Power tools
 - Maid and lawn service
 - Television and computers
 - Remote controls

Consider the way we presently live our lives compared to the way our grandparents or great grandparents lived theirs. Many people now spend their working hours sitting behind a computer. Consider the amount of work involved in preparing a meal now versus preparing one a hundred years ago. Try to imagine how many calories must have been burned carrying the water in or chopping the wood for the stove. Our great-grandparents would have laughed if we had mentioned a need for exercise.

Did You Know?

- You burn double the amount of calories by moving versus sitting.
- Cleaning the house burns 152 calories per hour.
- Sitting burns just 76 calories per hour.

Burn More Calories

- Exercise for an hour or more, most days of the week.
- Lift weights or do other resistance training a few times per week.
- Sit less.
- Be more active.

The Dietary Guidelines for Americans says to lose weight and sustain weight loss you need to exercise for 60-90 minutes per day most days of the week. This can be all at once or it can be cumulative during the day. At least 30 minutes per day is needed for good health.

Easy Ways to 60 Minutes

- Cleaning the house – 10 minutes
- Walking briskly at lunch – 10 minutes
- Exercise with home video – 40 minutes
- Equals a Total of 60 minutes

The Importance of Cellular Nutrition

What makes Herbalife different?

It's the science behind the products. Technology and years of research enable us to deliver targeted nutritional supplements tailored to your special needs. Our products have been designed and manufactured from only the highest quality raw ingredients and herbs.

What makes our product line work so well?

Our Cellular Nutrition Program actually addresses the underlying problem we're experiencing by giving the body what it needs on a daily basis, hence allowing the body to do what it does best: heal itself.

Mastering the concept behind absorption and delivery has made it possible to "Feel the Difference." This breakthrough in nutritional science has opened new doors. For example, once your body is able to absorb key nutrients and actually deliver them to your cells, you can then feel the difference these vital nutrients make on your daily life.

This entire process begins in the small intestine. In your small intestine lives tiny microscopic fingerlike protrusions called villi (villi is the plural of 'villus'). The villi are where our bodies absorb the nutrients from the foods and supplements we consume. However, these villi become damaged or what they call ~ energetically impaired. As a result they retain little surface area for them to work.

Factors that damage villi are: stress, smoking, alcohol, airborne toxins, medications, preservatives, fats, additives, and drugs to name just a few.

Over the years as your villi break down your body absorbs less and less of the nutrients you need from the food you eat. This is one reason our bodies begin to break down prematurely and we feel worse and worse as time goes on.

Why are we feeling worse instead of better?

When our bodies cannot absorb the nutrients from our food and supplements, often times we find ourselves eating more and more food because our appetites and cravings increase in order to 'call out' for more and better nutrition. (which we're not getting). We crave fats and sugars because they are easiest for our body to absorb. We then become increasingly more tired and fatigued because our body is not getting the proper nutrition it needs, daily.

Due to our villi being unhealthy and damaged our body thinks its starving because it's not getting the vital nutrients it needs to stay healthy. For people trying to lose weight, they know this better than anyone. When your body thinks it's starving, it stores fat instead of burning fat.

If you are trying to lose weight, it becomes almost impossible because your body is in the mode of storing fat versus burning fat. No matter what you do, it doesn't want to burn the fat off.

Even for those of you not trying to lose weight, the concept is the same. You might find yourself eating healthy, natural, low fat foods, taking vitamins and exercising regularly, yet you're still experiencing either no or slow weight loss (if that's your goal), moodiness and fatigue because your body is not absorbing enough of the nutrition from the good foods you are consuming.

So what's the answer?

By starting with our program called Cellular Nutrition and adding our targeted products you have the best chance of fighting the problems nutritionally. By using our products daily your body will begin to repair and rebuild its villa back to the healthy state it was in when you were younger (this process begins within 24 hours of starting the products). Your body is then able to absorb not only the vital nutrients our Cellular Nutrition and targeted health and weight loss products provide, but also the key nutrients from the foods you are eating. You will feel the difference within days of being on the

products. You may experience things like less moodiness, more mental clarity, more natural energy and stamina.

Once you start using our products you can be assured you are moving in the right direction toward better health and a happier you! Herbalife does not claim to cure any disease.

This is the power of nutrition on a cellular level. Give it a try today and you'll understand why.

Keeping Your Weight in Balance!

Nutrition holds a key to good health and lifelong weight management. Your body is composed of trillions of living cells that grow, die and are replaced many times over during your lifetime. These cells need proper nutrition to perform the vital functions of metabolism, growth, repair, detoxification and reproduction.

Unfortunately, the average modern diet does not always provide you with a correct nutrient balance for ideal good health.

Cellular Nutrition Technology

Herbalife's Shape Works Weight Management Program uses three advanced technologies to improve our nutrition: food science, micronutrients supplementation and herbal science. Scientifically based formulas are at the very heart of Herbalife's Shape Works Weight Management Program. They allow you to reduce your caloric intake while maintaining the vitamins, minerals and nutrients essential to good health.

We provide these factors in an easily digestible form, so that your cells can function at their highest level of efficiency.

Cell Activators

So many people believe that the body efficiently and completely absorbs all the nutrients from food and supplements. However, nutrient absorption may be diminished and impaired by poor eating habits, persistent dieting, stress or other factors.

A key difference with Herbalife's products is the inclusion of natural enzymes and herbs that act as cell activators. These cell activators aid digestion and further improve your health and vitality.

The Herbalife Shape Works product line is the most advanced approach to nutrition, vitality and weight loss on the market today.