Ultimate Balanced Lifestyle

DAILY EBOOK

HERBALIFE NUTRITION

DAY 7 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: Legs, Butt & Thighs
2. FOCUS OF THE DAY
   - Benefits of Weight Training
3. RECIPES OF THE DAY
   - 3.1 Shake of the Day: Banana & Cinnamon Oat Shake
   - 3.2 Snack of the Day: Crispy Tofu
   - 3.3 Meal of the Day: Spanish Zucchini Tortilla
4. PRODUCT OF THE DAY
   - Microbiotic Max
5. QUOTE OF THE DAY
6. DAILY CHECKLIST

Ultimate Balanced Lifestyle

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 >>>> Tuesday 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: Legs, Butt & Thighs

Today's workout of the day focuses on the Legs, Butt & Thighs. This workout does incorporate dumbbells and resistance bands, however you can complete without, alternatively be creative and use other objects!

VIDEO LINK >>>> Legs, Butt & Thighs Workout*

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

Ultimate Balanced Lifestyle

FOCUS OF THE DAY

Benefits of Weight Training

Did you know that as we get older, from about the age of 30 upwards, we begin to lose muscle mass and bone density?

Incorporating weight and resistance training into your exercise schedule has many health benefits and is not just about building muscle. You will not turn into a bulky body builder if you start to use weights or resistance bands in your workouts!

Ultimate Balanced Lifestyle

6 BENEFITS OF WEIGHT TRAINING

IMPROVE OVERALL HEALTH

Weight and resistance training can improve physical and mental health by:

- **Improving the cardiovascular system and reducing the risk of cardiovascular disease**
- **Reducing blood pressure**
- **Reducing the risk of cancer**
- **Reducing the risk of diabetes and reducing insulin levels**
- **Improving cholesterol levels**
- **Reducing Stress and Anxiety**
- **Increasing your immune system**

BOOST YOUR BMR (METABOLISM)

Muscle mass burns more calories at rest, therefore the more muscle you develop, the more calories you will burn on a daily basis overall. This is known as your BMR (Basal Metabolic Rate). Increasing your BMR will help you burn body fat and improve your body composition. When following a weight loss plan, if you do not incorporate resistance training, especially as your age increases, up to 25% of weight loss may be the loss of muscle. Remember that it is body fat that you want to lose and not muscle, therefore weight training helps you to preserve muscle mass.

LOOK AND FEEL GREAT

As you build muscle mass and burn body fat, you will notice positive changes in your body composition. Even if the scales aren't changing, you will see inches dropping in key areas of your body, such as your waist. Your clothes will start to fit much better, which will lead to an increase in body confidence. You will also age better due to improved circulation.

INCREASE STRENGTH

You will gain increased muscle strength, power, endurance and tone. This will not only benefit you during a workout, it will also enhance your performance of everyday tasks. You will be able to do daily activities like lifting, carrying and walking upstairs with greater ease. Next time you have to lift up your baby, carry the grocery shopping home or lift a heavy suitcase into the car, you'll notice an immediate difference! You can also improve your form and posture through correct lifting technique so that these everyday movements are performed more safely and with less risk of injury.

RELIEVE STRESS AND ANXIETY

Weight and resistance training can help to improve your mental health by reducing stress, anxiety and depression, while increasing self-esteem and the quality of sleep. This can result from the body releasing endorphins while you workout, known as the "feel-good" hormone, which help to ease pain and boost happiness. In addition, the positive changes in your body shape, along with the increased energy levels and clarity, help you to manage stress and anxiety.

DEVELOP STRONG BONES

Weight-bearing exercises help to build and maintain bone mass. As you develop your muscles and they get stronger, so do your bones. Maintaining bone density can also help with mobility and balance, which is especially important as you age. Weight-bearing exercises coupled with an adequate amount of dietary calcium also reduces the risk of breaks, fractures and osteoporosis.

RECIPES OF THE DAY

3.1 Shake of the Day: Banana & Cinnamon Oat Shake

Ultimate Balanced Lifestyle

3.2 Snack of the Day: Crispy Tofu

CRISPY TOFU

INGREDIENTS

- 2 ¾ cup (350g) firm tofu
- 1 tbsp extra-virgin olive oil
- 1 tbsp tamari
- 1 tsp favourite seasoning
- 1 tbsp corn-starch

INSTRUCTIONS

Preheat the oven to 200°C (400° F) & line a large baking tray with baking paper. Drain the tofu & gently squeeze out the excess water. Wrap it around in a cloth & place something heavy over the top to further drain. Let rest for 10 mins. Slice or cube the tofu into bite-size pieces & place in a bowl. Drizzle with the olive oil & tamari. Season with your favourite spices & toss to combine. Sprinkle the starch over the tofu & toss them again until evenly coated. Transfer the tofu onto the earlier prepared baking sheet and arrange in one layer. Bake for 25-30 mins, turning halfway, until the tofu golden on the edges. Use tofu in salads, or as a snack.

INFO

Serves: 4
Prep: 15 mins
Cook: 30 mins

Nutrition per serving:
151 kcal
10g Fats
4g Carbs
11g Protein

DF | VEG | GF | LOW CARB

Ultimate Balanced Lifestyle

Ultimate Balanced Lifestyle

3.3 Meal of the Day: Spanish Zucchini Tortilla

SPANISH ZUCCHINI TORTILLA

INGREDIENTS

- 1 tbsp olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

INSTRUCTIONS

Heat oil in non-stick pan & sear potato & onion over medium-high heat, for 4 mins. Add zucchini & sauté for another 4 mins. In a bowl, whisk eggs & season with salt & pepper. Transfer vegetables from the pan into bowl & mix well. Using the same pan, add the egg mixture on low heat & make sure everything is evenly distributed. After 3 mins, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.

After 8-10 mins, flip the tortilla using a plate over the pan. Slide the uncooked part back into the pan. After another 5-6 mins, the tortilla should be cooked, remove from heat & serve.

INFO

Serves: 2
Prep: 10 mins
Cook: 25 mins

Nutrition per serving:
377 kcal
22g Fats
22g Carbs
21g Protein

DF | VEG | PROTEIN | FREEZER | GF

Ultimate Balanced Lifestyle

Ultimate Balanced Lifestyle

PRODUCT OF THE DAY

Microbiotic Max

Microbiotic Max is a powdered food supplement formulated with a combination of probiotics and prebiotic fibre, that work together in harmony to help support your nutrition goals.

This product is high in fibre and each serving contains 2 billion live bacteria from strains of Bifidobacterium lactis & Lactobacillus helveticus.

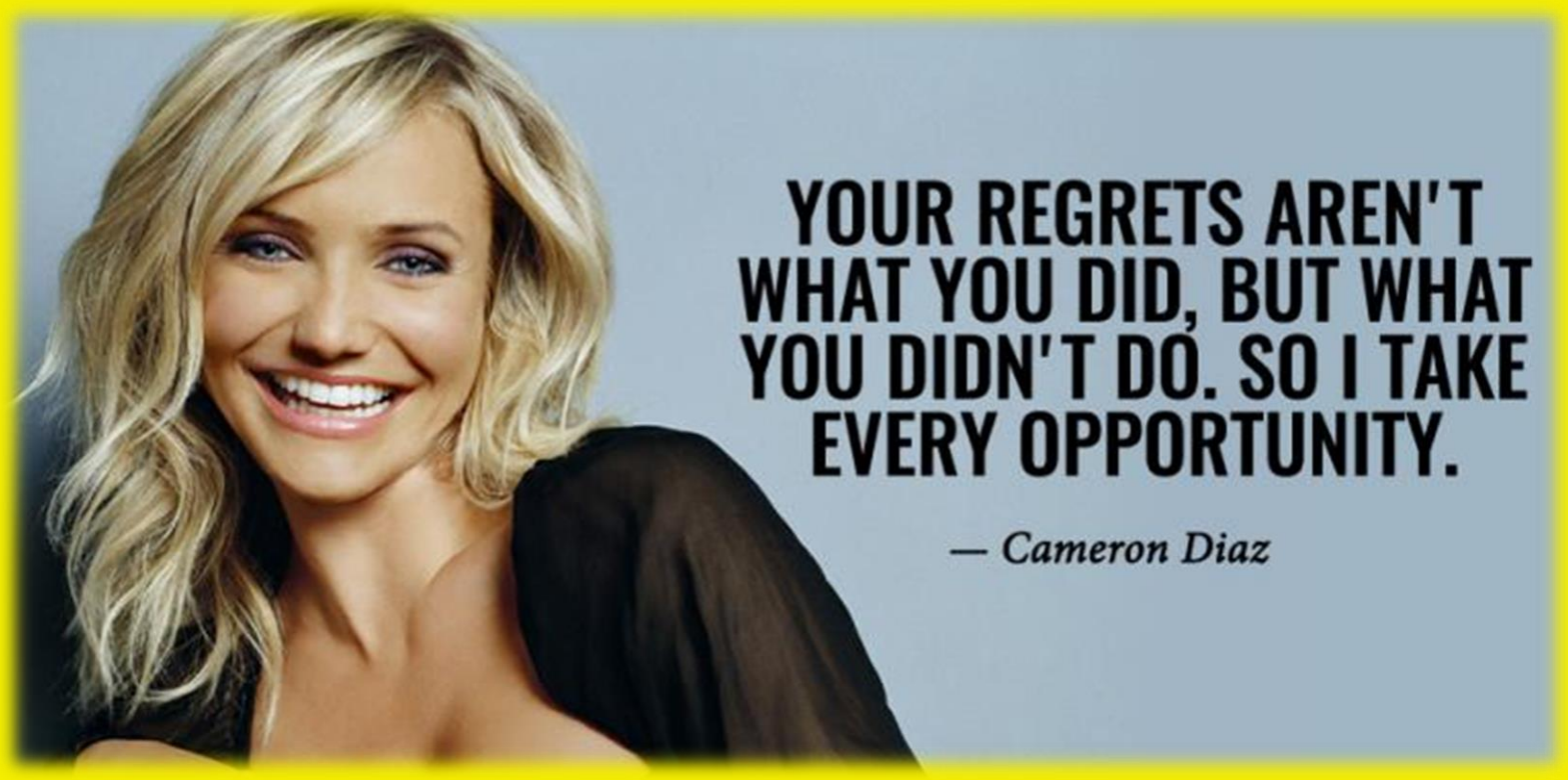
KEY BENEFITS:

- Delivers 2 billion live bacteria from strains of Bifidobacterium lactis and Lactobacillus helveticus per serving
- Gluten-free
- High in fibre
- No sweeteners, colours or preservatives
- No need to be refrigerated
- Delicate vanilla flavour

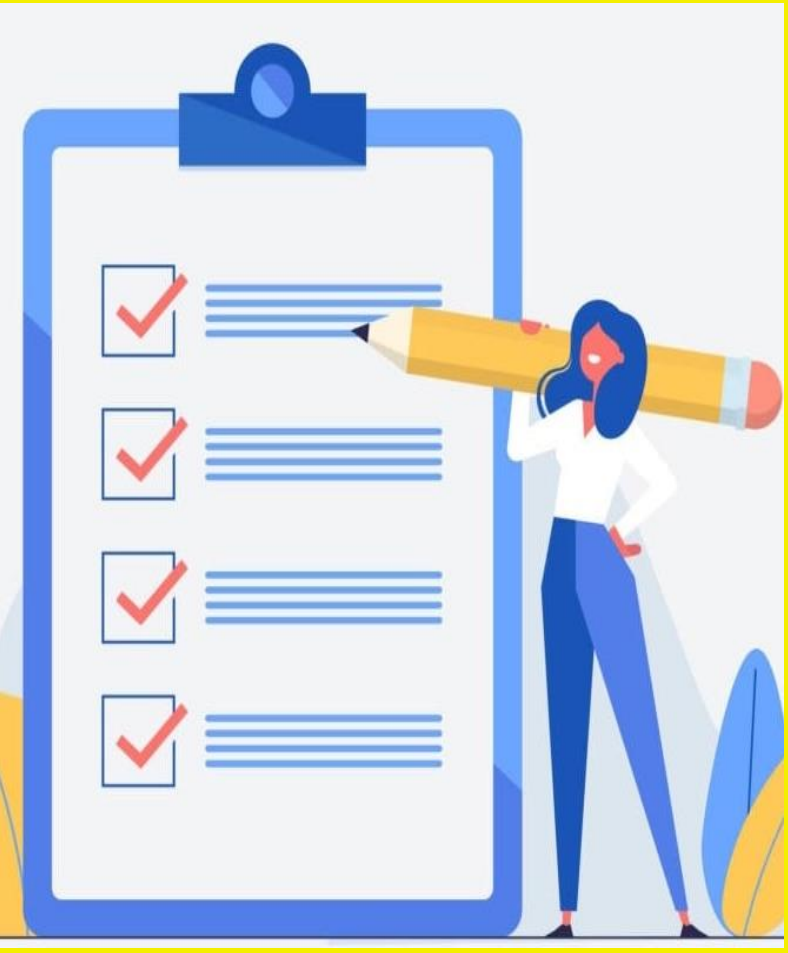
VIDEO LINK >>>> https://vimeo.com/542142670

Ultimate Balanced Lifestyle

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

Ultimate Balanced Lifestyle