Ultimate Balanced Lifestyle

DAILY EBOOK

HERBALIFE NUTRITION

DAY 6 CONTENT:

Click on the titles below to skip to each section*

*If the links do not work on your phone, simply scroll down the document

1. DAILY WORKOUTS
   - 1.1 Morning Wake 'N' Shake
   - 1.2 Workout of the Day: Lower Abs, Arms & Cardio

2. FOCUS OF THE DAY
   - How to CREATE AND MAINTAIN healthy habits

3. RECIPES OF THE DAY
   - 3.1 Shake of the Day: A Love of Red
   - 3.2 Snack of the Day: Salmon Spring Rolls
   - 3.3 Meal of the Day: Cajun Beef & Veg Rice

4. PRODUCT OF THE DAY
   - Formula 2 Vitamin & Mineral Complex

5. QUOTE OF THE DAY

6. DAILY CHECKLIST

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DAILY WORKOUTS

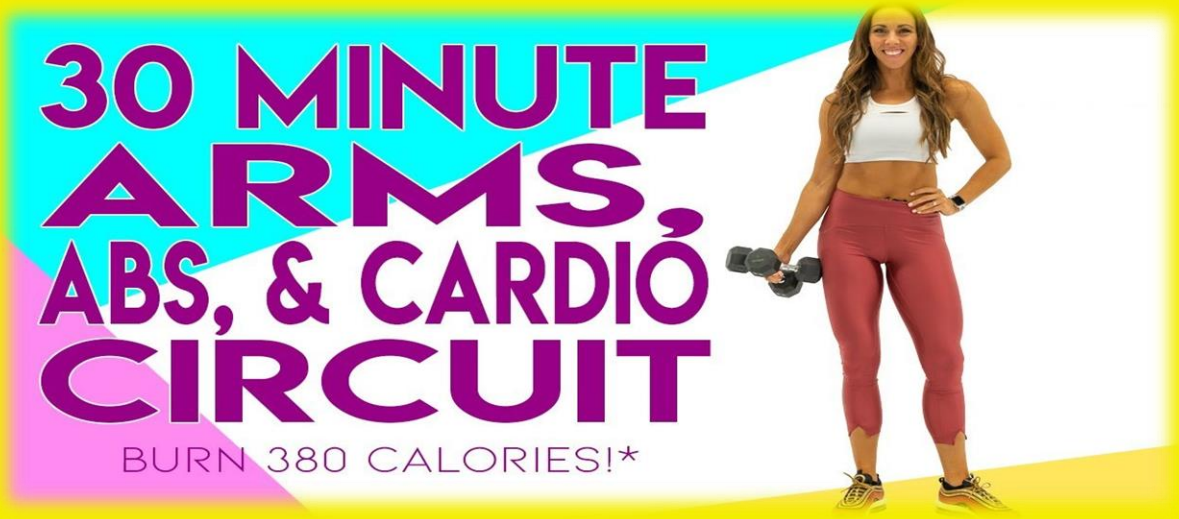
1.1 Morning Wake 'N' Shake

Kick start your day with a 15 minute high energy blast as soon as you wake up. Morning exercise boosts your metabolism, helping you to burn more calories during the day. It helps stabilise your cortisol levels, reducing stress and improving your focus and concentration throughout the day. Get your morning workout in and set the tone for a positive day ahead.

VIDEO LINK >>>> Monday Wake 'N' Shake*

*If this link does not work on your phone, use the link on the telegram message

1.2 Workout of the Day: Lower Abs, Arms & Cardio



Today's workout of the day focuses on the Lower Abs and Arms. This workout does incorporate dumbbells, however if you don't have any you can complete without, alternatively be creative and use other objects as weights!

VIDEO LINK >>>> Lower Abs, Arms & Cardio Workout*

*If this link does not work on your phone, use the link on the telegram message

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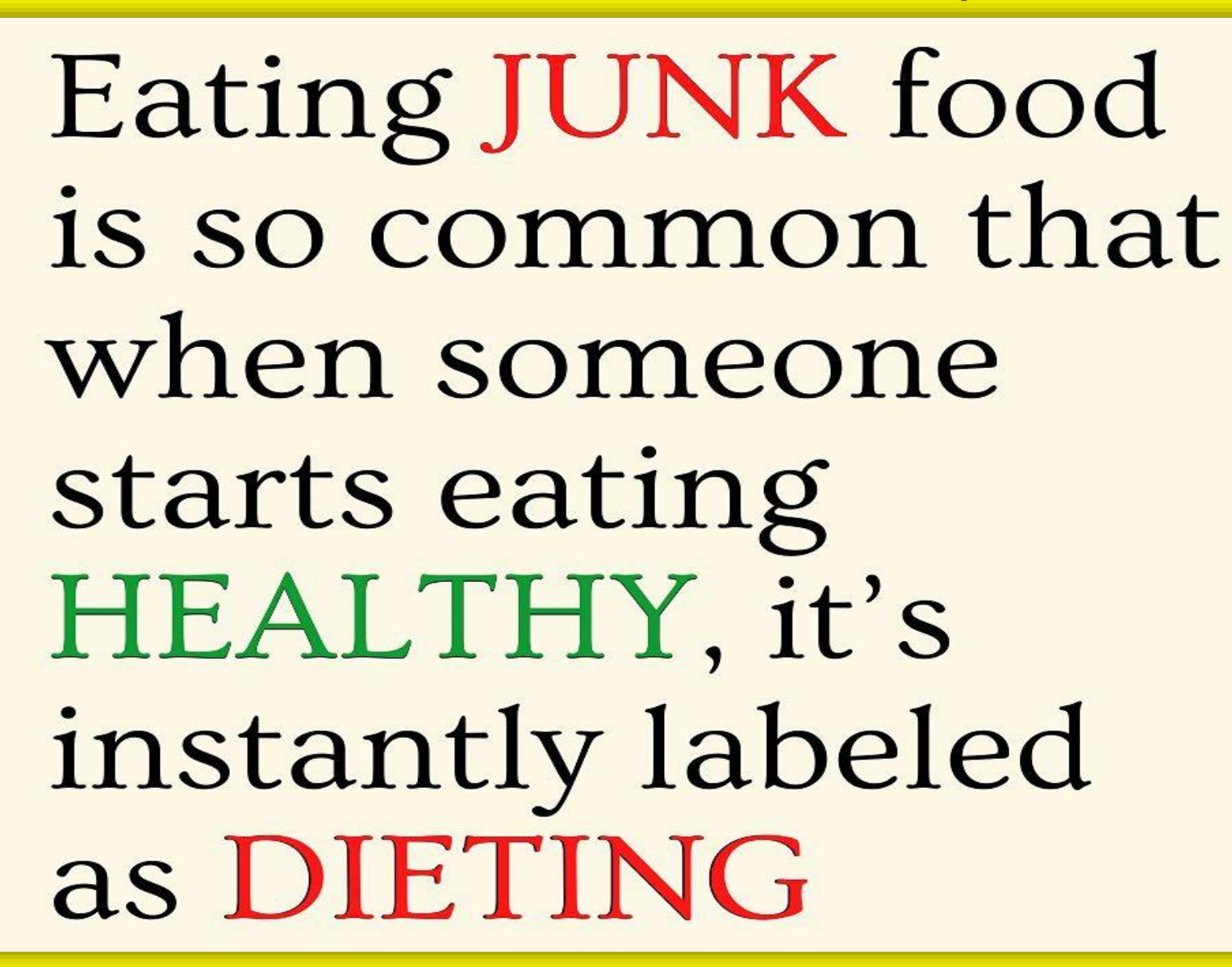
FOCUS OF THE DAY
How to CREATE AND MAINTAIN healthy habits



THIS ULTIMATE BALANCED LIFESTYLE PLAN IS NOT A DIET, IT IS A PLAN TO CREATE NEW HEALTHIER HABITS THAT YOU CAN MAINTAIN LONG TERM

Making healthier choices helps us feel better and live longer. Here are a few factors that will help boost your ability to create and maintain healthy habits.

KNOW YOUR HABITS AND TRIGGERS

Repetitive behaviour creates habits, which in time become automatic and can be hard to change. Recognising the bad habits, along with the triggers, is the first step towards change. The next step is removing the triggers that lead to bad habits. For example, if email promotions from unhealthy fast-food outlets cause you to buy a takeaway that you later regret, unsubscribe from their mailing lists so it removes the temptation and trigger!

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MAKE A PLAN

Remaining on track is a lot easier when you have a plan in place. Start by determining what you want to achieve and what your end result is. It is important to know where the road leads in order to plan your route effectively. Next you need to map out a realistic plan to get to your final destination. Use daily and weekly planners for your meals and exercise and then track your progress. Using planners and trackers will help keep you accountable and on track.

SET GOALS

Setting goals and targets is extremely important to keep you motivated as you work towards achieving your desired result. You need to set your ULTIMATE GOAL so that you have a vison of where you want to get to, however you must also set smaller, SHORT-TERM GOALS to help you achieve targets along the way. The short-term goals allow you to celebrate your progress and achievements on route to your ultimate goal. Without these, it can be hard to recognise the amazing progress you are making and ultimately can result in you giving up.

TEAMWORK

Achieving results is a lot easier with team support. There is strength in numbers and statistics show that people are more likely to continue and achieve their goals if they are on the journey with friends and family.

SURROUND YOURSELF WITH LIKE MINDED PEOPLE

Many of your habits will match those of the people you regularly surround yourself with. It is important to form friendship groups with people who share the same values and live the lifestyle that you wish to live. Look closely at the people and settings around you, then bear in mind that you become the average of the 5 people closest to you. Make sure you put yourself around people and settings that match the lifestyle you want to lead.

ENJOY WHAT YOU DO

It is important to enjoy the lifestyle that you lead. If you follow a plan that helps you lose weight, however you feel like you are missing out on the things you enjoy, then it is not sustainable. At the Ultimate Balanced Lifestyle, we are focused on the long-term vision to help people find a healthy lifestyle balance that allows them to achieve their desired results, feel amazing and enjoy the process. Changing to good, healthier habits does not mean that you have to miss out on enjoying life. Get the balance right and you will enjoy life a lot more!

POSITIVE MINDSET

Remember why you started the journey and continue to believe that you can achieve the results you desire. No journey is a straight line, therefore be prepared for hurdles along the way. When you hit a hurdle, you may need to adapt your approach and look for solutions to overcome the temporary issue. Remember it is just a hurdle and not a solid brick wall, unless you allow it to be a brick wall! Approach problems positively and don't make excuses or blame others if things don't go to plan. Take ownership of your journey and don't be afraid to use your team, friends and family for support.

MAINTAINING THE END RESULT

When you reach your ultimate target, your next challenge is to maintain your amazing results and continue to live the new healthier lifestyle that you have worked so hard to achieve. Documenting your journey is a fantastic way to help you understand the hard work you have put in and ensure you don't return to your old bad habits. Frame your transformation photos as a symbol of your success, highlighting the NEW YOU alongside the picture of the person you used to be! The transformation photos will show you how far you have come and make you realise that you don't want to return to where you were before.

RECIPES OF THE DAY

3.1 Shake of the Day: A Love of Red

3.2 Snack of the Day: Salmon Spring Rolls

SALMON SPRING ROLLS

INGREDIENTS

- 4 sheets rice paper
fresh coriander
- 7 oz (200g) salmon, cut into 4 pieces
- 1 tbsp coconut oil
- soy sauce or tamari (GF), to serve

INSTRUCTIONS

Boil a little bit of the water in a pan, remove from heat, & dip in the rice paper one after the other, leave to soak for 30 seconds. Remove the sheets from the water & place on a damp cloth. Place a piece of coriander on top of each sheet, cover with a piece of salmon, sprinkle with freshly ground black pepper, & wrap the rice paper around the fish.

Heat the oil in the pan, & fry the rolls for 2 mins, then turn over and cook for another 2 - 2.5 mins until they are nicely browned. Put on a paper towel, to cool slightly & serve with soy sauce. Perfect with a side salad.

INFO

Serves: 4
Prep: 10 mins
Cook: 5 mins

Nutrition per serving:
154 kcal
10g Fats
4g Carbs
13g Protein

DF | QUICK | FREEZER | GF | LOW CARB

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3.3 Meal of the Day: Cajun Beef & Veg Rice

CAJUN BEEF & VEG RICE

INGREDIENTS

- 1 tbsp. coconut oil
- 3 large carrots, sliced
- 2 peppers, sliced
- 4 spring onions, sliced
- 1 lb. (500g) 5% fat beef mince
- 2 tsp Cajun seasoning
- 1 tbsp tomato purée
- 1 lb (500g) cooked rice

INSTRUCTIONS

Heat oil in a large pan over medium heat. Add carrots, peppers & white parts of spring onions. Sauté for 10 mins until the vegetables start to soften. Add in minced beef, season with salt & pepper & cook for 10 mins, until meat is browned. Add Cajun seasoning & tomato purée & stir well. Add in cooked rice along with 4 tbsp of water. Stir well to combine all ingredients & heat for 3-4 mins. Sprinkle with green parts of the spring onion & serve.

INFO

Serves: 3
Prep: 10 mins
Cook: 25 mins

Nutrition per serving:
503 kcal
13g Fats
55g Carbs
40g Protein

DF | FREEZER | GF

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PRODUCT OF THE DAY

FORMULA 2 VITAMIN & MINERAL COMPLEX

This product is tailored to the individual health needs of both Men and Women. Due to differences in body size, metabolism and physiology, Men and Women need different levels of Vitamins and Minerals for optimal nutrition, therefore this product comes in a Men's version and a Women's version.

For Men

- Tailored to the individual health needs of men
- Provides the optimal amount of key vitamins and minerals that your body needs
- Developed by experts in nutrition and backed by proven science
- Formulated to work in conjunction with your favourite Herbalife Formula 1 shake
- Contains Vitamin's A & C which contribute to the normal function of the immune system
- Contains Magnesium which contributes to normal muscle function
- Contains Riboflavin which contributes to normal energy yielding metabolism
- Contains Pantothenic acid which contributes to normal mental performance

VIDEO LINK >>>> https://vimeo.com/471870735

For Women

- Tailored to the individual health needs of women
- Provides the optimal amount of 24 key nutrients that your body needs
- Developed by experts in nutrition and backed by proven science
- Formulated to work in conjunction with your favourite Herbalife Formula 1 shake
- Contains Vitamin B6 which contributes to the regulation of hormonal activity
- Includes Vitamin B12 to contribute to normal energy-yielding metabolism
- Contains Calcium which is needed for the maintenance of normal bones
- Includes Zinc to contribute to the maintenance of normal skin, hair and nails

VIDEO LINK >>>> https://vimeo.com/471870776

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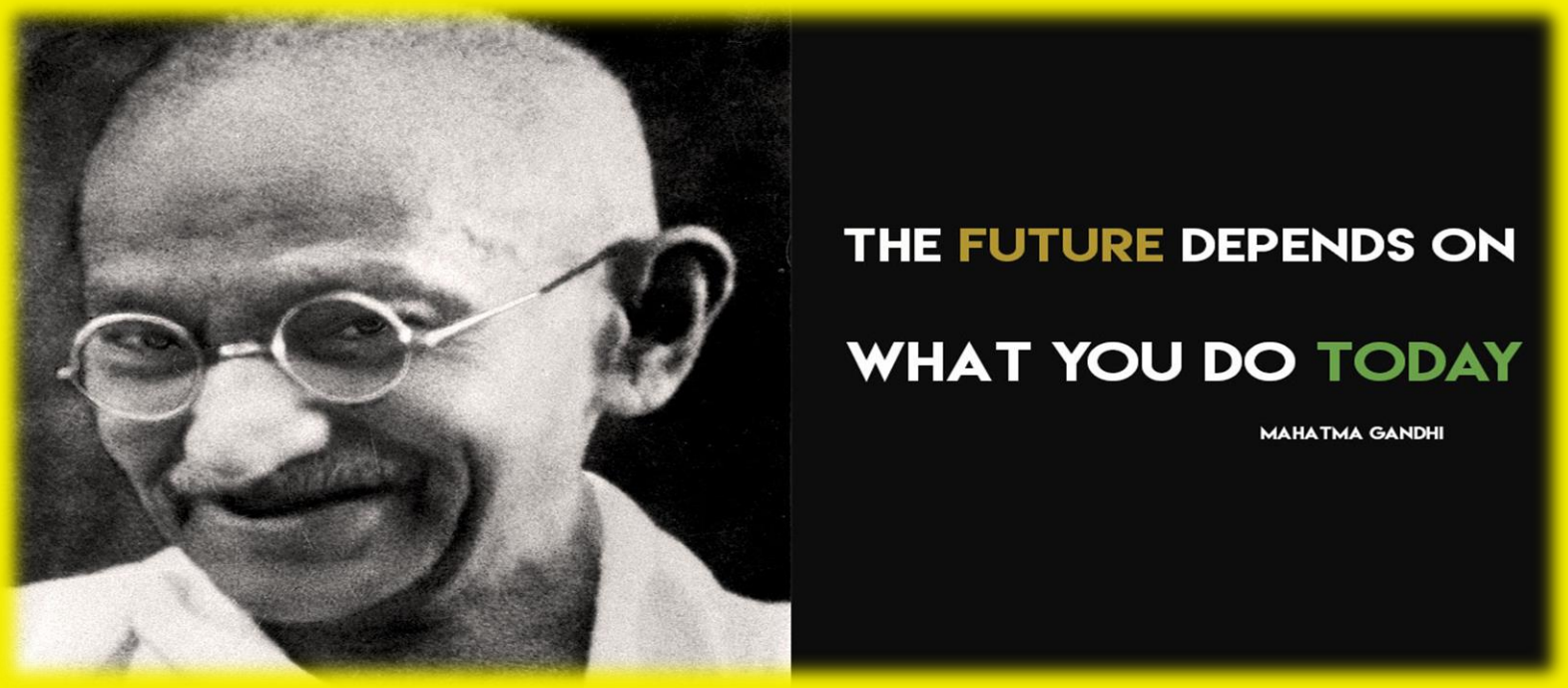
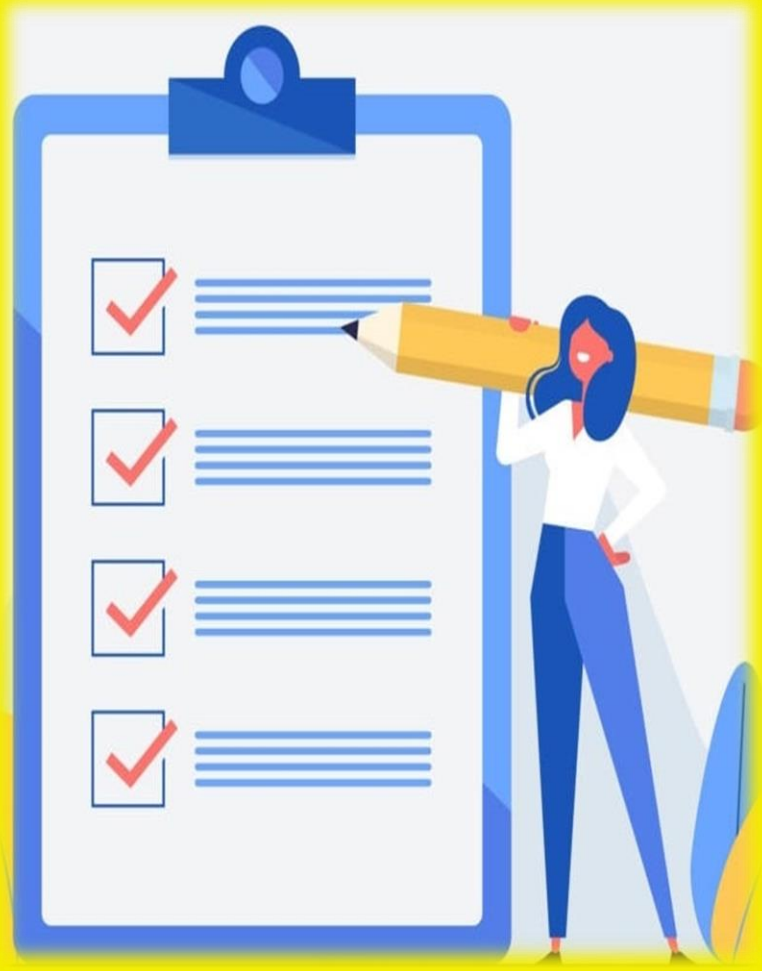
QUOTE OF THE DAY



DAILY CHECKLIST



- ✓ Submitted Daily Weight
- ✓ Herbalife Tea
- ✓ Aloe
- ✓ Oat Apple Fibre
- ✓ Breakfast Shake
- ✓ Mid-Morning Snack
- ✓ Lunch Shake
- ✓ Mid-Afternoon Snack
- ✓ Healthy Balanced Evening Meal
- ✓ Drunk 2 – 3 Litres of Water
- ✓ Exercise: Min. 10,000 Steps *or* 30 - 45 Min Workout
- ✓ Posted Daily Plan in group
- ✓ Completed The Daily Wall Chart Tracker

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