Ultimate Balanced Lifestyle

DAILY EBOOK

HERBALIFE NUTRITION

DAY 12 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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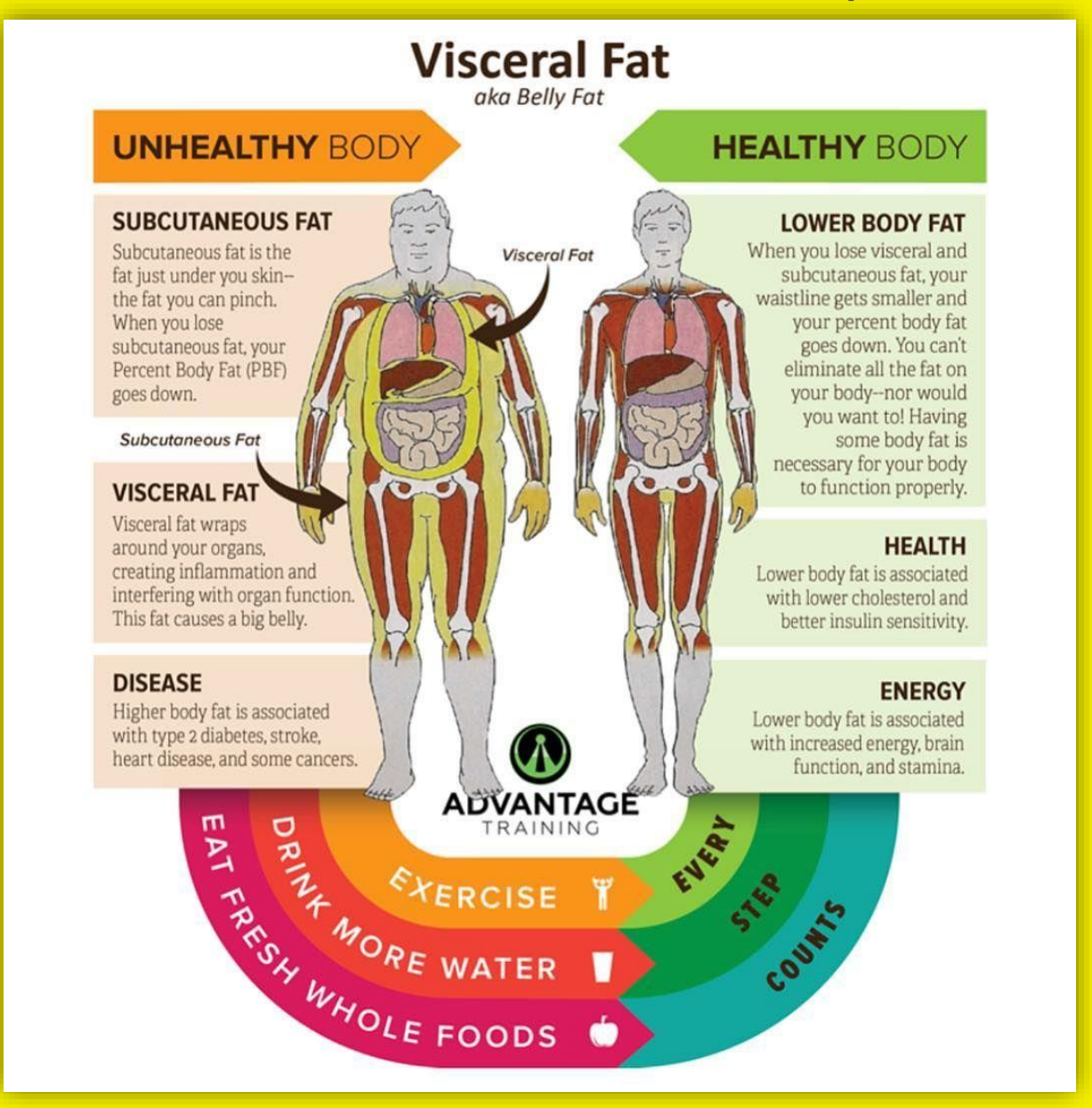
FOCUS OF THE DAY

Visceral Fat and the associated health problems



Fat is something that your body needs, however too much is a problem and can lead to serious health conditions.

Body fat that can cause health issues:

- **Subcutaneous Fat (Located just under the skin)**
- **Visceral Fat (Surrounds the vital organs)**

In this focus we are going to concentrate on Visceral Fat and look at why it can be dangerous for our health.

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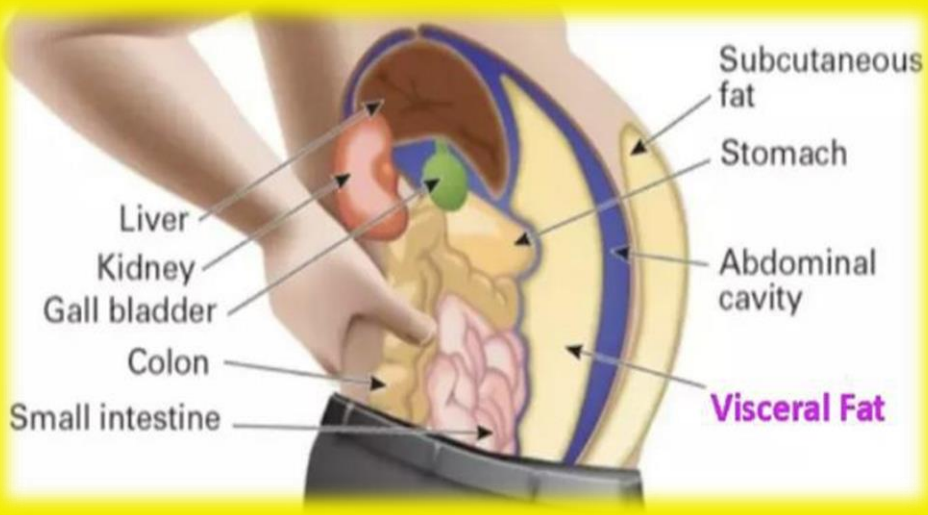
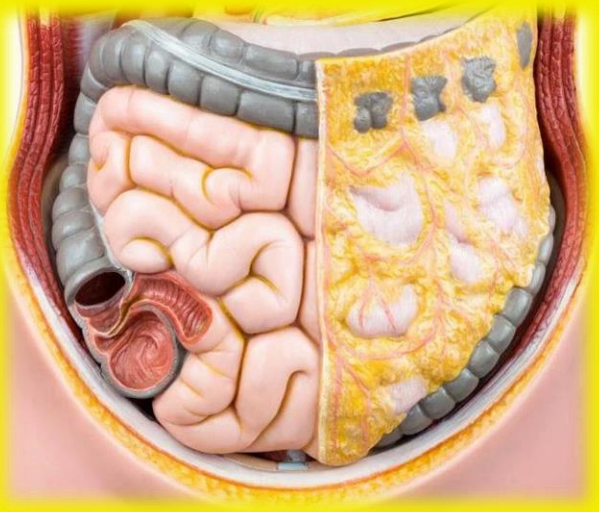
WHAT IS VISCERAL FAT?





Visceral Fat is the fat that wraps around your abdominal organs deep inside your body. You can't always feel it or see it. In fact, you may have a pretty flat tummy and still have visceral fat. That's sometimes called 'TOFI' (Thin Outside Fat Inside).

We all have that friend we are jealous of because they seem to eat rubbish every day and never put an ounce of fat on!! DON'T BE FOOLED!! Just because you cannot visibly see the fat from the outside, does not mean they do not have high levels of visceral fat surrounding their vital organs, which will lead to serious health problems. Regardless of your body type, there is simply no substitute for good nutrition when it comes to giving yourself the best chance of a long and healthy life.

HEALTH PROBLEMS RESULTING FROM VISCERAL FAT?

Visceral Fat can suffocate the vital organs, prevent them from functioning properly and cause inflammation. This can result in metabolic syndrome, which is a collection of disorders including high blood pressure, obesity, high cholesterol and insulin resistance. These disorders can increase the risk of Stroke, Heart Disease and Type 2 Diabetes.

Other health problems resulting from excess Visceral Fat include:

- **Dementia**
- **Cancer**
- **Asthma**
- **Liver Disease**
- **Gall Bladder Disease and Gout**
- **Fertility Problems**
- **Lower Back Pain**
- **Osteoarthritis**

TO REDUCE YOUR VISCERAL FAT LEVELS AND IMPROVE YOUR LONG-TERM HEALTH AND WELLBEING, SIMPLY FOLLOW THE PLAN THAT WE PROVIDE THROUGH THE ULTIMATE BALANCED LIFESTYLE. IMPLEMENT GOOD NUTRITIONAL HABITS AND INCREASE YOUR EXERCISE AND WATER INTAKE.

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RECIPES OF THE DAY

3.1 Shake of the Day: Blueberry Protein Parfait

3.2 Snack of the Day: Superfood Tahini Salad

SUPERFOOD TAHINI SALAD

INGREDIENTS

For the Salad:

- 2 cups (200g) baby kale
- 2 handfuls micro greens
- 2 carrots, shredded
- 8 radishes, thinly sliced

For the Dressing:

- ½ lemon, juice
- 2 tbsp tahini
- 1 tsp honey
- 2 tbsp water
- salt
- 1 garlic clove, minced
- cayenne

INSTRUCTIONS

Make dressing by blending all the dressing ingredients. Taste & adjust seasonings if necessary. For the salad, toss all salad ingredients in a bowl & drizzle with tahini dressing. Top with microgreens or your favourite seeds (optional).

INFO

Serves: 2
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
190 kcal
10g Fats
19g Carbs
9g Protein

DF | VEG | QUICK | GF | LOW CARB

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3.3 Meal of the Day: Egg, Bacon & Avocado Bowl

EGG, BACON & AVOCADO BOWL

INGREDIENTS

- 2 bacon medallions
- 2 hardboiled eggs, chopped
- 1/2 large avocado, chopped
- 1 tbsp red onion, finely chopped
- 1 tbsp red bell pepper, finely chopped
- sea salt & ground pepper, to taste

INSTRUCTIONS

Fry the bacon until crispy in a non-stick pan, let it cool slightly & chop.

Combine the bacon eggs, avocado, onion & bell pepper in a bowl.

Season with salt & pepper to serve.

INFO

Serves: 1
Prep: 5 mins
Cook: 5 mins

Nutrition per serving:
378 kcal
32g Fats
14g Carbs
23g Protein

DF | QUICK | GF | LOW CARB | PROTEIN

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PRODUCT OF THE DAY

Collagen Skin Booster

Drink enough water. Eat a balanced diet. Moisturise.
When it comes to having healthy-looking skin, there's a lot that goes into achieving a complexion that glows.
But what if you could get healthy-looking skin from within, using a beauty drink?
Try Collagen Skin Booster. It's a powdered food supplement that can be used alongside your existing skincare routine.

It is high in key vitamins and minerals, such as Biotin, Iodine, vitamin A, Niacin and Zinc that contribute to the maintenance of normal skin. Collagen Skin Booster also contains Selenium and Zinc that contribute to the maintenance of normal hair and nails.

KEY BENEFITS:

- Delicious and fragrant strawberry and lemon flavour
- Contains Verisol® P - scientifically proven collagen peptides that reduce eye wrinkles and improve skin elasticity after four weeks
- Gluten-free
- High in vitamin C which contributes to the normal collagen formation for the normal function of skin
- High in vitamin E which contributes to the protection of cells from oxidative stress

VIDEO LINK >>>> https://vimeo.com/531977841

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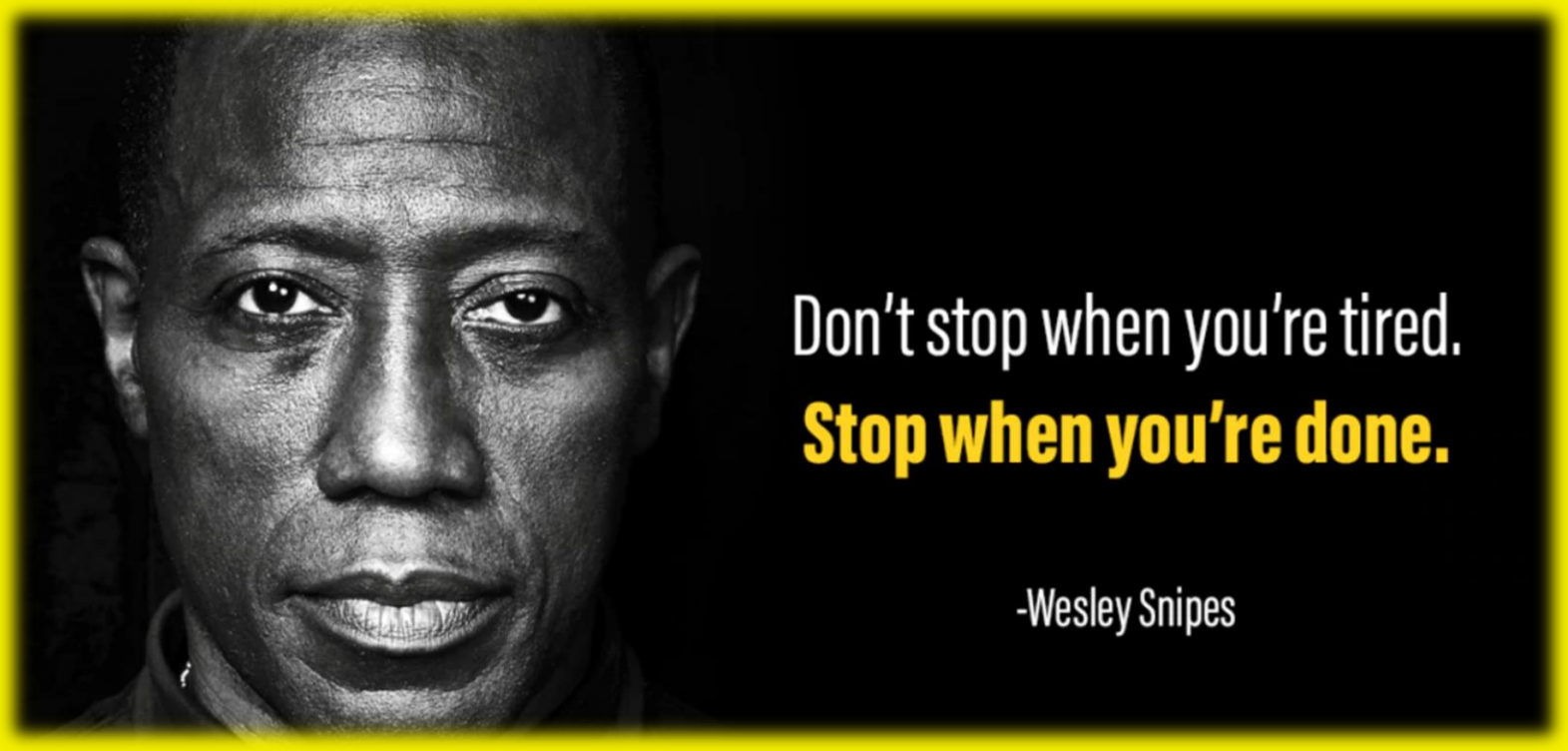
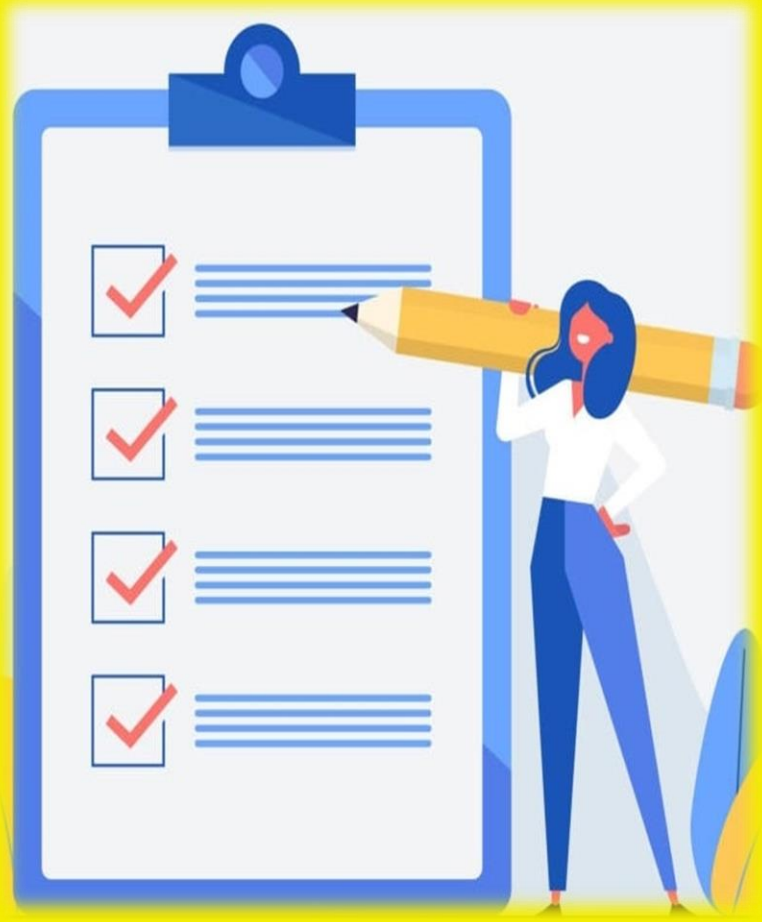
QUOTE OF THE DAY



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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