

## Client Support (Updated August 2017)

### Overview

Our goal is to help clients make long term changes to achieve a healthy active lifestyle. It is about making small adjustments that are naturally accommodated into your lifestyle.

### Eating

Weight maintenance is 80% diet and 20% exercise.

We recommend eating five times a day; three sensible meals and two snacks. Don't go longer than four hours without eating. This will help sustain a higher metabolic rate. Eating should not be about hunger.

The focus is to get plenty of protein, complex carbohydrates and good fats. One or two Herbalife shakes will help you achieve this goal. Fresh fruit and vegetables should be part of a daily diet.

A good tip is to get a smaller plate. Better to use a tape measure to check progress rather than the scales

### Moving

Activity is important. It might be just small changes like walking or cycling rather than taking the car or taking the stairs rather than the lift. Fitbits are a good idea, reminding you to do 10,000 steps a day.

Better to do shorter exercises (20 minutes) five or six days a week than one long period. Find activities you enjoy and will therefore continue long term.

With more strenuous exercise it is important to keep hydrated and have a recovery shake.

### Drinking

There a number of health benefits from drinking plenty of water. A sensible goal is 3 Litres (5 pints) of water a day. This represents 8 to 10 glasses. The Herbalife tea counts towards this.

You can build up to this goal, just by adding an extra glass or two per day. The Herbalife24 Hydrate and Aloe Concentrate are great to flavour water.

A good tip is to set an alarm to remind you to drink, or start the day with two full 1.5 Litre water bottles.