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 >>>> 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: Core

Boost your core strength with today's workout of the day

VIDEO LINK >>>> Core Workout*

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

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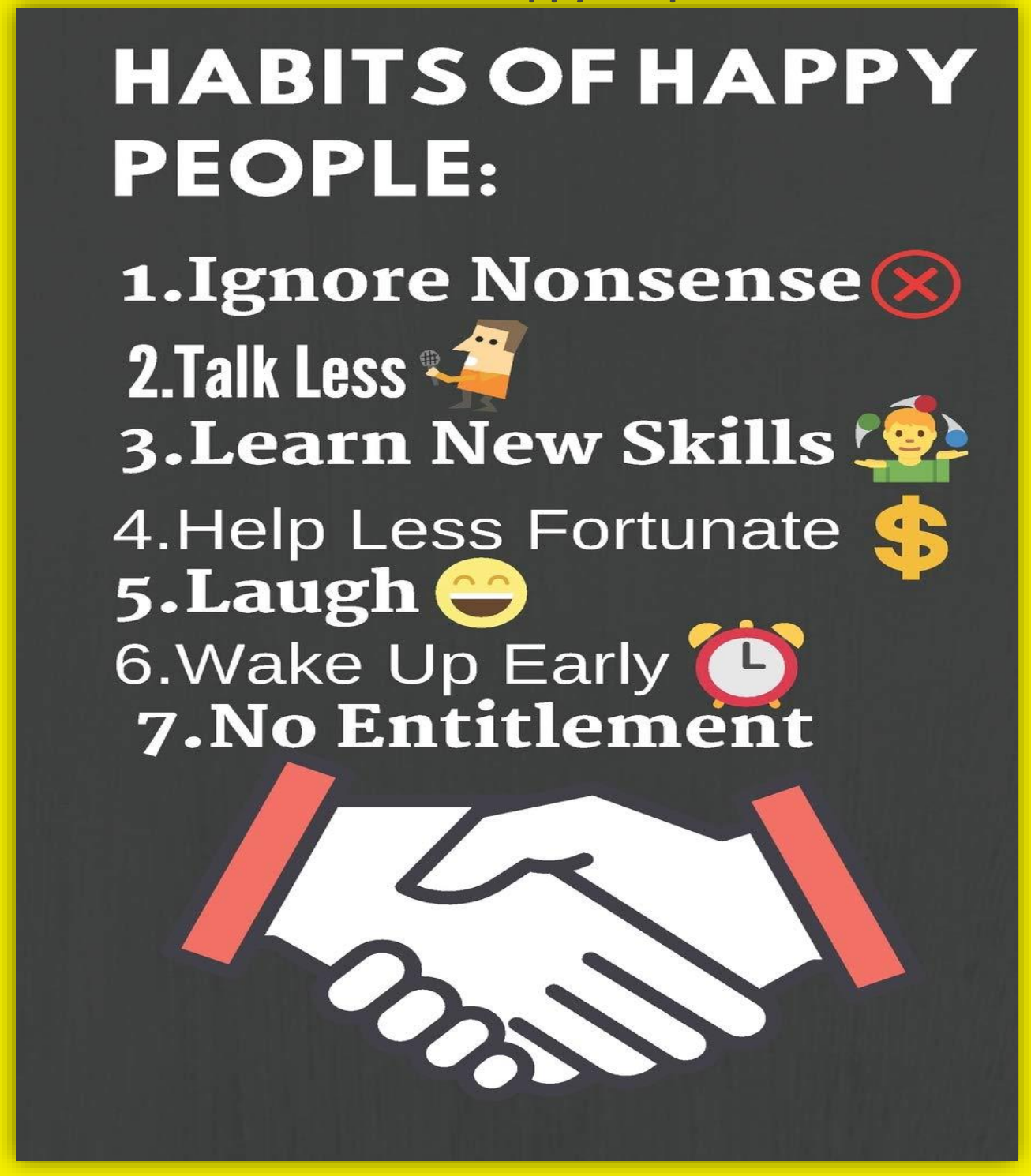
FOCUS OF THE DAY

Habits of Happy People



Before we go any further, let's not fool ourselves into believing that anyone is happy 24/7, as that simply isn't realistic. We are all human beings that carry real emotions, which influence the way we feel on a daily basis. What we will focus on here are different factors that can help reduce the feeling of stress, anxiety, depression and anger, which will ultimately lead to greater happiness.

1. IGNORE NONSENSE

We all know people who love drama! They love to gossip about others and undermine people to make themselves feel better. It can be hard to ignore these people, especially if they are family, friends or co-workers. You can however make a conscious effort to limit the time you spend around them and don't engage in negative conversations. Make sure you focus your time and energy on positive people who bring added value and happiness to your life and don't bring you or others down.

2. TALK LESS

Listen more. Take the time to really listen and hear what people are saying so that you can engage in meaningful conversation. You want to listen to learn, not simply listen to talk. You can't learn or grow as a person if you are always talking and not hearing what others are saying. When people feel heard, they feel happier. When people have listened, engaged and had a meaningful conversation everybody wins and feels happier.

3. LEARN NEW SKILLS

It is important to find a hobby or interest that you would like to start learning about. Even if you are not someone who enjoys reading, there are many ways to learn now as we all have access to audio books and podcasts. Find a topic or subject that inspires you, motivates you and helps you to grow and feel happiness through learning something new. Learning a new skill is just as important as learning a new perspective. Reading and listening is the perfect way to learn more about yourself as well as the world around you.

4. HELP LESS FORTUNATE

Taking the time to help others not only makes them happy but it also makes you feel a sense of happiness as well. There is a lot to be gained from giving to those in need without expecting anything in return. Through caring about the happiness of others, we find our own happiness. There is nothing more rewarding than seeing the happiness on someone's face resulting from a selfless act of kindness.

5. LAUGH

As the saying goes "laughter is the best medicine", therefore ensure you do activities and engage with people that make you laugh and smile. There is scientific evidence to prove that laughter is good for your health as it reduces stress, improves your mood, relieves pain, improves your immune system and causes you to live in the moment and forget any worries or fears from the past. Make sure you take a large dose of your laughter medicine daily!!

6. WAKE UP EARLY

Wake up early, conquer your morning and you will find you are more productive for the rest of the day. Getting up early allows you time to see the sunrise, have your morning tea, reflect on life, do some exercise and plan for the day ahead. That extra time will remove a lot of the morning stress and rushing around, which will leave you more relaxed and happier throughout the day.

7. NO ENTITLEMENT

Entitlement is believing you deserve something that you haven't worked for or earned. The belief that it is someone else's responsibility to help you or provide you with something, often without appreciation. We all know someone who feels the world owes them something! When you feel entitled, you lose the ability to learn, grow, help and respect others or appreciate what you have. The most successful and happiest people tend to be those who work hard for what they have and feel extremely grateful for what they have achieved.

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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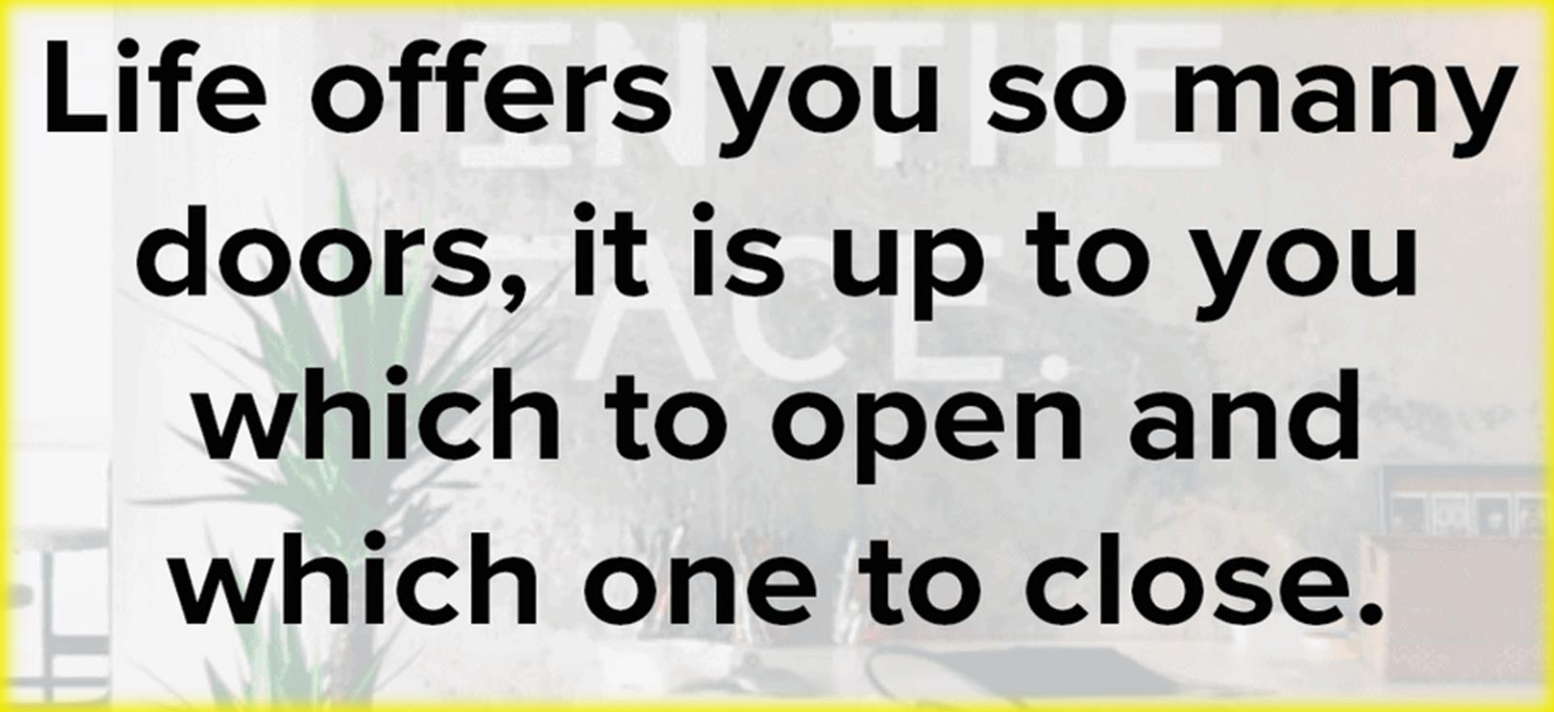
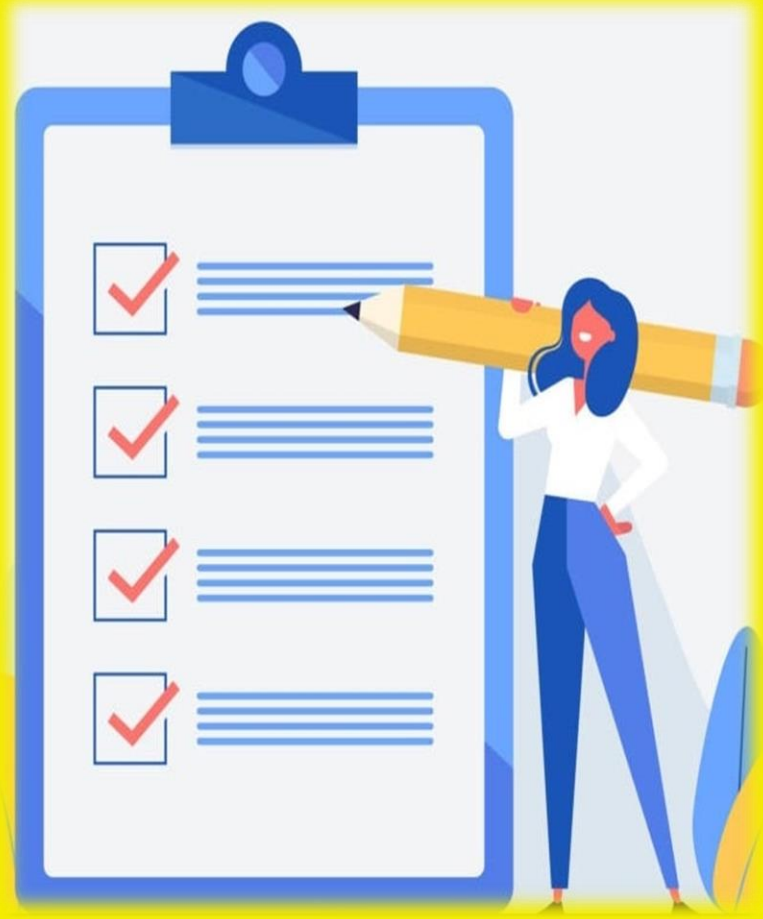
QUOTE OF THE DAY



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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