Ultimate Balanced Lifestyle

DAILY EBOOK

HERBALIFE NUTRITION

DAY 11 CONTENT:

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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 >>>> 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: HIIT

Today's workout of the day is a High Intensity Interval Training (HIIT) session

VIDEO LINK >>>> HIIT 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

The Habit Loop: How to change bad habits

Habits, both good and bad, are formed from repetitive behaviour. The more you repeat the same process, the more ingrained the habit becomes and the harder it is to break.

Change can be tough, especially if it is a routine or behaviour that has been in place for many years. If you truly want to change a habit then you need motivation, commitment and patience as it isn't something that will change overnight.

The habit loop shown above, helps you understand how habits are formed and how you can break them down to form new habits.

PART 1: THE CUE

This is the trigger that sets of the habitual behaviour.
Cues can take many different forms and tend to fall into one of these 5 categories:

1. **Location**
2. **Time**
3. **Current emotional state**
4. **People around you**
5. **Your last action**

For example, you walk past a bakery and the smell of fresh pastries prompts you to go in and buy one. Therefore your location, along with smelling the fresh pastries, acted as the cue. If you hadn't walked past the bakery then you would not have consumed the pastry.

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PART 2: THE ROUTINE

Also referred to as the repeated behaviour, may be something you are fully aware of, such as getting up when your alarm goes off, or it may be an action you are less conscious of, such as chewing a pen lid while in deep thought.

Habitual behaviours often happen automatically, however in the early stages you would have made a conscious choice to pursue that action. For example:

- **When you feel tired you decide to make a cup of coffee to feel more alert**
- **When you're bored you pick up your phone and scroll through social media**

Over time, as you repeat the same action, this routine becomes more automatic thanks to the final component of the habit loop.

PART 3: THE REWARD

This refers to what the behaviour does for you and reinforces the routine to keep the habit firmly in place.

Some rewards are beneficial, such as the feeling you get after a delicious healthy meal or a good workout at the gym. These rewards make you feel good, however they also have positive health benefits. Other rewards can be far less beneficial, such as spending an entire evening scrolling through social media or watching YouTube videos. This reward can make you feel good at the time as it relieves boredom, however it can have a negative effect on physical and mental health.

Once the brain associates a specific behaviour with a reward, you will begin to crave the behaviour without realising it.

HOW TO BREAK THE LOOP AND CHANGE BAD HABITS

1. IDENTIFY THE ROUTINE

This is the easy part as it simply deciding which behaviour you want to change.

2. TRY DIFFERENT REWARDS

For example, if boredom triggers you to pick up your phone and scroll through social media, try to override that instinct by picking up a book about something that inspires or motivates you or do some exercise. This will break the boredom and provide a far greater reward as you will grow and develop mentally and physically instead of just wasting the time.

3. EXPLORE THE TRIGGERS

Identifying the cues that trigger your routine are the key to breaking the habit. Look back at the 5 categories above, then when you find yourself repeating a routine, note down what could have been the possible cue.

4. FIND A WAY AROUND THE CUE

Using the example from part 1 regarding buying a pastry from the bakery.

The Morning Routine: You walk to work past the bakery and the smell of fresh pastry draws you in to buy one. The location and the smell are the cues that trigger the response. Look at altering the location variable, therefore take a different route to work that doesn't take you past a bakery and tempt you to buy that morning pastry. In addition, ensure you get up early enough to have a healthy balanced breakfast before you head to work, therefore removing the feeling of hunger and reducing the temptation to buy food on route to work.

HABITS CAN CHANGE IF YOU REALLY WANT THEM TO CHANGE!

RECIPES OF THE DAY

3.1 Shake of the Day: Cinnamon Apple Pie Smoothie

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3.2 Snack of the Day: Easy Cheesecake

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3.3 Meal of the Day: Sweet and Sour Pork Stir-Fry

SWEET AND SOUR PORK STIR-FRY

INGREDIENTS

- 7/8 cup (200g) basmati rice
- 10 oz (300g) pork loin
- 2 garlic cloves
- 4 spring onions
- 1 tbsp coconut oil
- 3 tbsp ginger syrup
- 1 lime, juiced
- 1 1/3 cup (200g) sugar snaps
- 1 ¼ cup (250g) cherry tomatoes
- 1 ¼ cup (250g) pineapple, canned or fresh

INSTRUCTIONS

Cook rice. Cut pork into slices. Finely chop garlic & slice spring onions diagonally. Heat oil in a wok on high heat, add pork tenderloin, garlic, ginger syrup, lime juice & season with salt. Stir-fry 2 min, then lower the heat & add in sugar snaps. Stir-fry for another 4 mins on low heat. Add tomatoes & pineapple & stir-fry for another 4 mins, then take off heat. Toss in spring onions & mix. Once rice is cooked divide everything onto 4 plates & serve.

INFO

Serves: 4
Prep: 10 mins
Cook: 15 mins

Nutrition per serving:
446 kcal
16g Fats
52g Carbs
22g Protein

DF | QUICK | GF

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PRODUCT OF THE DAY

Niteworks

Niteworks is a night-time food supplement with:

- **L-Argine**
- **L-Citruline**
- **Vitamins C & E**
- **Folic Acid**

KEY BENEFITS:

- Niteworks contains the amino acids L-Argine and L-Citruline
- High in folic acid
- High in Vitamins C and E to protect the cells from oxidative stress
- With lemon balm

USAGE:

Mix two scoops (10g) of Niteworks® powder with 250ml of water or juice. Drink at night before bedtime. Niteworks® is night-time nutrition particularly designed for anyone but especially for those above the age of 30.

VIDEO LINK >>>> https://vimeo.com/466208306

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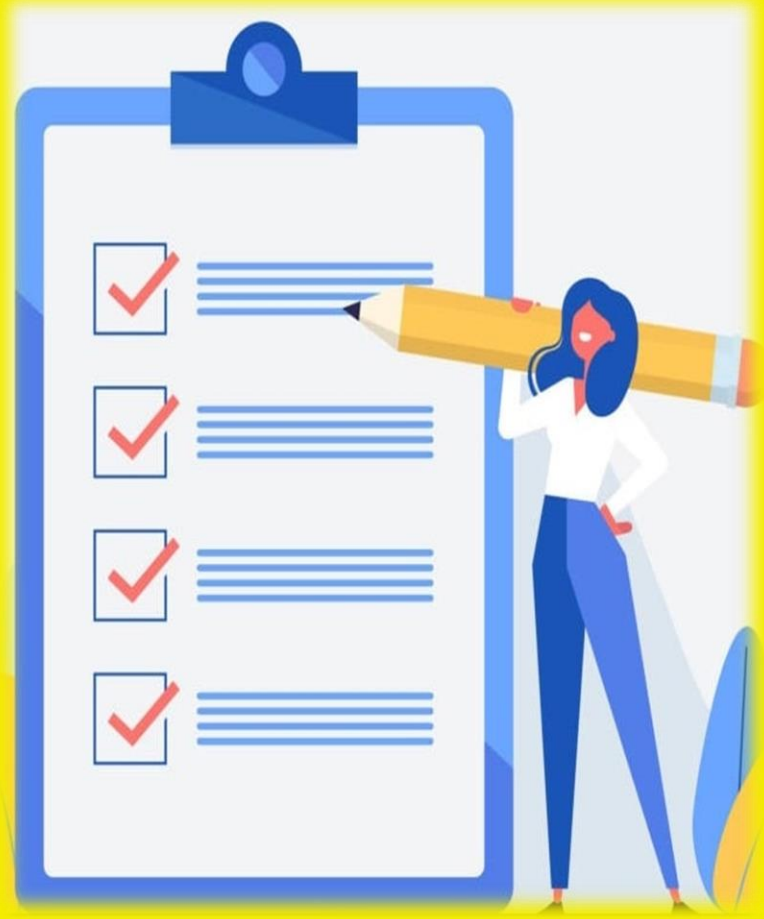
QUOTE OF THE DAY

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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